



# The INSIDER

An Independent Newspaper  
*For Wynmoor Residents*

VOL. 2, NO. 8

AUGUST 2018

## Management Leads Renovation

## of 19th Hole

By Insider Staff

The 19th Hole Restaurant begins a major renovation under the leadership of Jackie Railey, President of Wynmoor Community Council, her management committee and administration.

In our conversation with Jackie, she revealed resident concerns and what we could expect to see within the next few months. This is what she had to say:

“After so many people asked about renovating the 19th Hole, we brought the proposal to our board of directors.” After the board

members approved moving forward, an architect and interior designer were hired to present their proposals. Once a final concept was completed, the council board of directors voted to approve it.

“We are not only renovating the kitchen and dining room, we are also renovating the bathrooms by the ballroom and the outside area by the 19th Hole. When we are finished, our residents will be able to have an indoor dining experience as well as dining outdoors on the patio, which will be protected by the elements.

Jackie noted that the renovation will enhance the 19th Hole Restaurant experience from getting a cup of coffee to having a three-course meal.”

The target date for completion is mid-December, however, permits and potential weather construction delays, could prolong the restaurant’s opening. If residents would like to see a rendering of what the restaurant, they can visit the Wynmoor Facebook page. Railey states that modifications to the rendering are likely to occur before completion.

Several restaurants have expressed interest in operating the 19th Hole along with the former restaurant operator. Jackie said, “No decision has been made as to who we will have operating the restaurant. A full investigation of all applicants, will be conducted.”

Residents will be informed of the restaurant’s progress at the monthly meetings and by email. President Jackie Railey, her management team and the administration, wants to thank everyone for their patience during the time of renovation.

## Residents Are Talking... Who Will Get Their Vote, and Why?

## It's time to VOTE!

### Mikkie Belvedere Resident in Bimini Democratic Ballot

- Ted Deutch - Doing a great job for us in DC
- Governor - Philip Levine - He did such a great job in Miami Beach as Mayor with the environment and I believe he will be a great Governor.
- Nikki Fried - She is an environmentalist
- Kristen Jacobs - Years of experience and is not afraid to work across the isle to get things done.
- Mark Bogen - Mark has done an exceptional job for residents in his district and we know he will make it better.
- Nora Rupert - She is conscious of the needs of the community and has done a great job here and in Tallahassee.
- Ryan Petty - County school board

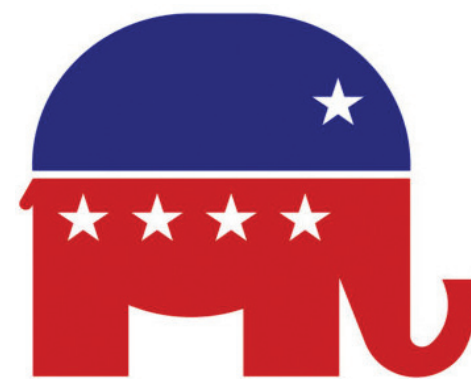
• Judges: - I support the following because they have experience.

- Ernest Kollra
- Kristin Padowitz
- Jason Rosner
- Camille Coolidge-Shotwell
- Michael Usan
- Dan Casey
- Maria Weekes
- Michael Davis
- Allison Gilman
- Robert Lee
- Corey Cawthron



### Jack Mendelson Resident in Victoria Republican Ballot

- Governor - DeSantis - Veteran. Good 2nd amendment advocate and favor of school choice and believes in economic growth.
- US Senate - Rick Scott - Good job as a Governor and he will be a good Senator
- Congress - Nicolas Kimaz - I think he would do a good job.



- Atty. General - Moody -
- Agriculture - McCalister - I like his ideas.
- State Representative Kristen Jacobs - She has done a good job.
- School Board: Nora Rupert
- Judges:
  - Greller
  - Diaz
  - Davis
  - Weekes
  - Robert Lee
  - Camille Coolidge Shotwell
  - Shari Beth Africk-Olefson
  - Alan Schneider



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<del>2901 VICTORIA</del>	<del>\$ 132,900</del> <b>SOLD</b>
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<del>3501 BIMINI</del>	<del>\$ 129,900</del> <b>SOLD</b>
<del>2004 GRANADA</del>	<del>\$ 94,900</del> <b>SOLD</b>
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1903 Bermuda • Corner, Updated Kitchen, Fountain View, Penthouse	\$139,000
1501 Cayman • Ground Floor "iris" Just Painted, glass Enclosure	\$134,777
1503 Cayman • "Juniper" Inside W/Dryer, Turn Key, Top Floor, Furnished	\$149,000
4302 Martinique • <i>Completely Remodeled</i> , Water View, Glass Enclosure	\$144,000
4401 Martinique • Penthouse, Glass Enclosure, No Carpet, Water View	\$97,000
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3102 Portofino • Panoramic Golf View, No Wallpaper A/C 2017, Furnished	\$109,000
3205 Portofino • One Bedroom, Updated, Ground Floor, Lake Front	\$79,000

*For Sale in Wynmoor, as of 7/2/18:*

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3 BR	
<b>4</b>	

**10 NEW Listings Coming Soon!**

**JUST SOLD**

#BR	LIST PRICE	SOLD PRICE
3303 Aruba	1 \$67,777	Under Contract
4801 Martinique	2 \$90,000	\$85,000
4402 Martinique	2 \$119,000	Under Contract
3205 Portofino	2 \$184,000	\$180,000

**CLOSED SALES**  
(Since 1/1/18)

**172**

**UNDER CONTRACT**

**48**

**RENTALS**

**ANNUAL - 2/2**

2001 Granada • Inside W/D, Unfurnished, \$1400  
 2304 Lucaya • All Tile, Magnificent Water View, \$1250

**ANNUAL - 1/1**

3205 Portofino • Remodeled, Coming Soon!

**SEASONAL - 2/2**

3204 Portofino • Second Floor, Wide Water "Cruise Ship" Views, \$2300 (4 Month Min.)  
 1705 Andros • Iris floor plan, Gorgeous Water View, \$2500 (4 Month Min.)

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- CLUBS 200 Maximum
- PEN TO PAPER 250 Maximum
- ARTICLES OF INTEREST 450 Maximum

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## Security News

Dispatch: 954-978-2667

Remember to STOP at ALL Stop Signs. The speed limit around Wynmoor Circle is 25 MPH and 15 MPH on the North Road and in the villages. Citations will be given out to those who violate the road rules. First Offense: \$25 Fine Second Offense: \$50 Fine

Remember that Cyclists Must Obey Traffic Laws, including the flow of traffic, obeying traffic signs and signals, observing basic rules regarding turns and lane changes.

### In Case Of Emergency 9-1-1

In each unit, there is a button for emergencies. When this button is pushed, it is supposed to notify the guard gate that there is an emergency.

However, due to equipment problems and the age of the equipment located in each unit, the system is not working properly. Therefore, if you experience an emergency, you need to call 911. Do not rely or use the button in your unit.

### Your Guest List

There is no longer a permanent guest list. The new Wynmoor Gate System brings greater security to our community. Unit owners or tenants are responsible to call in their guest, including aides/nurses, cleaning people, personal transportation, realtors, contractors and vendors.

**Make sure your guest has I.D. ready when approaching the gate for proper verification. Make sure your guest has the NAME and ADDRESS of the resident they are visiting.**

### Important Numbers

For Medical Emergencies Always Dial 9-1-1.

- Security, Emergency: ..... 954-978-2663
- Automated Gate Access: ..... 954-978-2666
- Security Dispatch: ..... 954-978-2667
- Resident Registration Office: ..... 954-978-2600, ext. 321
- On Call Bus: ..... 954-978-2667
- Coconut Creek Police, Non-Emergency: ..... 954-973-6700

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- Country Club: ..... 8:00 AM - 12:00 Midnight
- Racquet Center: ..... 6:00 AM - 11:00 PM
- Theatre Complex: ...7:00 AM - 11:00 PM (unless there is a specific approved event)

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# Re-elect Mark **BOGEN**

★ ★ ★ COUNTY COMMISSIONER



Dear Wynmoor Residents:

It is my honor and privilege to represent you as your County Commissioner. During my first term of office, I made great strides on issues including:

- ✓ **Successfully fought against Waste Management's proposal to put untreated liquid toxic waste in a deep well.**

Waste Management applied to the state to get a permit to dispose of untreated toxic liquid waste. I worked to stop them from moving forward with this proposal.

- ✓ **Worked to stop the expansion of the turnpike outside of Wynmoor's property.**

The State of Florida wanted to expand the turnpike where the barrier wall would only be five feet from Wynmoor's property. This project has been stopped.

- ✓ **Co-Sponsored a Senior Real Estate Tax Exemption** to save you money on your real estate taxes.

- ✓ **Worked to stop Waste Management from putting unlimited amounts of waste in Mt. Trashmore.**

After my election – I worked to stop Waste Management from putting an unlimited amount of waste in Mt. Trashmore. Now, Waste Management has limitations as to the amount of waste that can be put in the landfill.

- ✓ **Voted to Increase Transportation for Seniors**
- ✓ **Exposed Scams aimed at Seniors.**
- ✓ **Many other issues....**

I would be honored to serve as your County Commissioner and I would appreciate your vote on August 28th.



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# The Gospel According to Titleist My Favorite "Golfisms"

By Bruce Kollath

Eighteen holes of match play will teach you more about your foe than 18 years of dealing with him across a desk. *—Grantland Rice*

\* \* \* \* \*

Golf appeals to the idiot in us and the child. Just how childlike golf players become. This is proven by their frequent inability to count past five. *—John Updike*

\* \* \* \* \*

It is almost impossible to remember how tragic a place the world is when one is playing golf. *—Robert Lynd*

\* \* \* \* \*

If profanity had any influence on the flight of the ball, the game of golf would be played far better than it is. *—Horace G. Hutchinson*

\* \* \* \* \*

They say golf is like life, but don't believe them. Golf is more complicated than that. *—Gardner Dickinson*

\* \* \* \* \*

If a lot of people gripped a knife and fork as poorly as they do a golf club, they'd starve to death. *—Sam Snead*

\* \* \* \* \*

Golf is a day spent in a round of strenuous idleness. *—William Wordsworth*

\* \* \* \* \*

If you drink, don't drive. Don't even putt. *—Dean Martin*

\* \* \* \* \*

If you are going to throw a club, it is important to throw it ahead of you, down the fairway, so you don't have to waste energy going back to pick it up. *—Tommy Bolt*

\* \* \* \* \*

Man blames fate for all other accidents but feels personally responsible when he makes a hole-in-one. *—Bishop Sheen*

\* \* \* \* \*

My handicap? Woods and irons. *—Chris Codioli*

\* \* \* \* \*

The ardent golfer would play Mount Everest if somebody would put a flag stick on top. *—Pete Dye*

\* \* \* \* \*

I'm hitting the woods just great; but having a terrible time getting out of them! *—Buddy Hackett*

\* \* \* \* \*

The only time my prayers are never answered is playing golf. *—Billy Graham*

\* \* \* \* \*

If you think it's hard to meet new people, try picking up the wrong golf ball. *—Jack Lemmon*

\* \* \* \* \*

It's good sportsmanship to not pick up lost golf balls while they are still rolling. *—Mark Twain*

\* \* \* \* \*

Don't play too much golf. Two rounds a day are plenty. *—Harry Vardon*

\* \* \* \* \*

I admit my anger caused me to throw all my clubs into the river. And yes, I further admit I also threw the caddy in. But the marriage wasn't working out anyway. *—Woody Woodbury*

\* \* \* \* \*

Golf and sex are the only things you can enjoy without being good at either of them. *—Jimmy Demaret*

\* \* \* \* \*

May thy ball lie in green pastures, and not in still waters. *—Ben Hogan*

\* \* \* \* \*

If I hit it right, it's a slice. If I hit it left, it's a hook. If I hit it straight, it's a miracle. *—Anon*

\* \* \* \* \*

The difference in golf and government is that in golf you can't improve your lie. *—George Deukmejian*

\* \* \* \* \*

Golf is a game invented by the same people who think music comes out of a bagpipe. *—Lee Trevino*

\* \* \* \* \*

**Finally:**  
The No.#1 Golf rule you MUST follow: take the car keys out of your golf bag before you throw it into the creek.

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## Lessons Of Mother Nature

By Lawrence E. Correia

Many years ago, when I was a teenager, I worked on a fishing boat out of New Bedford, Massachusetts. During this time, I was fortunate enough to learn some of the different faces that Mother Nature uses to test our worthiness to learn her different moods. If we learn successfully, she shares her bounty, if not we face disaster. These lessons proved invaluable to me when the U.S. Air Force sent me to Sondrestrom Air Base in Greenland.

I arrived in Sondrestrom Air Base in January 1966 in the heart of a very cold Winter. After four months of frigid weather, things began to warm up. What a change the month of May brought as the ice began to melt and water from the glacier began to flow down the river to the sea at Baffin Bay. Things began to grow, and life came to this frigid land.

Not far from my barracks, there is a small bridge that crosses the river of melted ice that flows through the Fjord to the sea. The sound of the flowing water has both a hypnotic and compelling allure that draws one to it. So out of curiosity, I went down to the ledge next to this awesome site to hear and see this wonder. It is amazing how mesmerizing and captivating the sight and sound of rapidly moving water can have on the human soul as it draws you near to its embrace. So, as I went down to see and experience this phenomenon, I began to feel a rather hypnotic and melodic drawing of my soul to move closer to the edge of this chasm.

It was at that moment that I remembered Homer's epic poem "Odyssey" and the song of the Sirens who tried to lure Odysseus into their watery embrace. So, with slow but determined steps, I carefully backed away from the precipice and thanked the glacial sirens for a glimpse of their beauty and song. I began to realize that this was a sort of test to see if I would be foolish enough to put aside common sense and embrace the sirens song. I wonder

how many have embraced that call.

As I walked away from the Fjord, I decided to head out to a hill we called Sugar Loaf, which when you look at it, appeared to be only a football field away. In reality, it is 3 miles away. Remember in the Arctic Tundra, there are few common things one can use to tell distances. The reason for going to Sugar Loaf is because it sits halfway between the glacier, the Air Base, and the hundred-mile-long Fjord. It does give one a great view of the area that is quite beautiful.

As I headed toward Sugar Loaf, I had to cross an area of what I thought was gravel that during the Winter I had crossed many times. What I did not realize was the sand I thought was gravel was, in reality, crushed rock by the glacier into a fine powder and deposited and soaked by the melting glacial waters. What I didn't realize was this is arctic quicksand. (Unlike quicksand one sees in the movies, where you take one step and you're up to your hips in the stuff. This may make great drama in the movies but, in reality, it is a slow and agonizing process). I understand that most people who find themselves in this predicament try to lunge forward to get out of the quicksand only to be in deeper trouble. They don't seem to realize that every movement they make sinks them even deeper. The trick I learned was rather than lunge forward, try to take a step backward. Remember you came from solid ground only a few steps back, so go back the few steps to solid ground. One must learn not to panic but to think things through to find a solution.

Like Odysseus, I was lured by the simple and quick way to my goal as he was by Circe but even he had to figure a way to escape her charms as I had to escape my Circe (the quicksand). As a result, I found an alternate route to reach my goals and had a wonderful day.

It seems Mother Nature had tested my survival skills twice and by sheer

*Continued on page 9*

# If your walls could talk, they'd thank you.



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**3004 Portofino K1**  
Gorgeous Lake & Golf View. Totally remodeled designer detailed features. **\$169,000**

**1501 Evergreen A3**  
Move-in Ready. Beautiful renovated kitchen, immaculate, furnished is desired. Washer/Dryer **\$159,000**





## pen to paper

Continued from page 7

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luck and earlier training, I managed to succeed. As a result, she granted me a beautiful day full great photos and a chance to taste the waters of Lake Fredrickson. By the way, I have never tasted water so clear and pristine as I did that day. Even now, I have little taste for tap water, or water that is bottled. It does not have that pristine and delicate taste of glacial water.

I guess I have had a charmed life both as teenager on a fishing boat and as an airman in the arctic. I have learned how to respect what Mother Nature can do and what she has to offer those who respect and learn from her tests.

### My Tribute To Wynmoor

By Selma Mass

I have been a resident of Wynmoor for 22 years. Prior to Florida, my husband and I lived in New York. My husband suffered from Angina. He could not tolerate the Winter weather. One day, he said, "we must move."

My sister and brother-in-law lived in Wynmoor for about five years and loved it. She had been suggesting that we move here often. I vetoed it each time. I dreaded the thought of leaving my son, daughter-in-law and three wonderful grandchildren. I just never thought I would ever move away from my son. However, we had no choice. So, October 1996, we moved to Wynmoor.

I was miserable at first but gradually became involved in some of the activities Wynmoor offered. I joined the Clay Sculpture Class, Water Color Painting, lectures, exercise classes, played Mah Jongg and Canasta. My husband played golf, bowling, and poker. We enjoyed the theatre shows, movies, pool and took walks admiring the beautiful landscaping.

We still missed our family tremendously, but our time was filled with hours of joy! We traveled to New York 2 or 3 times a year and our family visited us. Living in Wynmoor, one can do as much or as little as one desired. We

enjoyed being with our old friends as well as the new ones.

January 16, 2012, I was deeply saddened when my husband of 59 years passed away. I miss him every day. I still keep quite active. It is so important that one does.

I do believe that I wouldn't have survived living alone anywhere else but Wynmoor. It was the best move we ever made.

So, "thank you" Wynmoor for enabling the last 22 years to be "the best years of our lives!!"

### "Sleepless in Wynmoor"

By Bonnie S. Kutner

All I know is that I am sleepless because of what is going on in our country, especially within the Immigration Policies that are being practiced now, today, and tomorrow. I am not a politician or a public speaker; however, I am a Wynmoor resident.

Separation of children from parents is, un-American, torturous, extraordinarily, and inhumane. Tell Sessions, he is not an interpreter of the "Bible."

Where are we with our commitment to America? Even our money has embedded on it "In God We Trust." What does this mean to us?

Our country has thrived because of our immigrants and their families. It is up to us at Wynmoor to write or call our Congressman and Senators immediately; in order to begin to have this terrible policy changed so that these children can be returned to their respective families.

We are Americans and we must act now to begin taking back our country. POLITICS is not involved. America first. This is the land of opportunity!

Continued on page 10

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# pen to paper

Continued from page 9

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## Have A Great Day!

By Lil Miller

I moved in a village of many faces! Not knowing one from another, strange as it seems, my thoughts were, "well I will start all over again." One lady, in particular, saw my distress as I parked my car to empty my groceries, my body now feeling much pain. The lady sweeping away debris laid down the broom and came to me. No words were said but a smiling face and hand that helped me to my door. The smile and warmth were enough. She did not know English.

Rain or shine, this wonderful lady had a smile and always wearing a T-shirt, the language of the heart is an amazing gift.

I expected the hand shake and smile to make my day, but a friendship became a daily thing. Till soon I heard the word, "how." Not being rude, I thought it a delight, our Native American Indian, who came quite far with just one word, "how!"

One morning, I left the door ajar to hear the baby birds chirping in their nest and a smiling face came to the door. She extended her hand to me and said in a loud proud voice, "how are you?" My amazing thought was the same as if it were my first child saying her first word, "Ma-ma." The language of the heart is God's way of helping you to have a beautiful day. Find this beauty as I did, by extending your hand and smile.

I, today have a deep friendship and love not knowing the lady was Spanish and I, trying to "fit in" this large hectic world. When a smiling face stands out in a crowd, you know you have a winner. Cherish evermore! It's been eleven years now and I can't teach this person English or she, Spanish to me! It's God's love I give to you. Have a beautiful day - I am.

## What It Means To Be Human

By Lawrence E. Correia

I have always wondered, when people would say that we humans are the ultimate creation among all the wonders a gracious God has bestowed on this pint-sized planet we call Earth.

When we look upon all the creatures in our world, we forget that all the Earth-born creatures have bodies as do we. The cheetah is swifter, birds are more beautiful in both sight and sound, elephants are larger and stronger, insects are more prolific. People claim humans have a brain and that makes

us better, yet whales and dolphins can communicate great distances without the aid of devices. Also, all creatures including humans, have instincts some more developed than others.

The only thing humans have according to our theocracies is a soul breathed into us by the Creator in the very beginning of the human race. If this is so, again, I ask, "what is so special about being human?" We live, we reproduce and die the same as all other Earth born creatures. So, what makes us so special? If we truly have a soul within us made in the Creator's own image wouldn't we be immortal and never die.

Again, I wonder what makes us human. Maybe it's the fact that we realize, that we are not gods or super- humans but merely humans, and that, in itself, is saying and accepting quite a lot. When we look up into the Cosmos, we wonder among the billions of stars in our galaxy and among the billions of galaxies in the Universe, are we the only beings blessed by the Creator. If he has also blessed other beings as he has we humans, then, once again, I wonder what makes us so special.

It couldn't be our intellect because beings could be just as wise or even wiser than us. So, what makes us think that we are somehow special? It cannot be based on intellect or our ingenuity in crating materials or systems or even our theocratic beliefs, so what is it that makes us feel that we have a special essence?

I have come to believe that what we have as a gift that we can share with all intelligent life in the Cosmos is our realization that we are but a single species in the vastness of the Universe. We are not a superior species but just one of the many billions that exist. Our humility and willingness to share and to learn from each other, though, I must admit, some humans have yet to learn this lesson, even among our own species.

Yet, even now, I firmly believe that we can let our humanity and desire to grow be our hallmark. Instead of conflict and aggression, let our humanity be defined by cooperation and respect be our badge of honor. Isn't that what the founders of our greatest religious doctrines promoted?

I guess what it means to be human is to practice all the things that have been written over many thousands of years, both in religious and secular writings. If we would only practice what humans state what we believe in. Wow!! Now, that would truly be something to give a hot diggity dam about.

This, I believe, would be a great description of what it means to be human.

Continued on page 15

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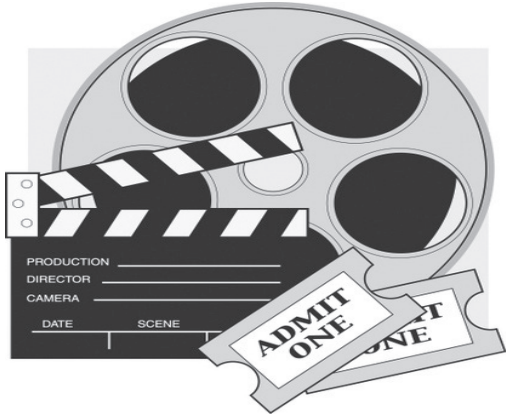


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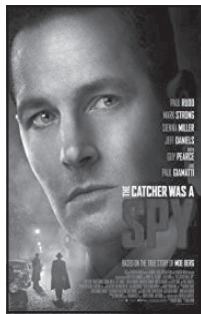
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# Albright-Knox Art Museum

By Barry Isaac



In late June, on an unusually hot Buffalo day, I went to the Albright-Knox Art Museum in Buffalo. I spent the day perusing its splendid French and American paintings and works of art from the Mid-Nineteenth Century to the present day. French favorites of mine included: Jean Millet's, "Cliffs of Greville," fine Realism, Eugene Boudin's, "Seine at Rouen," Claude Monet's, "Towpath at Argenteuil," fine Impressionistic work, Camille Pissarro's, "Farm at Montfoucault," Vincent Van Gogh's, "Old Mill," Henri Matisse's, "Glimpse of Notre-Dame, Late Afternoon," Raoul Dufy's, "Pantheon at Saint Etienne de Mont," and Rene Magritte's, "Voice of Space," among other quality paintings.

In addition, I relished fine American paintings such as; Charles Burchfield's, "Winter, East Liverpool, New York," William Glackens, "Jetties at Bellport," fine American impressionism, Ben Shahn's, "Spring," Ronald Davis' "Cubes and 4 Panels," and John Wesley's satirical painting, "George Washington and 3 Indians," among other fine paintings.

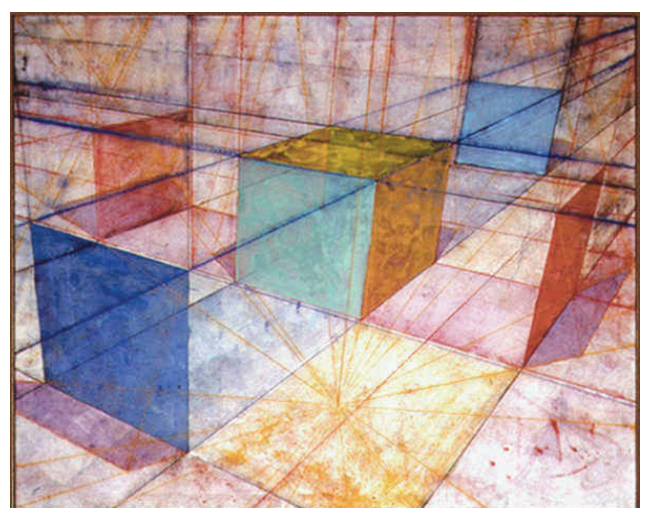
I also enjoyed the wonderful creations of George Segal, his "Cinema," Yayoi Kusama's, "Pumpkin," and Jim Hodges,' "Look and See."

The temporary Robert Indiana exhibit, emphasizing his paintings and creations, was also very special. I enjoyed his "Love Series" and his "American Dream Series" very much.

The Albright-Knox Art Museum is very aesthetically, appealing with plenty of pertinent information about their delightful works of art. Even though its range of art is limited to Nineteenth, Twentieth, and Twenty-First Century, it is worthy of my accolades.



Eugene Boudin "Seine at Rouen"



Ronald Davis "Cubes and 4 Panels"

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## My Minor Monetary Mishap

By Carol Greenberg

The day before leaving for New Jersey to visit my family, I decided to go to Costco and stock up my freezer instead of waiting and doing it on my return. I got into my car, turned on the engine, and a warning light came on. I pulled out my trusty manual and discovered that I had low tire pressure. I folded up a few singles for the mechanic and put them in my pocket along with my list for Costco. The auto mechanic fixed the problem, I put my hand in my pocket, handed him a tip, and left for Costco.

It took some time, but I finally got a parking spot, entered the store, and put my hand in my pocket for my shopping list. Much to my dismay and

amusement, I came up with the tip for the mechanic. Obviously, I thanked him with my Costco list! I just stood in one spot and tried to remember what I had written down to remember to buy. Eventually, I did manage to buy everything I needed, plus some extra goodies. I made a decision to return to the auto garage and correct my mistake. Ironically, as I was pulling into their driveway, the same mechanic was pulling out! We stopped next to each other, and laughing, he asked me if I had gotten everything I needed at Costco. I joined in the laughter, got out of my car, and handed him what justifiably belonged to him. Of course, he thanked me for coming back to which I replied that I was too mortified not to!

We both drove away, each with a wide smile! Maybe I should learn how to put air in my tires all by myself!



## Wynmoor Pool Team Starts Out Strong!

By Bob Horowitz

Wynmoor's Team in the South Florida Senior Pool League (SFSPL) has started the Summer season with winning the first three series, 3-0.

There are 12 communities that have teams in the SFSPL; Cascade Lakes, Valencia Palms, Venetian Isles, Lakes of Delray Banyan, Bellagio, Avalon Estates, Huntington Pointe, and Century Village Boca.

Teams play on Monday nights, rotating locations among the communities. Three tables are used by teams of two. Wynmoor Administration reciprocates with the league by allowing visiting teams to come in to Wynmoor as our guests. Visiting teams are 6 to 8 players.



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Mon., 9/10, 10:00am - Morning Service

1:00pm - Tashlich

3:30pm - Family Service

Tues., 9/11, 10:00am - 2<sup>nd</sup> Day Rosh Hashanah

### YOM KIPPUR

Tues., 9/18, 8:00pm - Kol Nidre

Wed., 9/19, 10:00am - Morning Service

3:30pm - Family Service

4:30pm - Afternoon Services & Ne'ilah

Rabbi Marci R. Bloch

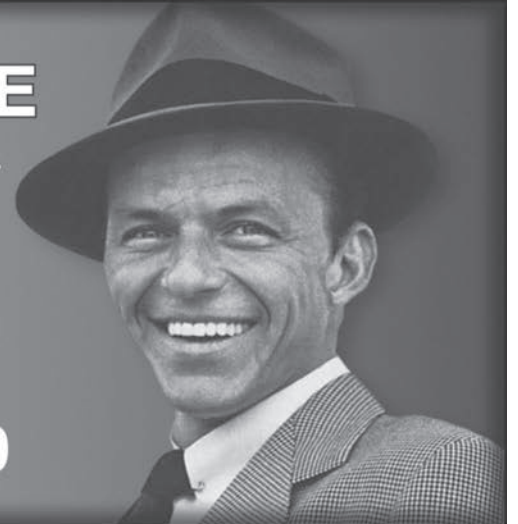
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## How Can You Leave The Legacy You Desire?

You may not see it in the greeting card section of your local drugstore, but August is “What Will Be Your Legacy Month?” So, it’s a good time to think about the type of legacy you’d like to leave.

Of course, “legacy” can mean many things. In the broadest sense, your legacy is how you will be remembered by your loved ones, friends, and the communities to which you belong. On a practical level, establishing your legacy means providing your family and the charitable organizations you support with the resources you’d like them to have.

And that means you may need to take the following actions: *create your plans, communicate your wishes, and review and update your documents.*

### Let’s take a quick look at all these steps:

- **Create your plans.** You will want to work with your legal professional, and possibly your tax and financial professionals, too, to draft the plans needed to fulfill your legacy wishes. These plans may include drafting a will, living trust, health care directive, power of attorney and other documents. Ideally, you want these plans to do more than just convey where you want your money to go. You want to impart, to the next generation, a sense of the effort that went into building the wealth they receive. Without such an appreciation, your heirs may be less than rigorous in retaining the tangible legacies you’ve left them.

- **Communicate your wishes.** It’s important to communicate your legacy-related wishes to your family members as early as possible. By doing so, you can hopefully avoid unpleasant surprises and hurt feelings when it’s time for your estate to be settled. You’ll also let people know what tasks, if any, they

need to perform. For example, if you’re choosing a family member to be the executor of your estate, or if you’re giving someone power of attorney over your financial or health-related matters, they should be prepared.

- **Update your documents.** During your life, you may well experience any number of changes: new marriage, new children, opening a family business, and so on. You need to make sure your legal documents and financial accounts reflect these changes. For example, if you’ve remarried, you may want to change the beneficiary designations on your IRA, 401(k) and other retirement accounts. If left untouched, these designations may even supersede the instructions left in your will. The directions in life chosen by your grown children may also dictate changes in your will or living trust. In any case, it’s a good idea to review all your legacy-related documents periodically and update them as needed.

In addition to taking the above steps, you also need to protect the financial resources that go into your legacy. So, when you retire and begin taking funds from your IRA, 401(k) and other retirement accounts, make sure your withdrawal rate is sufficient for your living expenses, but not so high that it eventually jeopardizes the amounts you planned to leave to your family or to your preferred charities. A financial professional can help you determine the withdrawal rate appropriate for your situation.

With careful planning, and by making the right moves, you can create the type of legacy you desire, one that can benefit your loved ones far into the future.

*See our ad on page 39.*

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# SUPPER CLUB

By Lynne List



## Neil Simon Production

Thank you, Neil Simon, for making us laugh about falling in love. That's what happens in the Supper Club's musical production of *The Goodbye Girl*. The show will be performed on Wednesday evening, January 23rd and Friday evening, January 25, 2019 in the West Wing. The Curtain Call Playhouse will produce the show.

The show turns the film comedy into an adventure about love and commitment, as it follows the unlikely romance between a bitter jilted single mother and an opinionated actor who shows up on her doorstep unexpectedly. The hilarious story is enhanced by the music of Marvin Hamlisch and the lyrics of David Zippel.

The sit-down served dinner (served by waiters in tuxedos), will be catered by Old Florida Catering and will start with a glass of wine (choose white or red), garden salad, salmon in dill sauce or chicken marsala with rice pilaf and baby carrots, éclair, and beverages.

The cost is only \$35 per person and includes tax and gratuity. Where can you get dinner and a full-length Broadway show for so little and right in your own backyard?

As the Supper Club has done in past years, in early September, advanced ticket purchases will be offered to those former patrons who have submit-

ted their email addresses. If you are not yet on the mailing list, please send your email address to [LLIST@juno.com](mailto:LLIST@juno.com) and write "Supper Club" in the Subject Line. For those with no emails, in November, the order form will be in the library carousel. For stragglers, the tickets will be sold in the Country Club Library on Monday and Wednesday afternoons, from 2:00 PM - 4:00 PM, beginning on Monday, December 3rd.

There will be only two performances so get your orders in early. Tables seat 8 to 9 people. A few select tables will seat 10.

Watch your email in September. Make sure the mail from [LLIST@juno.com](mailto:LLIST@juno.com) doesn't go to your "scam mail." Get your orders in early. This show is bound to be a sellout.



## Do You Want To Be Notified or Not?

If you have a computer and wish to be notified of cancellations or emergency situations in Wynmoor, contact Fred Michael, Director of Association Affairs, at [fred\\_wynmoor@bellsouth.net](mailto:fred_wynmoor@bellsouth.net) to give him your e-mail address.

You will be notified of any cancellations. i.e. The Cove canceled due to inclement weather.

When Wynmoor calls us to take action. In the case of the traffic fiasco, Fred let us know who to call or email. It turned out that over four hundred Wynmoorites did call and or email and the next day there was relief in the traffic situation.

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# City Matters

By Commissioner, Mikkie Belvedere

The heat of August is here. Enjoy your air conditioners and stay well. Remember we are still in Hurricane season so make sure you have at least three days of food and water in your home. If you are celebrating a birthday, an anniversary or another day of joy, make it a good one.

Some bizarre and unique holidays this month are: The second week in August is "National Smile Week." Try it. Smile at a stranger and see what happens. August 21st is "Senior Citizen Day." August 25th is "National Banana Split Day." Go ahead and indulge yourself.

For our Indian friends and neighbors, August 15th is "India Independence Day." They will be remembering their Independence from the UK in 1947.

The first Tuesday of every month, this month, August 7th, from 10:30 AM - 12:00 Noon, you can look for me at the Wynmoor Library to get answers you might have about Coconut Creek. Also, representatives will be present, including, State representative, Kristen Jacobs, our state Senator, Kevin Rader, and our Congressperson, Ted Deutch. If you have any questions for City, State or Washington, come and see us.

If you are a new owner, had a change in your marital status, or you are just interested in finding out what exemptions are available to you



on your taxes, visit a representative from the property appraiser's office on August 23rd from 10:00 AM - 12:00 Noon at our Wynmoor Library. Make sure to bring your Wynmoor ID for general questions. You can also call 954-357-6830.

For us, August 28th is "Primary Day." Hopefully, you received your vote-by-mail ballot. A committee will be picking up ballots in our library if you do not want to mail them. They are delivered to the supervisor of elections every day. If you decide to mail your ballot, you do not need postage.

*It is extremely important that you vote*, especially for our local officials. Our local laws and taxes are decided by our local officials. Our judges are the ones that you will face if you go to court, even for a traffic ticket. Every vote counts. See you at the poll in our West Wing.

The city is somewhat behind in the official opening of our re-designed, Windmill Park. Look for information on our webpage: [www.coconutcreek.net](http://www.coconutcreek.net)

I can be reached at 954-803-7696 or [mbelvedere@coconutcreek.net](mailto:mbelvedere@coconutcreek.net)  
Have a great day and keep smiling.

## Questions for City, County, State or Washington? Come to the traveling office.

The first Tuesday of every month, from 10:30 AM - 12:00 Noon in the Wynmoor Library, (located in the Clubhouse), Representative Ted Deutch, Senator Rader, Representative Jacobs and Commissioner Mikki Belvedere will be available to help residents with questions and problems. Come and visit!



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# Tees and Greens Complete

By Kevin Battersby, PGA

The newly sprigged greens opened for play in mid-July. All 18 holes are now one grass, platinum Paspalum. The tees that were sodded look beautiful and will provide a nice contrast with the Bermuda fairways. Renovation of the sand trap on the 13th hole will help the drainage issue and will open up an exit from the green to the cart path. Let's make some birdies!!

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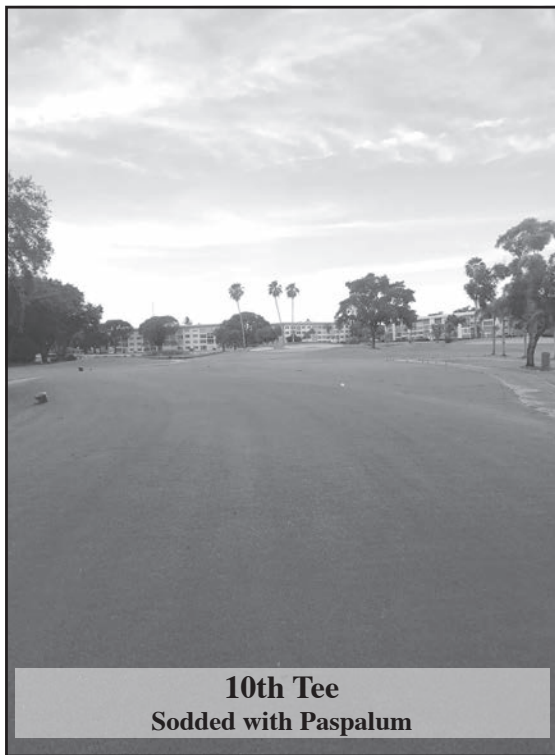
13th Green



15th Tee  
Blue and White Tee Sodded with Paspalum



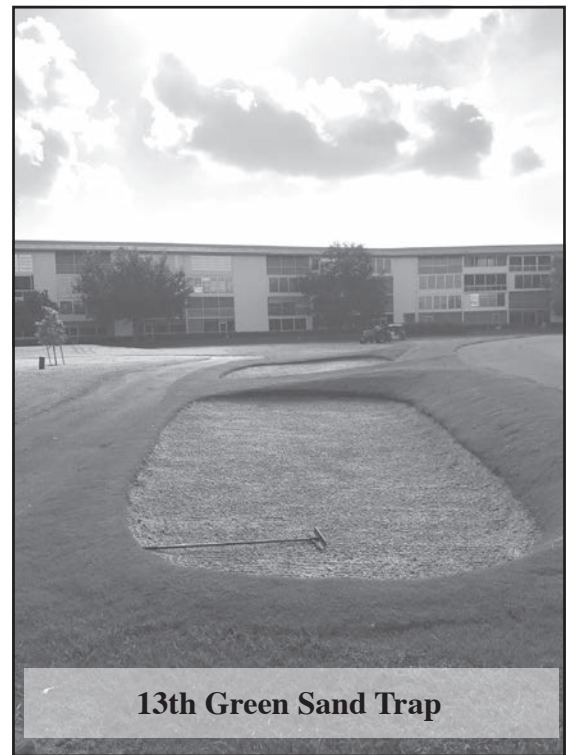
15th Green



10th Tee  
Sodded with Paspalum



13th Green Sand Trap



13th Green Sand Trap

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# 6 Valid Reasons That Justify Why People Should Vote

Voting is one of the most crucial processes that is instrumental, both, in the functioning of society and its relationship with the government. There are a few important reasons as to why people should vote as part of the system.

**Lyndon B. Johnson  
(36th US President)**

“The vote is the most powerful instrument ever devised by man for breaking down injustice and destroying the terrible walls which imprison men because they are different from other men.”

If you are one of those people who think voting is a complete waste of time, and keep on complaining about how the government which is in power is a total failure, then it is time you yourself realize the importance of voting, and do your bit towards enhancing the functioning of the government. Be it an election for a commissioner, governor, state official,

legislator or president—it is the people of a nation who have the right to put forward policies that will affect the town, your job, your country, your taxes, and your overall life through the governing bodies.

**1. Fundamental Right**

This is the basic reason as to why one should go out there and vote. You have the right and moral obligation of choosing the elected members and the government that you want. Every citizen needs to put in his or her say as to who they want at the helm of things. Voting is a hard-earned privilege you should not take for granted.

**2. Value Your Opinion**

Voting ensures that your opinion is taken into account while appointing the person who holds the reins of power. People who are elected have the power to formulate educational policies which are instrumental in shaping the future of children, and hence, the future of the nation itself.

**3. The Right Representative**

Health care, highways, jobs, taxes, or even food—elected representatives have the power to take decisions over some of the most vital issues that affect our lives. So, would you be comfortable in letting “anybody” take over these powers, without exercising your right to vote? Voting is one of the fundamental processes which is instrumental in the development of a healthy democracy.

**4. The Right Representative**

A low voting turnout eventually does not represent the true result that could have been. It may happen then a particular candidate or government comes to power, simply because its supporters turned out to vote in larger numbers, while those of the opposition didn’t bother as much. The results, in this case, though completely valid, won’t reflect the overall truer picture.

**5. Correct Message**

In a democratic system, voting simply

translates to sending out the right message to the government. It is only fair that a non-performing government should be punished, and one that has been doing a good job be appreciated and voted to power. And this is the responsibility of every citizen of the country.

**6. Effortless Task**

All those who say or feel that voting is a big task, think again. There are so many things we do every day that take up so much more of our effort. Voting is one of the easiest things to do, so there should be no excuse as to abstain from this task. The next time there is an election in your country, state or town, think of the people who are living under tyrannical dictatorships, or are under curfews and cannot exercise their right to opinion. Your right to vote is your right to expression and opinion. Do not take your right for granted. Try to appreciate the power of voting, by exercising it.

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# Enhanced Life Estate Deed: Is It Safe?

By Martin Zevin, Attorney

There are several ways to avoid probate on your home when you die. If you are single, there will be probate when you die, unless you choose one of the following options:

If you are married and own your home together, your surviving spouse will not have probate, however, there will be probate when the second of you passes away, unless one of these options is done.

Let us assume that you own your home jointly with your spouse and that you have two children. Both of you desire to have your two children inherit your home equally when you both pass away. The first option would be to add the names of your two children to the Deed as joint tenants with right of survivorship. This is not a good idea. It would affect your ability to claim your full homestead exemption. In addition, you lose control of your property and can only sell it if your children both agree and sign all closing documents. If you wanted to take one of the children off the Deed, you would be unable to do so. If one of your children files for bankruptcy, has an adverse judgment or files for divorce, your property could be subject to liens or other legal action. Therefore, I recommend against a Deed with your children as joint tenants with right of survivorship.

The second option is a Life Estate Deed. There are two types of Life Estate Deed: regular and Enhanced (also referred to as Lady Bird). The regular Life Estate Deed requires that your children join in any sale or other changes on the Deed; therefore, you have lost control and cannot take your child's name off the Deed if you choose to do so. The Enhanced Life Estate Deed gives you the sole right to sell the property during your lifetime or make any other changes to the Deed without the permission of your child. You are entitled to keep your homestead exemption. The Enhanced Life Estate Deed has very specific legal language to be effective, therefore, do



not attempt to do this on your own.

Even with the Enhanced Life Estate Deed, there are risks, particularly if your child has a bankruptcy, outstanding judgment or undergoes divorce. The worst risk, however, is if, God forbid, your child dies before you or with you in a common accident. Your child's estate would then become the owner of the property once you died, which would result in probate being required. Thus, the main purpose of the Life Estate Deed is not accomplished.

The best way to avoid probate on your home is to do a Revocable Living Trust. When you sign the Revocable Living Trust Agreement, you also sign a Deed transferring the property to you as Trustees of your Trust. You

can keep your homestead exemption, maintain complete control of the property during your lifetime and make amendments to your Trust without changing the Deed. There are no risks involved, since your children's names do not appear on the Deed. The only disadvantage of the Revocable Living Trust is that it will cost more money in attorney's fees. When you discuss the options with your attorney, you should discuss the difference in fees between the Revocable Living Trust and the Enhanced Life Estate Deed. You can then determine whether it is worth saving the money and taking the risks involved in the Enhanced Life Estate Deed.

Please feel free to call me for a free personal or phone consultation regarding any issues pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for a free consultation regarding personal injury claims or to explain car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida, 33442. My web site is [www.martinzevinpa.com](http://www.martinzevinpa.com) and my e-mail address is [martinzevin@netzero.com](mailto:martinzevin@netzero.com)

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# INSPIRATION STATION

By Diana Stone, M.A.

## LET IT GO and LET IT BE!

Dear Reader,

I'm an inspiration gatherer! I love reading uplifting stories, perusing through positive quotes, and listening to motivational speakers! One little nugget of inspiration can keep my brain happily entertained for hours as I go about my daily routine! I usually gravitate towards spiritual concepts of how we are all connected and how love is our true core nature. However, lately with so many family gatherings, I've found a quote from renowned life coach, **Tony Robbins** which is very profound! Here's Tony's nugget: **"The more rules you have about how other people have to be, how life has to be for you to be happy, the less happy you're going to be."** I swear, music went off in my head when I read that one!

They say when the student is ready, the teacher will appear, so I must have been ripe with control issues when Tony's insight came to my awareness! I welcomed his theory as eagerly as a drowning person accepts a life vest and helping hand from the coast guard! See I'm a mom with lots of kids. Like most moms, I want my kids to be happy! As my kids are getting older, they often bring their friends over, so naturally, I want not only for my kids to be happy but their friends to be happy too! Oh, and I'm happily married too which means I want my husband to be happy too. Are you starting to see where this could be tricky? Trust me, keeping everyone afloat, balanced, fed, rested, happy and excited about life is getting to be a challenge!

In our family alone, we have several diets going on. No one is "actually" dieting but we all eat differently, depending on preferences and allergies and who has to fit into a certain outfit by Saturday. We have vegetarians, pescatarians (those who eat fish and seafood but no other meat), and omnivores (plant and meat eaters). We also have those who can't eat dairy, gluten, or soy. So, just making a simple meal is not so simple. I have a lot of experience in the kitchen so it's no trouble coming up with umpteen snacks, meal options and desserts to cover all the bases.

But, then, there are moods. I can whip up a salty appetizer, only to discover a sweet fruity treat would be preferred. Or, one day recently, to delight my oldest son, I got up and made him a breakfast burrito, only to learn he had to dash out early and would only be taking a banana! My youngest daughter saw my expression of disappointment and sweetly offered to eat the burrito even though she doesn't even eat eggs! It's odd how food can be the great connector as well as the great divider.

So, let's get back to how Tony came through for me! I was under the false impression that I possess the power to make everyone around me happy! Through my twice-daily practice of Transcendental Meditation and my yoga, regular exercise, and solid sleep, I feel really good. So good, so happy, so confident, that I figured I could make everyone else feel as good I do too! And when everyone else is happy, my happiness will expand too. That's where I hit the bump! My formula for happiness does not necessarily guarantee anyone else's happiness. I am so grateful I have found my place of peace in this world but as I made it my mission to make everyone around me happy, I started to lose my own peace.

This past July 4th was a real turning point for me. Our big tribe and their friends were all over and we were baking. We prepared gluten free brownies, ones with nuts and a batch without nuts. We had dairy-free chocolate chip cookies, some with gluten and some gluten-free. So far, we were all happy. I had boasted about a perfect place to go, about a 30-minute drive North on the water that we could all gather for fireworks. I was so thrilled to have my husband, my children and their friends joining in. I envisioned us all mingling about on the Intercostal, raving about the spectacular display of fireworks and how the baked treats were the best ever! **What I didn't know was that the SKY had other plans.** Or do you prefer this sentence? Turns out, I'm not in control of the weather! As we drove North, in two cars, to accommodate everyone, it started pouring, thundering and lightening. We did get to see fireworks, but it was on a crammed loading dock, so we were protected, but hardly comfortable. As I scanned my beloved tribe who looked wilted and disillusioned, I felt my heart sink. I had a choice. I could connect to the lowest vibe or I could just surrender to what was: a sopping wet stormy night.

I'm still learning that everyone, including our young and adult children, must discover their own paths of peace, joy, and preferences. This can be challenging, not just for them, but for those of us who love them so. I'm going to take Tony's words to heart. I choose not to live by rules but by acceptance. Plus, I have a freezer full of baked goods that never got eaten in the storm! Life is good! Happy Surrendering, Diana

Diana Stone, M.A., is a Wellness Consultant and inspirational writer and speaker. Connect with her at [dianalynnstone@me.com](mailto:dianalynnstone@me.com) or visit her website: [www.dianalynnstone.com](http://www.dianalynnstone.com)



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# Saving The Planet, What Can One Person Do?

By Madeline Daryadel and Roberta Mintz

Here is a brief note of thanks to our Wynmoor friends. We were extremely pleased to receive your very positive feedback and comments regarding our recycling article. It was good to know there are many Wynmoor residents, like us, that are interested in helping save the planet for our children, grandchildren, and their children.

Climate change is an issue we are all familiar with, because in the past years, hurricanes have become more severe and the season seems longer. We already know how to prepare and to keep ourselves safe.

Now, let's talk about how we can do our part in helping reduce our carbon footprint and the Greenhouse effect on the Earth. By definition: A Carbon Footprint is the amount of carbon dioxide and other carbon compounds emitted to the atmosphere, due to the consumption of fossil fuels. What are fossil fuels? Fossil fuels are known as hydrocarbon fuel, such as petroleum, coal, or natural gases, derived from the accumulated remains of ancient plants and animals. They are used as fuel. These and other Greenhouse gases, generated by burning fossil fuels, are considered by many to be one of the principal causes of global warming.

Did you know the Carbon Footprint of the U.S. households is about 5 times greater than the global average? For most U.S. households, the single most important action to reduce their Carbon Footprint is driving less or switching to a more efficient vehicle. This may not be possible for those of us that are concerned with climate change. However, there are many things we can do to reduce our Carbon Footprint and help us live happier, longer and productive lives.

The following are recommendations from the CLEO Institute, a grassroots organization out of Miami, whose mission is to "promote an informed and engaged public that supports climate action locally, regionally, nationally, and globally."

**Food: Buy Local:** Shipping burns fuel. A 5-pound package shipped by air across the country creates 12 pounds of CO<sub>2</sub> (3½ pounds if shipped by truck). Eating local also supports local agriculture.

**Eat less meat:** Vegetarians save at least 3,000 pounds of CO<sub>2</sub> per year compared to meat eaters. Eating an all-vegetarian diet could cut your Carbon Footprint by half. If you're not a vegetarian, eat one or two more vegetarian meals each week. Poultry is also less Greenhouse gas intensive than beef. Get on the Meatless Monday wagon!

**Don't waste food:** Get creative in the kitchen. About one-third of all the food prepared annually in the U.S. gets tossed, producing methane in landfills as well as carbon emissions from transporting wasted food.

**Try home-composting:** It makes for great nutrient rich fertilizer for those plants on your terrace. It also reduces the transportation of waste and the amount of waste that is dumped into our neighborhood landfills is one of the largest contributors of methane in Florida.

**What To Avoid: Avoid single-use plastic items:** Plastics are made from petroleum-based products and often end up in the oceans and waterways. They are difficult to recycle and end up back in the landfills. They also require a lot of fossil fuels to produce and transport.

**Avoid plastic water, juice, and soda bottles:** Buy a stainless steel refillable bottle that will last for many years.

**Avoid plastic bags:** Use reusable grocery bags and keep them in your car.

**Avoid plastic straws:** Throw-away cleaning tools, coffee pods, single-use flossers, disposable utensils, takeout containers, etc.

**Home: Adjust your thermostat - Helpful Hints:**

- ✓ If you have ceiling fans, run the fans and air conditioner at the same time. Set the air conditioner a few degrees higher, to 80 or 81 degrees.

With the breeze from a fan, it will feel as cool as you would at 78 degrees with no fans. You'll reduce your costs by about 15% - 25%.

- ✓ Don't choose a lower air conditioning temperature when you first turn it on. It won't cool faster. Whenever its running, its cooling as fast as it can. Set low, it cools longer, not faster.
- ✓ Set the air conditioning thermostat at 78 degrees or higher. Raise it a few degrees higher when away during the day. A lower air conditioning temperature makes your costs much higher. Setting your air conditioner at 70 degrees instead of 78 can almost double your operating cost!
- ✓ When weather is mild, use fans instead of the air conditioner. Your central air conditioner will use about 100 times more energy than a fan at medium speed.

**Lighting:** Use LEDs instead of incandescent bulbs. They use 75% less energy; last 10x longer and pay for themselves in the first 4 months.

**Insulation:** Weather-stripping, caulking and darkened window glass work together to save you energy, improve the comfort of your home, make it quieter and help you save money and the environment.

**Water:** Water-conserving showerheads and toilets: You can reduce water and heating costs, even in your bathroom. Save water by turning off the faucet when brushing, shaving or while doing the dishes.

Adjust your water settings: Turn the hot water heater in your condominium down to 120 degrees and wash your clothes on the cold-water setting. This could save your building \$200 - \$300 a year and a lot less shrunk clothes!

**Appliances:** Always pay attention to the total lifetime cost, including energy, not just the price tag. Look for the \*ENERGY STAR\* label for energy efficient models.

**Electronics:** Turn things off. If you're going away or not using an item for a while, unplug it to prevent "vampire" energy loss from electricity usage on standby. Turning off your lights and electronic devices could save you \$100 per year. Don't forget to unplug your cell phone charger when not in use!

**Solar:** We love solar! Hopefully, Wynmoor will consider installing solar panels on our rooftops. With today's falling prices, the ROI in South Florida can be between 6 - 7 years! Suggest to Wynmoor landscaper to use more native species.

**Engagement: Stay informed:** read, read, read. Stay up-to-date on the latest science, data, and socially relevant issues. Understanding the facts is the best way to make informed decisions and help those close to you grasp the issues.

Engage with candidates you wish to support and let them know climate change matters! **VOTE** for political candidates that are mindful of the environment despite party orientation. This is a non-partisan issue. Make sure your Congressperson and/or Senator know you want them to act on climate change no matter what their religion or political views may be. There is no economy on a dead planet and climate change is the biggest threat to our youth.

**Get Involved:** Become a climate speaker. CLEO will build your knowledge of climate science and solutions, so that you can effectively communicate the climate change information as a CLEO-certified climate speaker. We provide members with resources and coaching from scientists to help develop your presentation.

Believe us, we know this information may seem overwhelming! Where and when should we start? Our suggestion would be to just jump-in. That's what we did. We started by asking for paper bags and bought a water purifying pitcher. Do what you can, just do it. Be committed. We are over 5,000 strong. Every little bit helps. YOU do the math. Together, we can make a difference.

Want to know more, contact [www.cleoinstitute.org](http://www.cleoinstitute.org)



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**Friday, August 24th**

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From 9:30am-2:00pm In the Grand Ballroom  
Price: \$10.00. One table per household.

Registration begins Thursday, July 5th. All those who participated in the Winter sale are eligible to register on Thursday, August 9th. Register in the Main Recreation Office. 954-978-2600, press 1.



**Sawgrass Mills**

**Wednesday, September 5th**

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NOMADIC MURALS IS AN EXHIBITION OF TAPESTRIES BY CONTEMPORARY ARTISTS SUCH AS AZIZ & CUCHER, KIKI SMITH, NANCY SPERO, WILLIAM KENTRIDGE, FRED TOMASELLI, AND KEHINDE WILEY, AMONG OTHERS. THE WORKS IN THE SHOW ARE CONCEIVED AND EXECUTED AS TAPESTRIES AND NOT COPIES OF WORKS THAT ALREADY EXIST IN PAINTING OR OTHER MEDIA. THESE GROUNDBREAKING ARTISTS WORKED WITH EXPERTS IN THE FIELD TO CREATE THESE COLORFUL, MAGNIFICENT, AND MONUMENTAL ARTWORKS. THE TAPESTRY MEDIUM IS ANCIENT FROM THE 14TH CENTURY TAPESTRIES WERE THE MOST COVETED ARTWORKS AND COLLECTED BY KINGS. THEY COVERED ENORMOUS SPANS OF WALL SPACE, ABSORBED THE SOUND IN CAVERNOUS CASTLES, RETAINED HEAT, AND WERE EASILY TRANSPORTABLE BETWEEN ARISTOCRATIC RESIDENCES. TAPESTRIES WERE CONSIDERED MORE VALUABLE THAN PAINTINGS AND SCULPTURES. THE EXHIBITION'S TITLE REFERS TO THAT PORTABILITY.

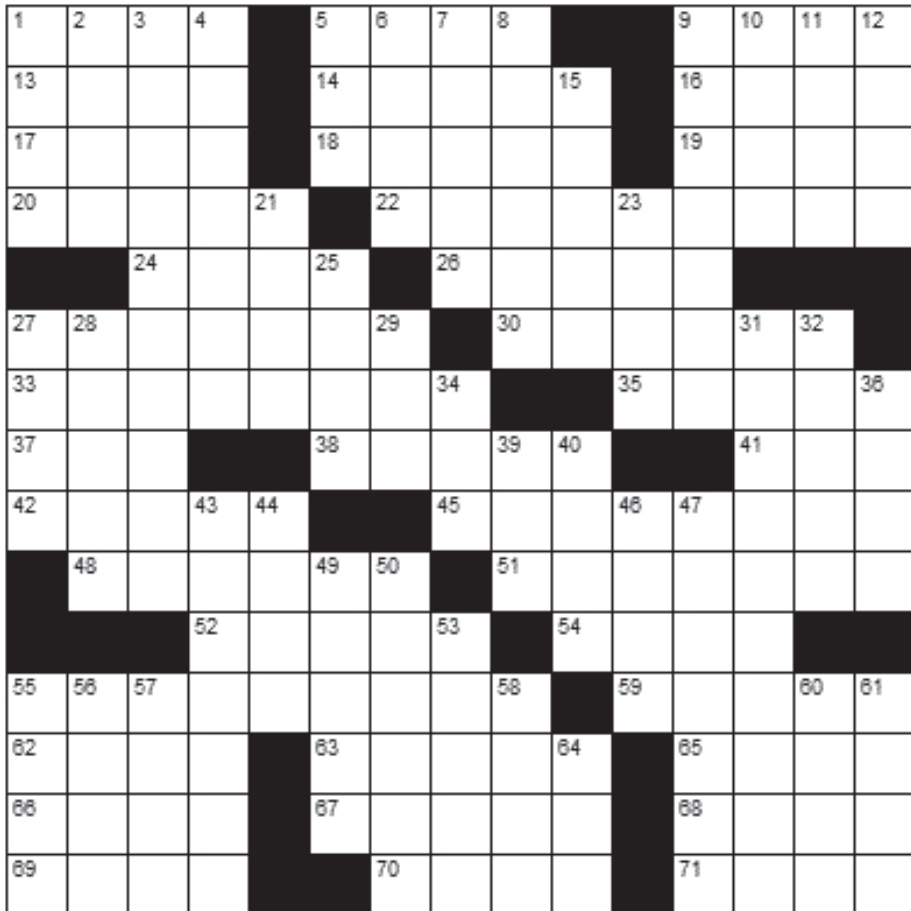





# Puzzles and Games

Solutions on page 62

## Crossword Puzzle



**ACROSS**

- 1. If not
- 5. Mob
- 9. Cook
- 13. Diving bird
- 14. Ancient Greek marketplace
- 16. Hoopla
- 17. Eager
- 18. Country estate
- 19. Send forth
- 20. French for "Our"
- 22. Awe
- 24. Boxes for bricks
- 26. Basic belief
- 27. Supple
- 30. Washbasin
- 33. Considering that
- 35. Bundle
- 37. K
- 38. Estimate
- 41. An Old Testament king
- 42. Colonic
- 45. Hapless
- 48. Found at the end of a pencil
- 51. Gunfighter
- 52. 6 6 6 6
- 54. Rascal

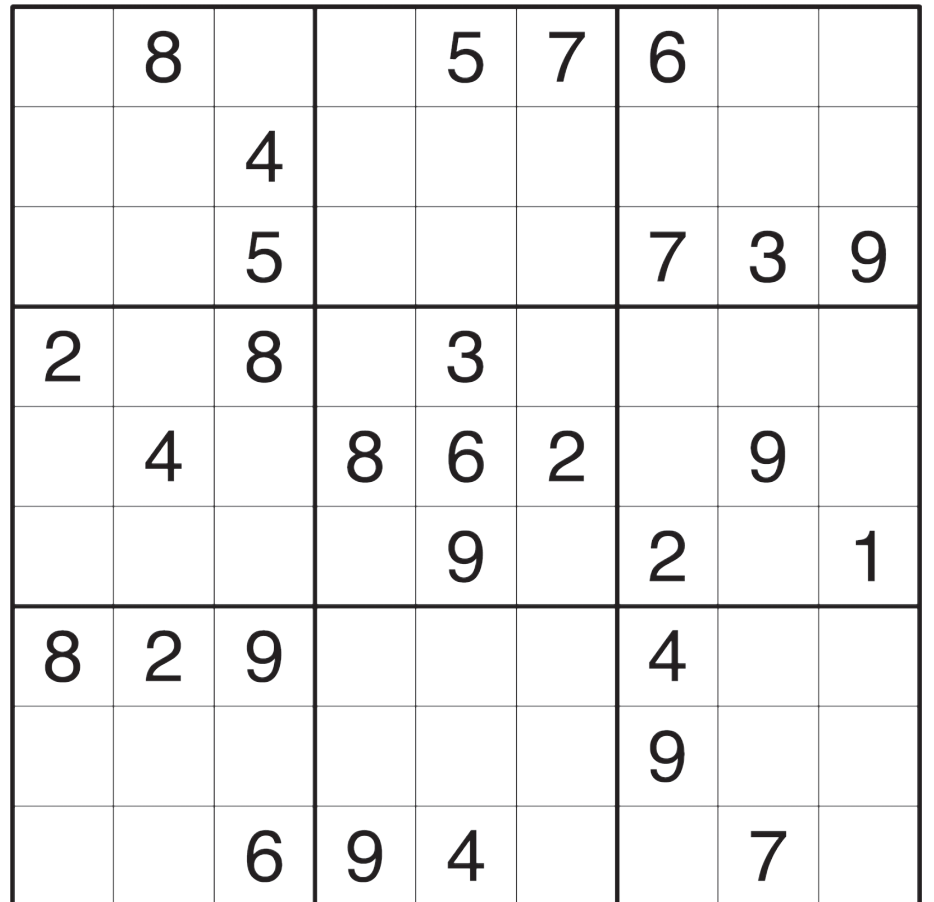
- 55. Celebrated noisily (archaic)
- 59. Potatoes
- 62. Wings
- 63. Tendon
- 65. Bright thought
- 66. Mentor
- 67. Electrical pioneer
- 68. Tidy
- 69. Arab chieftain
- 70. Sensed
- 71. Feudal worker

**DOWN**

- 1. Distinctive flair
- 2. Corporate image
- 3. Seer
- 4. Engage
- 5. A leg (slang)
- 6. Food thickener
- 7. A nine-piece musical group
- 8. Cringe
- 9. Long-legged spotted cat
- 10. Song of praise
- 11. Sweeping story
- 12. Celebration
- 15. Stadium
- 21. Biblical kingdom

- 23. Guns an engine
- 25. Self-satisfied
- 27. Similar
- 28. Absurd
- 29. Euro forerunner
- 31. Sermon on the Mount
- 32. Fertile area in a desert
- 34. Cool, once
- 36. Proven information
- 39. Unhappy
- 40. Counterfoil
- 43. He gives backrubs
- 44. Largest continent
- 46. Not his
- 47. Pertaining to cobra-like snakes
- 49. Be
- 50. A change for the better
- 53. Feel
- 55. Hourly pay
- 56. Astringent
- 57. Indian dress
- 58. A small wooded hollow
- 60. Prefect
- 61. Satisfy
- 64. A Buddhist temple

## Sudoku



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Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 8-by-8 boxes must contain all nine numbers, 1 through 9 with no repeats.

## Newspaper

Find and circle all of the summer words that are hidden in the grid. The remaining letters spell an additional summer item.

D N A T S S W E N F I R I S S N O I H S A F  
 N A R T X E M O V I E S W N O T R P E C U B  
 O L I S N H E E P L S E D I S T E I V U N S  
 I T S E A E V D E I I T T E N E T T E L E N  
 T E E N D S M T I V N A R I X C R T N T Y M  
 P F O L V U T N E T L I C A R H O T T U T U  
 I E H E E E O R I U O L O E O N P L S R L L  
 R L F D R V E B C A A R L N S O E T A E C O  
 C Y A S T O I R I S T P I N T L R I N C U C  
 S T M B I R I S S T O R S A O O U S O C O E  
 B S I O S C E I I E U E E L L G P L Y R M L  
 U E L O E N F H P O N A C T P Y U H U O B L  
 S F Y K M I O O S I N O R G N M Z T H S I K  
 S I H S E L L I L I M G N I N E Z L E S E C  
 D L N D N I E D T I L I U I E E L A C W W A  
 S P A A T P A V C C K B S I E S E E N O R R  
 I D N I S E T S A O E T U H D E S H A R U S  
 S A C I H S T H O R S S E P H E A R N D T F  
 O S T R O P S C I N T E R V I E W S I R D C  
 W E A T H E R S S E N I S U B O U R F A N T  
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## a WORD or Two

**Word:** salvo  
**Definition:** a simultaneous discharge of two or more guns in military action or as a salute  
**Example:** The newspaper article was intended as a *salvo* against the mayor's policies.

**Word:** nimiety  
**Definition:** excess, redundancy  
**Example:** As she organized the potluck lunch, Julie offered suggestions for dishes that were still needed so that we wouldn't end up with a dearth of salads or a *nimiety* of desserts.



Dear Friends,  
 2018 is an election year, and in this month's article, I wanted to provide you with important voter registration information as well as deadlines you need to be aware of prior to voting. There is no deadline for citizens to vote, but to participate in the 2018 elections, you must register at least 29 days prior. Here are some important dates to note:

**General Election deadline:** October 9, 2018:  
 Vote by mail ballot for those overseas should be sent 45 days prior to the election.  
**General Election deadline:** September 22, 2018:  
 Vote-by-mail ballots for those residing within Florida is between 35 and 28 days prior to the election.  
**General Election deadline:** October 2 - 9, 2018:  
 Early Voting Period for the 2018 elections are as follows:  
**Primary Election:** August 18 - 25, 2018:  
 \*Pending specific dates from the Supervisor of Elections Office\*  
**General Election:** October 27 - November 3, 2018  
 \*For early voting, you may vote at any polling place\*  
**Elections Days:**  
**Primary Election:** August 28, 2018  
**General Election:** November 6, 2018  
 \*For Election Day, you must vote at your designated polling place that is located on your voter registration card\*\*  
 For questions about your voting status or other information, please contact the Palm Beach Supervisor of Elections office at 561-656-6200 or call Broward County Supervisor of Elections at 954-357-7050.

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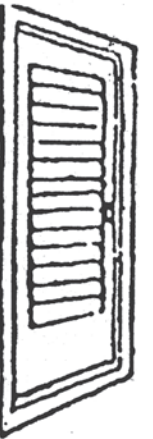
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2201 Lucaya.....	2/2 Pool View, Granite Kitchen, Walk To Pool, New A/C .....	\$ 119,000
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2505 Antigua .....	2/2, Glass Enclosed Terrace, Overlooks Pool, Laminate Floor Throughout, Newer A/C.....	\$ 99,000
3304 Aruba.....	1/1, First Floor, W/D In Unit, Walk To Pool.....	\$ 66,900
3302 Aruba.....	2/2, Full Upscale Renovation, Golf and Lake View, W/D In Unit (2 Units Available).....	\$ 225,000
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Beginners Tap Class (Jankelevich): Starting August 6th from 10:00 AM - 11:00 AM for 4 weeks; \$32

Chair Yoga (Charland): Starting August 6th from 1:00 PM - 2:00 PM for 4 weeks; \$28



## Tuesday

Creative Art (Zannini): Starting August 7th from 10:00 AM - 12:00 PM for 4 weeks; \$45

Line Dancing (Levitan): Starting August 7th from 10:00 AM - 11:00 AM for 4 weeks; \$28

Mixed Media (Tishman): Starting August 7th from 1:00 PM - 3:00 PM for 4 weeks; \$40



## Wednesday

AARP: Monday & Wednesday, August 6th and 8th from 1:00 PM - 4:00 PM for TWO DAYS; \$15 - \$20

Art: Ink (DeRosa): Starting August 1st from 10:00 AM - 12:00 PM for 5 weeks; \$50



## Thursday

Canasta (Levitan): Starting August 2nd from 3:30 PM - 5:30 PM for 5 weeks; \$45

Mah Jongg (Levitan): Starting August 2nd from 1:00 PM - 3:00 PM for 5 weeks; \$45



## Saturday

Yoga (Charland): Starting August 4th from 9:00 AM - 10:00 AM for 4 weeks; \$28



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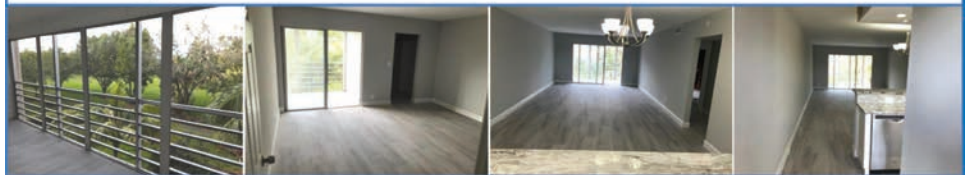
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# Risk Protection Orders: An Important New Tool To Keep Broward Safe From Gun Violence

By Sheriff Scott Israel

Broward County and all of Florida are safer today, thanks to a new state law that gives law enforcement a valuable tool to prevent gun violence. This helps keep firearms out of the hands of individuals who demonstrate an obvious threat to themselves or others.

Florida joined a handful of states earlier this year when it passed the "Risk Protection Order Act" (RPO), or "red flag law," which spurred much-needed action in response to the tragedy in Parkland. This important law, passed with bipartisan support in the state legislature, allows law enforcement to remove firearms and ammunition from violent or mentally ill individuals, while affording citizens their due process.

Already, this law is clearly proving its worth to law enforcement and the public.

Since the passage of the law, the Broward Sheriff's Office has made significant use of the RPO Act. Already, BSO has utilized RPOs dozens of times, more than any other county in the state.

In April, BSO violent crimes detectives arrested a Deerfield Beach man who was pending trial for attempted murder, for violating a risk protection order and removed an AR-15, a .22 caliber rifle, hundreds of rounds of ammunition, a bump stock, and numerous other weapon-related items from his home. The arrest is believed to have been the first in the state for violation of an RPO.

The process for obtaining an RPO is straightforward and puts the decision to remove guns in the hands of a judge. First, law enforcement files a petition listing the statement, actions or facts which give rise to a reasonable fear of significant dangerous acts by respondent. The petition is heard by a Judge within 24 hours to determine if there is reasonable cause to believe the respondent poses a significant danger of causing personal injury to themselves or others in the near future by having in their custody, any firearm



or ammunition. If granted, the respondent is served with the temporary order, and they must immediately surrender their firearms, ammunition and concealed weapons license pending a final hearing.

The judge will set the final hearing within 14 days, at which time law enforcement must present clear and convincing evidence that the person poses a significant danger of causing personal injury to themselves or others by having in their custody or control, any firearm or ammunition, or by purchasing, possessing, or receiving a firearm or ammunition. If granted, the final RPO is valid for one year. To extend the order, law enforcement would once again have to present evidence to the court that the person is still a threat to themselves or others.

This is the type of common-sense gun measure for which I have long advocated. This law is intended solely

to remove firearms from individuals who pose an obvious threat to themselves and others, not from law-abiding citizens. It balances public safety goals with the important rights, afforded to citizens by the Second Amendment of the Constitution, as well as the Fifth and Fourteenth Amendment right to due process. In fact, even gun rights organizations have voiced their support for these red flag laws.

While this law is not the perfect solution to ending gun violence, it's a gigantic step in the right direction and we are all safer because of it.



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# What's Happening

## Weiner Museum of Decorative Arts (WMODA): Wednesday, August 15th

Enjoy a docent tour, featuring Chihuly and tea lunch. Lunch includes selections of turkey on wheat, albacore tuna on a mini croissant, cage-free egg salad on white bread sandwiches, a mozzarella caprese skewer, a freshly baked tea pastry, a cranberry scone with orange marmalade, and freshly brewed lemon mint iced tea. Cost: \$46

## Miami Marlins vs. NY Yankees Wednesday, August 22nd

First pitch is at 7:10 PM. We depart Tract 1000 at 4:00 PM. Seats are in lower baseline. Register now. Cost: \$60

## Temple Beth Orr - A Place of Belonging By Rabbi Marci R. Bloch

Recently, my husband and I were out of town and we decided to try a restaurant that was recommended to us. When we walked in, we realized that we were highly underdressed. We commented on it to each other, chuckled awkwardly, and stayed because we were on vacation without fancier clothes. As we looked around and saw people in their finest suits and dresses, I started to think about those times that all of us have felt out of place. Perhaps, it was walking into a cocktail party or a card game and realizing that everyone else knows each other. Or, being in a cafeteria and not knowing who to sit with.

I have been thinking a lot about the idea of what it means to belong. Judaism is a religion all about belonging. In fact, the Torah in Genesis 2:18 tells us it is not good for man to be alone. Being connected and belonging are part of the human story and the Jewish story. When we belong, we feel a sense of purpose and of being cared about. When we belong, we have a sense of community and of home.

This past week marked my first year anniversary as Rabbi at Temple Beth Orr in Coral Springs. One of the many reasons I am proud to be part of this community, is because it understands the importance of helping others feel a sense of belonging. From the very first time a person visits Temple Beth Orr, our members help them feel welcomed and embraced. At Temple Beth Orr, we want to know who you are, what is important to you, and what gives your life meaning. We work to build authentic relationships and to give people a sense of safety and commitment within a Jewish community.

The High Holidays are a season of coming home to where you belong. If you are looking for a spiritual home that will give you love and a sense of purpose, then Temple Beth Orr is the place for you!

Please come visit us at our open house on **August 12th from 11:00 AM - 1:00 PM.**

With blessings,  
Rabbi Marci R. Bloch

## News From Temple Beth-Am By Toby Gordon

The rains have past (mostly) and the heat of the Summer is upon us. Before you know it, another High Holiday Season will be here. It is a time to think about those we have offended and apologize for what we have done, and also, to forgive those who have offended us. It is also a time to remember our relatives and friends who have passed on, what they meant to us and what they were able to accomplish with their lives. At this time of the year, we all get together with family and friends to celebrate our New Year. May the new year be one of good health and many joys for all of you.

Though many of our members have gone North to visit with family or just to be someplace where it is a little cooler, many activities are still going on at the Temple. We will have a general Open House on August 10th at 6:30 PM following Services, and August 12th at 9:30 AM. At those times, there will be a representative from the Clergy, Membership Committee, Temple Board, Sisterhood and Men's Club there to answer any questions that you might have.

Please join our Temple family to schmooze and have light refreshments. Bingo is still going strong through the Summer. Wynmoor has a bus that departs from the Country Club at 5:20 PM and returns approximately 9:50 PM every Monday evening. Complimentary refreshments, as well as prizes and types of games played, are set by Temple Beth-Am. Why not join the many players, meet some new people, and have fun?!

If you have any questions, our Temple office personnel are always available to help you. Please call 954-968-4545 or, if you wish, visit our website at [www.beth-am.org](http://www.beth-am.org) for a complete list of our activities.

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## AUGUST PROGRAMS

**Wednesday, August 1 – Knitting Circle.** Join our monthly knitting circle. A great way to get yourself knitting more, and meet other people who share your interest. All levels welcome. We also accept donations of yarn and knitting needles. 4:30 to 6 p.m. Rm 154.

**Thursdays, August 2, 9, 16, 23, 30 – Digital Downloads Open House.** Bring your own device and get one on one help to learn how to access and download the library's free books, music, magazines and movies to your device. First come, first served. Noon to 1 p.m. Rm 226.

**Saturday, August 4 - Musical Petting Zoo - Many of us have seen and heard the piano or guitar, but what about the mbira, shekere, khim, zils or gungharoo?** Join us to see and learn about international instruments from Mexico, Ghana, Indonesia, Zimbabwe, Turkey, Spain, and many more nations and cultures from around the world. 2 to 3 p.m. Rm 154. *Sponsored in part by Friends of North Regional/BC Library.*

**Monday, August 6 – Art of the American Musical: Movie & Discussion.** (1964), Rated G.

2 to 4:15 p.m. Rm 154. *Sponsored by Friends of North Regional/BC Library.* Call 954-201-2601 for movie title.

**Wednesday, August 8 - Mental Health First Aid.** Mental Health First Aid is an international program which has proven to be effective. Individuals trained in this program will grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions; will be able to identify multiple types of professional and self-help resources; and increase their confidence to help an individual in distress. **Free.** Limited space. Registration required, call Melody Kaye at 954-316-9907 or email melody@namibroward.org. 9 a.m. to 5 p.m. Rm 154. *Sponsored by NAMI Broward County.*

**Wednesday, August 8 -** Representatives from the North Broward **Social Security** office will be available to answer your questions and provide information. 2 to 4 p.m. Lobby

**Thursday, August 9 - Cultural Treasures of Ethiopia.** Presented by Award Winning Author, Journalist and Editor D. J. Niko. D. J. Niko writes archaeological & historical thrillers, bringing to life the places and characters of the ancient world. A lifelong traveler and adventurer, she personally visits and researches the places she writes about with particular relish for remote locations. 2 to 3 p.m. Rm 154.

**Saturday, August 11 – Celebrate Libraries Rock at our End of Summer Concert.**

Local musicians, **Jahzilla**, will perform an acoustic set of classic rock, funk, reggae and pop favorites. Join us for a rockin' good time. 4 to 5 p.m. Rm 154. *Sponsored by Friends of North Regional/BC Library.*

**Tuesday, August 14 & 28 – Coffee & Conversation.** An opportunity for friendly dialogue between library professionals and community members. Light refreshments served. 2:30 to 3:30 p.m.

Rm 226. *Sponsored by Friends of North Regional/BC Library.*

**Wednesday, August 15 – Foreign Film Series: Discussion & Commentary with Shelly Isaacs.** (2008), Rated G. 2 to 4:30 p.m. **Rm 226.** *Sponsored by Friends of North Regional/BC Library.* Call 954-201-2601 for movie title.

**Tuesday, August 21 – Libraries Rock with Book Reviews: "Origin" by Dan Brown.** In this book, the author of the Da Vinci Code interweaves codes, science, religion, history, art, and architecture.

2 to 3:30 p.m. Rm 226.

**Friday, August 24 –** Representatives from the **Broward County Property Appraiser** office will be available to answer questions. 10 to 11:30 a.m. Lobby.

**Monday, August 27 – Florida Licensing On Wheels.** DMV offers a selection of services: First time licenses, convert out of state license, renewals, replacements, address/name changes, ID cards, Reinstatements, and Emergency contact information. Fees are applied. 10:30 a.m. to 1:30 p.m. Lobby.

**Monday, August 27 – Art of the American Musical: Movie & Discussion.** (1956), Rated G.

2 to 4:15 p.m. Rm 154. *Sponsored by Friends of North Regional/BC Library.* Call 954-201-2601 for movie title.

**Language Classes:**

**Tuesdays & Wednesdays – English Café:** conversational practice session for intermediate learners of English. 6:30 to 7:45 p.m. Rm 226.

**Tuesdays & Wednesdays – Spanish Café:** conversational Spanish practice for English speakers. 6:30 to 7:45 p.m. Young Adult Room, 1st Floor.

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## Upcoming Library Events...

### North Regional/Broward College Library

1100 Coconut Creek Blvd. • Coconut Creek, FL 33066 • 954-201-2601



## AUGUST COMPUTER CLASSES

**Tuesday, August 7th, 14th, 21st, and 28th, 6:00 PM - 8:00 PM: Creole class.** This class covers various computer subjects in Creole.

**Wednesday, August 1st, 2:00 PM - 4:00 PM: Microsoft Excel, Part 3 of 6.** The goal of this class is to become familiar with Microsoft Excel and spreadsheet concepts. Spreadsheets are often used to track numerical or financial data and perform calculations easily and quickly. This course focuses on the skills used most in Excel: using menus and toolbars, formatting text and numbers, creating charts and graphs, and creating formulas.

**Monday, August 6th, 2:00 PM - 4:00 PM: iPhone Essentials iOS 10.** This class will help you learn how to use your iPhone and avoid frustrations. It includes the new Health app, Apple Pay, Apple Wallet, and Touch ID. For Apple iPhone users only.

**Wednesday, August 8th, 2:00 PM - 4:00 PM: Microsoft Excel, Part 4 of 6.**

**Thursday, August 9th, 2:00 PM - 4:00 PM: Exploring Google.** Google is a leading search engine that helps you locate information on the Internet. Learn about other things you can do with Google, including Google Drive, Google Maps, and Google Calendars.

**Wednesday, August 15th, 2:00 PM - 4:00 PM: Microsoft Excel, Part 5 of 6.**

**Thursday, August 16th, 2:00 PM - 4:00 PM: Meet the Computer, Windows 7/10.** Introduction to computers, beginning with learning about the components that make up a computer system, how to use a mouse and keyboard, starting programs and the computer desktop.

**Monday, August 20th, 2:00 PM - 4:00 PM: iPad, v 9.0.** A comprehensive introduction to using the iPad, including all the standard apps that come with iOS 9: Notes, Music, News, Maps and many other apps that have new features you'll want to learn about and use. For iPad users only.

**Wednesday, August 22nd, 2:00 PM - 4:00 PM: Microsoft Excel, Part 6 of 6.**

**Thursday, August 23rd, 2:00 PM - 4:00 PM: Buying & Selling On Ebay.** Buying and selling items online is a fun and easy way to shop and sell. Ebay is the largest and most active auction site on the Internet featuring everything from books to cars. This class will help you navigate your way through the ins and outs of Ebay, whether you want to buy, sell, or simply browse.

**Monday, August 27th, 6:30 PM - 8:00 PM: Mobile Accessibility: Making Your Smart Phone & Tablet Easier To See.** Smart phones and tablets have settings and features that make it easier to see small text and use touch screen technology. This class will introduce you to options and features that your device offers to make things larger, enhance audio, add captions, and much more.

**Thursday, August 30th, 2:00 PM - 4:00 PM: Resumes And Cover Letters.** This course is about preparation and planning, finding your interests and skills, and the computer skills you need to succeed in finding a job in today's environment. This course will introduce you to the realities of online searches, email communication, social media networking.

#### Free online computer classes:

*One on one training is available by appointment. Call 954-201-2601.*

# FREE POOL LESSONS

By Bob Horowitz

Ralph Rubin, Co-president of the Pool and Billiard Club and Tournament Director, is available for lessons from beginner to advanced.

Sign up in the Billiard Room. A signup sheet is available near the front entrance to the room. There is no cost for these lessons.





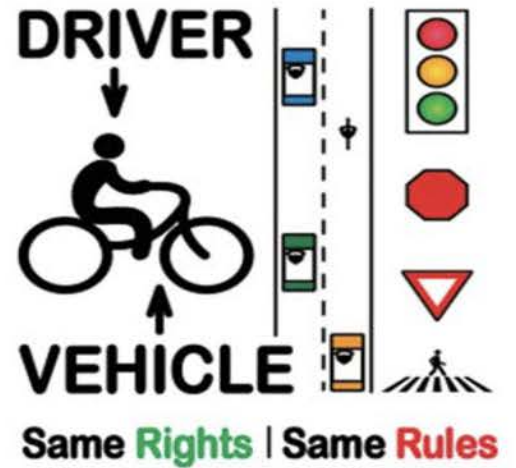
# Bike Safety



*There is only one road and it is up to bicyclists and motorists to treat each other with care and respect!*

*In Florida the bicycle is legally defined as a vehicle and the bicyclist is a driver. Bicyclists have the same rights to the roadways, and must obey the same traffic laws as the drivers of other vehicles. These laws include stopping for stop signs and red lights, riding with the flow of traffic, using lights at night, yielding the right of way when entering a roadway and yielding to pedestrians in a crosswalk.*

-Florida Statute 316.2065



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# Neighborly News

## 1705 Andros By Marilyn Stahl

Lots of nice happenings in 1705.

A very well-attended July 4th celebration was enjoyed by our residents and some guests. Many thanks to Bernie Horowitz, Marilyn Johnson and Angela Papa, for their expert organization. Catherine Papa for her pre-Barbecue treats.

Happy birthday to Doris Herstone, who celebrated on July 19th and Phyllis Teitler who will be celebrating on November 21st.

Helen Ross just returned from New York where she celebrated her birthday with family.

Marilyn Gross is off to Tennessee for her grandson's wedding. All the family will attend.

Judy and PJ Jou welcomed a new grandson: Eitan Uriah Herrero, born May 22, 2018 at 7 lbs. 14 oz., big sister is Hava Rifka.

Our Lunch Bunch continues to enjoy lunch with some new faces. We are happy to welcome you. Our next stop is Longhorns. Once again, we want to thank Ellen and Les Resnick for their efforts.

So, continue to enjoy the warm weather, the friends, and the activities in this wonderful place called Wynmoor and of course, do it all in good health.

## Friends Of Aruba Village By Ceil Eitman

This is a newly formed "no-dues" paying social group, specializing in overnight trips and other activities. We also research community group cruise fares.

Currently available cruises are:

10-night Panama Princess Cruise, December 9th

12-night Celebrity Caribbean with special perks, December 9th

7-night Harmony Cruise, February 10th

9-night Harmony Cruise, March 29th

For information and requests to be put on our email list, please contact joe@duemig.com

We look forward to hearing from your building. **Send us an email:** wynmoorads@aol.com or... put a neatly handwritten letter (upper/lower case) in the INSIDER Box, located in the Clubhouse near the Real Estate Office.

## Look Out For Your Neighbors!

# JACK'S PHILOSOPHY OF LIFE

By Jack Boss



**PEOPLE:** When you meet people, have a smile on your face and a pleasant manner. I have found that people usually are a mirror of you and they reflect the way you act towards them. Should your attitude be nice, they will be nice. If it is curt and gruff, they will respond in like manner. It is much nicer when people are pleasant with one another rather than arguing, barking or creating unpleasanties. It makes everyone have bad vibes and takes away from enjoying your day. I don't mean to say that when you have to defend yourself or fight for your rights that you don't argue or bark (just no biting). There is a proper time for all things.

You are going to learn that all people are different than you are and if you learn early in your life, you will be less hurt. By having this knowledge, you will be able to handle these differences much better. At times you are going to think

that other people are as kind, intelligent, loving, caring, honest, truthful, have as much ability as you do, but this is not so. We are all different. The object is to know this and to be able to accept the fact that they cannot be as nice as you are.

**YOU LEARN MORE FROM LISTENING THAN TALKING:** That sentence, if you practice that all your life, you will find you will have less trouble and be more appreciated. Usually, when you do a lot of talking, you say things that at a later date will be used against you. Most people, when they talk, talk about themselves and like to have an audience that listens. So, if you become a good listener, people will like you and, in listening, you will learn many things that will be helpful to you.

**YOUR MIND:** Learn how to control it, somewhat like a TV set, you will be able to change your channel of thoughts. Many times, we get disturbing thoughts at a time we would rather think of something else. If you do not train yourself, you will find yourself disturbed with frustrating thoughts that you cannot get away from.

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## Join Us For Break-Fast

Hosted by the Circle Club

**Wednesday, September 19, 2018  
West Wing - Doors open 6:30 PM**

**Menu:** Platters of whole whitefish, sable, baked salmon, nova lox, creamed herring, tuna salad, egg salad, bagels, cream cheese, tomatoes, onions, olives and more.

**Dessert:** Pastries, sugar free, tea and coffee.

**Cost \$30 pp**

**Open to All - Bring Your Friends  
8 to a table/no more than 10 if necessary  
Maximum 150 people**

**Reservations and Cancellations by September 4, 2018**

Send your reservations with list of guests names together with your check payable to the Circle Club

**Mail to:** Circle Club, P.O. Box 934384, Margate, FL 33093-4384

**For further information, Call Judy Henry: 954-971-4748**



**2018 TRIM Notices:** The Broward County Property Appraiser’s Office mails the TRIM (proposed tax) Notices in mid-August each year. The proposed property tax notice will show your 2018 property assessment, exemptions, and the proposed taxes along with dates and times for the various taxing authorities’ public budget hearings.

The TRIM Notice is your opportunity to review your property assessment and ensure you are receiving all the tax-saving exemptions you are entitled to. Our office’s contact information will be listed on the newsletter enclosed with the TRIM Notice, giving you the opportunity to contact us directly should you have any questions. *The absolute deadline to apply for any 2018 exemption or to appeal your property assessment is September 18, 2018.*

Many property owners ignore their TRIM Notice until it is too late to appeal an assessment, question the proposed tax rates or file for exemptions. If you wait until you receive your tax bill in November to inquire about your assessment, you will lose your right to appeal. The first thing to know is your taxes are calculated using this formula:

**TAXABLE VALUE x TAX MILLAGE RATES + SPECIAL ASSESSMENTS = TAX BILL**

The Property Appraiser determines the market and assessed/Save Our Homes value of your property. Your tax rates and non-ad valorem fees are set by the various taxing authorities (school board, county commission, city commission, hospital district board, water management district, and so on) listed on your TRIM Notice. If you want to question your proposed tax rates, non-ad valorem fees, special assessments, or services, you should

contact the elected officials who serve on the taxing authorities and attend the public hearings in September, 2018.

*Important: The Property Appraiser does not set your tax rates or collect your taxes. Your tax rates are set by the city & county commissions, school board, and other taxing authorities. Additionally, any PACE (Property Assessed Clean Energy) assessments are not included on the TRIM Notice but will appear on the November tax bill sent by the Broward County Tax Collector.*

**Why Are My Property Taxes Higher than the Prior Owner’s Last Year?**

Florida law requires property be reassessed at market value as of January 1st, the year following a change in ownership and/or the year the property receives/loses the Homestead Exemption.

After this reset in value occurs, the property will be protected by an assessment cap starting the following year. For Homesteaded property, the Assessed/Save Our Homes (SOH) Value can increase by no more than 3% above last year’s Assessed/SOH Value (or the consumer price index, whichever is less), regardless of the increase in just value. For tax year 2018, the assessment increase is capped at 2.1% for all Homesteaded properties. For non-Homesteaded property, the assessed value can increase by no more than 10% above last year’s assessed value. The 10% cap does not apply to the School Board taxes.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at 954-357-6904 or by email at [martykiar@bcpa.net](mailto:martykiar@bcpa.net)



**Wynmoor Friends Birthday Club**

By Jack Mendelson

Our Wynmoor “Friends Birthday Club” has been getting together for 14 years to help one another party.

We gathered at Sea Watch Resturant to celebrate Miriam Mendelson’s birthday. We also celebrated Chick Chase’s 95th Birthday at Seasons 52. The monthly celebrants choose a restaurant, date, and time. We always have a good time.

At this time, membership is closed.



**Happy Birthday**

**Donald Buikus**

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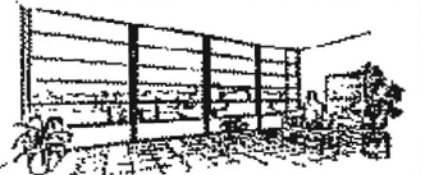
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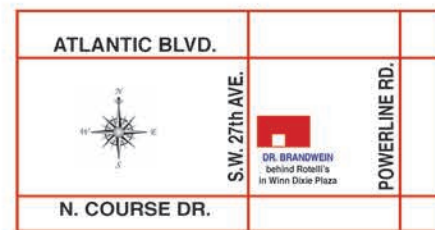
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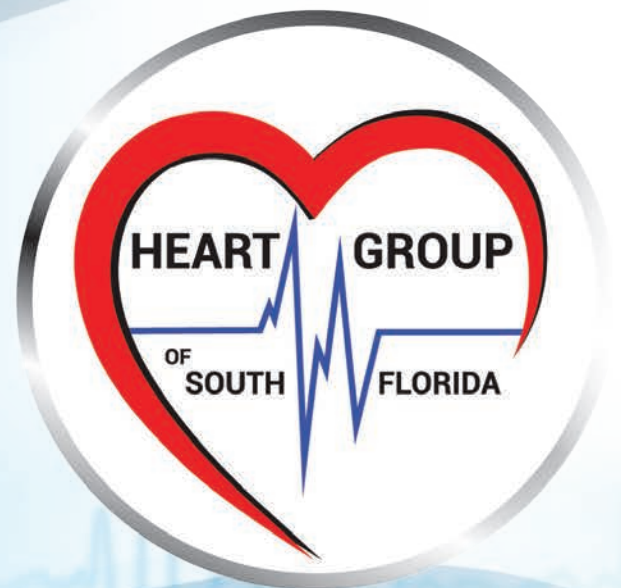
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# Safety Solutions

By Scotty Leamon

Public Safety Information Officer, Coconut Creek Police Department

## Police Department Sets High Goal By Applying For Accreditation



It's an exciting time here at the Coconut Creek Police Department! We have applied for initial accreditation through the Commission for Florida Law Enforcement Accreditation, or the CFA for short. Only around 30 % of all law enforcement agencies in the state are fully accredited by the CFA. The accreditation requirements include nearly 250 benchmarks in professional standards, many of which we must meet to gain initial accreditation.

Accreditation signals that your police department functions at the highest levels in professionalism, transparency, and accountability. It means that the department not only "talks the talk," if you will, on working together with the community, but it also "walks the walk" with citizens to make a difference in their neighborhoods. The CFA doesn't tell our command staff how to run the department, but it does provide a set of proven policies and procedures that ensure success in crime prevention, crime reduction, and officer accountability.

Three CFA certified assessors will spend three days here at the department in late August going over all our policies, doing ride-alongs with officers, and talking one-on-one with employees. They'll perform a thorough, top-to-bottom,

review of the entire department and give an initial report of their findings before leaving. The assessors will issue a full report to the Commission and the Commission will then meet in Clearwater Beach in September. We are confident the Coconut Creek Police Department will be awarded accreditation!

We're confident because we've spent the past two years preparing for this process and this visit by these three assessors. We have made sure all our policies and procedures are in line with the wishes of the CFA. There will be some challenges ahead, but you can rest assured that we are prepared to meet them. We have several officers, and an accreditation manager, who know the CFA well and have used their knowledge and training to help us get ready for this on-site assessment. It's been easier because a lot of the best practices outlined by the CFA are things we are already doing.

Probably the most important thing about accreditation is what it will mean for you, the resident of Coconut Creek. I firmly believe that it should make you even prouder of this outstanding police department! Accreditation will only enhance the positive synergy that is already going on here in the Creek between its residents and its police department. Our officers really care about you and believe wholeheartedly in community policing.

We look forward to our on-site visit and gaining accreditation in September. This will also be a goal that we cannot achieve without your help. We would like to thank you for being such good neighbors and striving to make positive differences in your community. When we work together, nothing can stop us!



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Registration deadline:  
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Bus departs Tract 1000 at 10:00AM

Lunch includes:  
A selection of tea sandwiches (turkey on wheat, albacore tuna salad on mini croissant & cage free egg salad on white), a mozzarella caprese skewer, a fruit cup, a freshly baked tea pastry, a cranberry scone with orange marmalade & freshly brewed lemon mint iced tea.

For more information call Recreation at 954-978-2600, press 1.  
Register in the Recreation Office, Monday-Friday, from 8:00am-4:45pm or in the Country Club Business Center, Monday-Friday, from 8:00am-12:45pm & 2:00pm-5:00pm.



**New York Yankees**      **Miami Marlins**

**Wed., August 22nd**

First Pitch at 7:10 pm  
Cost \$60.00  
Departs tract 1000 at 4:30pm  
Register Now!

For questions, please call 954-978-2600, ext. 323.  
Register at the Recreation office, Mon. - Fri., 8am - 4:45pm OR  
Country Clubhouse Library, Mon. - Fri., 8am - 12:45pm AND 2pm - 5pm.





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## LOST CAT

### DOMESTIC ORANGE TABBY, NAMED TANGO

Tango is a 2-year-old, spayed male. He wears a black collar with a tag.

If you see him, please call me. Leave a message on my phone.

**OFFERING REWARD!** I live in Portofino and I miss him terribly.


The cat has been seen in Wynmoor. He is microchipped and has current Broward County Tags and License. Reported lost.

The # is **K17-130768**. Broward County, Pawboost # **4751888**

Tel: 954-973-3898 - Cell: 646-262-7187. GOD BLESS!

**Thank You For Helping Us Find Him and Bring Him Home!**





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	\$26.95	Fri. - Sat. 5:00-11:00pm
		Sun. 5:00-10:00pm
<b>Brunch</b>	\$18.50	Sat. - Sun. 11:30am-4:00pm
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# HISTORY CORNER

By Phil Edwards

## Boudicca: She Objected

Boudicca was a tall red-headed woman with a harsh voice and was trained, like other Celtic women, in warfare. At eighteen, she married Prasutagus, the King of Iceni. It was only one of several of the independent kingdoms left in England after the Roman conquest. To preserve his domain, Prasutagus willed half his kingdom to his daughters and the other half to Nero, the Emperor of Rome, thinking this would preserve his kingdom after his death. Boudicca was not included in the will because of her known hatred for the Romans. Prasutagus believed at least part of his kingdom could be saved by willing half his kingdom to Nero and the other half to his daughters. Unfortunately, Roman officials in England had other plans for Prasutagus's land. They did not recognize the right of women to own property, inherit property, or rule over men. They claimed Prasutagus owed money to Rome and confiscated all the land. Backed by the armed troops, Roman officials went to Iceni and appropriated all Boudicca's land and assets. Boudicca stood her ground and protested. In typical Roman fashion, Boudicca was taken to the public square, stripped and flogged. Then her two daughters were raped.

She was not going to be treated like trash and be thrown out to decay. When it was over, she clothed herself, gathered her two daughters, and began to raise an army of 100,000 warriors to throw Rome out of Briton. She called on the men of her kingdom and neighboring states and told them, she, a woman, was going to crush the Romans and the men could do what they wanted. Over 100,000 warriors followed her when she marched on Camulodunum, the Roman provincial Capital. Camulodunum (Colchester) was a Roman colony inhabited by Roman veterans and locals who supported them. Boudicca showed no mercy as her army destroyed the city and killed everyone in Camulodunum.

When the IX Legion came to relieve the town, they were ambushed and slaughtered to the last man. Boudicca then marched her army to Londinium (London), burned the city to the ground and again, killed anyone who had not evacuated. Next, she marched to Verulamium (St. Albans), laid waste to the town and massacred the entire population. In total, over 90,000 were killed by Boudicca's forces.

While the Roman report was greatly exaggerated, it is estimated that Boudicca had an army that was estimated at three to four times larger than the Roman force. This was to be the final battle that would throw Rome out of Briton. The Roman commander strategically positioned his smaller force in a narrow field that was surrounded by dense woods. From this position, there was no escape, no place to run. They had to fight or die. The Celtic forces massed in front of them but were limited in their movements by the close quarters and could not take advantage of the superior numbers. The Celtic force brought their wives and children along to watch the obliteration of the Romans. Their families positioned their carts and baggage tightly behind their forces to have the best vantage point to watch the battle.

With crazed war cries, the screaming Britons ran at a full charge and stormed the Roman formation. For over 700 years, the Romans had developed and perfected their battle tactics, which resulted in conquering most of the known world. After the first throw of javelins, the front line of the Brits lay dead or wounded. The second launch of javelins decimated the next line of Celts. The momentum of the charge thrust the Brits against the shields and deadly short swords of the Romans. Using the square formation, the Roman shields provided protection from every direction and allowed them to halt

the massive charge. Once stopped, the Romans, in perfect unison, began to move forward step by military precision step. With each step, they thrust their swords into the bodies of the Boudicca's troops.

It was only a matter of time and the Brits broke and ran. Unfortunately, they were entrapped by their own baggage carts. Disordered and running for their lives, the Romans methodically moved forward and slaughtered not only the trapped warriors, but their wives and children. It was payback. Boudicca and her daughters escaped, only to take poison rather than be drug back to Rome as trophies of war. This battle changed the course of history. Instead of being driven out of Briton, Rome continued to rule Briton for another 350 years.

Comments can be made on Phil's website: [www.chooserrightly.com](http://www.chooserrightly.com)



## Keep Your Car in Good Condition

**Brakes:** Check to see that the pedal stays well above the floor when you step on it. If the car pulls to one side when you use the brakes or if you hear any scraping or squealing noises, your brakes may need to be repaired.

**Lights:** Replace burned-out bulbs and keep lenses clean.

**Tires:** Inspect often for proper inflation/tire pressure, even tread wear and damage.

**Windows and Windshields:** Keep the glass clean inside and out.

**Rear window:** If the rear window is covered by or treated with any material that makes it nontransparent, the vehicle must be equipped with side mirrors on both sides that allow the driver a view to the rear of at least 200 feet.

**Read Your Vehicle Owner's Manual!** It is an excellent resource for information specific to your vehicle, such as: what types of fluids your car requires, what dashboard warning lights mean, what your car services intervals are, and more.



# Clubs and Activities

**ALL Wynmoor Clubs, regardless of name, are open to ALL Wynmoor residents. Dues may be applicable.**

## All Year Round Club

By Fay Mayer

We had some great entertainment at our last meeting. Sorry some of you missed it. Why not join us at our next meeting (which are held on the 2nd Sunday of each month), meet our nice members, partake in our breakfast, and enjoy our top-notch entertainment? This month, we will hear about our Pizza & Bingo party to be held on August 12th at 5:00 PM. Reservations are required. Overall, we had a full morning with food and entertainment, and now a party to look forward to. If you are interested in our club or have any questions, please call me at 954-972-6748.

## American Legion Post #170

By Ralph Trapper

The next meeting of American Legion Post #170 is scheduled for August 13, 2018 at 7:15 PM in West Wing II, located at the Main Theater Complex. We are hoping to have a speaker for this meeting. Light refreshments will be served following the meeting.

We are continuing to return the previously issued Hurricane Network equipment each Monday through Friday, from 8:00 AM to 11:30 AM. Our first on-the-air net check test took place July 11, 2018 and every Wednesday following, (except for National and/or Religious holidays.) Keep watching for announcements in either the INSIDER newspaper or the News & Views.

For additional information, please contact Ralph Trapper, 1st Vice Commander at 954-972-4329 or Don Schwiesow, Commander at 954-984-6070.

## Billiard & Pool Club

By Bob Horowitz

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events have included: Karaoke Night, Comedy Club Night, group BBQ, Club Pool & Billiard tournaments, and other social events.

Join us Wednesday nights starting at 6:00 PM for our Wynmoor Pool Tournament. This is open to all levels of players, from beginners to advanced.

For information about the Pool and Billiard Club, to join our e-mail list or to sign up for an event or meeting, email WynmoorPoolClub@gmail.com or come into the room and look for event sign-up sheets or ask for Co-Presidents, Ralph Rubin or Bill Brunie or Vice President, Bob Horowitz.

You can also join our Facebook page, "Wynmoor Poolclub."

**Free Pool Lessons:** Put your name on the pool lesson sign-up sheet in Pool Room or email us to schedule free Pool Lessons.

**Wynmoor Pool & Billiard Room:** All residents and their guests\* are welcome to play at the Wynmoor Billiards and Pool Room, located in the Wynmoor Country Club building next to the library. With boasting 14 tournament grade regulation size pool tables, 4 heated billiard tables and one regulation snooker table, this club has been called, "the best Pool, Billiard, and Snooker venue, public or private, in all South Florida."

Players of all skill levels are welcome. The room is open 7 days a week from 8:00 AM to 12:00 Noon. Use of the room and tables is free to all residents.

\* Free for residents. Guests must register and pay guest fee.

## Bridge Club

By Marilyn Johnson

The lazy days of Summer are upon us. It's August and here at Wynmoor, we still play sanctioned games on Mondays and Wednesdays at 6:30 PM in the West Wing and on Fridays and Saturdays at 1:00 PM in the East Wing.

We play social duplicate games on Tuesday at 12:30 PM in the East Wing and on Fridays at 12:30 PM in the West Wing. The club results for July are not available as of press time.

Upcoming events: there will be an STaC on August 17th and a Saturday afternoon Open on August 18th. Our fan favorite, the "Birthday Game," will be played on August 24th in the West Wing.

## Camera Club of Wynmoor

By Nancy Landman

Membership is open to all Wynmoor residents with an interest in photography, regardless of their skill level or type of camera. The club offers instructional programming, entertaining multi-media presentations, informal

critiques, field trips, and small group mentoring.

There is also a club member's newsletter, "The Focus," that displays our club member's photos, club activities, and informative articles.

We encourage people with *beginner* skills to *advanced* skills to enjoy and share the benefits of a photography club. As a member, you will gain experience and knowledge to help each other grow to achieve and promote photography's excellence and fun.

Yearly membership is \$10 per person, \$15 for married couples.

New to the club? Your first meeting is FREE! Come join us!

*Meetings for the 2018 - 2019 Season:*

The 2nd and 4th Tuesdays of the month, between November 13, 2018 and April 9, 2019

Location: Wynmoor Country Club Lecture Hall

Time: 3:30 PM - 5:30 PM.

For more information, call Nancy at 954-979-9894.

## The Conservative Club of Wynmoor

By Andrea Joy Frankel-Bellitto



We are so glad to be back after a long hiatus of Summer vacation. We hope everyone had fun in the sun, although we are pretty lucky to have that most of the year! We are looking forward to having our Northern friends come back soon. We enjoy seeing them at our meetings and around the village or at our Wynmoor events.

We will be having our "Welcome Back" meeting on Tuesday, September 11th at 7:30 PM at the Wynmoor Clubhouse, Ballroom A.

Our speaker for the evening will be the winning candidate of the Republican party. Everyone is welcome.

Please bring a guest. We will have cookies and coffee.

## Current Events Club

By Daisy Sheridan



Won't you come to our weekly meetings where we discuss current events: local, statewide, National as well as International.

We meet every Tuesday morning from 11:00 AM until 12:00 Noon. If you wish, you may stay a little longer to chat with old and new friends. We meet in the Multipurpose Room which is located near the entrance to the main pool.

There is never a charge and our meetings are always most interesting and stimulating. Please let us welcome all Wynmoor residents and their guests next Tuesday!

## Fun With Friends

By Lou Kravitz



We are still on vacation and hope everyone is having a healthy and fun Summer. Our first dance is scheduled for October 21st in ballrooms A and B. It will be a Halloween theme so dress up if you so desire. I miss everyone and miss the fun we have at all these dances. Keep practicing your steps and see you in October.

## Karaoke Club

By Robin Thompson

Please Join us Wednesday, August 22nd in Grand Ballroom A at 7:00 PM. We are not just a Karaoke Club. In between rounds, Entertainer Bob Boudreau, will wow you with his keyboard/vocals for your listening and dancing pleasure. You may also bring snacks and refreshments. So, come enjoy performing, dancing, or just listening.

We have over 29,000 songs and a Professional PA System with 4 Wireless microphones. To get on the rotation list to sing, you are required to text or email up to 3 song titles with the artist's name to Bob at 954-336-6687 or bob@imsarm.com

Singers: please check in with Robin so she knows you have arrived. Residents must show Wynmoor ID. Admission is \$1 per person. There is no yearly membership fee. We look forward to seeing you there!

## Latin Women's Club

By Minerva Nazario

The Latin Women's Club will celebrate its 7th Anniversary Party and Hispanic Heritage Month on Friday, September 21, 2018, from 7:00 PM -

*Continued on page 58*

# Clubs and Activities

Continued from page 57

11:00 PM at Wynmoor Ballrooms A and B. The entrance fee is \$20 pp. A Latin Buffet Dinner with all its trimmings will be served. Music will be by Mike Rapposelli.

Tables will only be reserved for parties of ten (10) p/p. If you don't have a party of ten, we still want you to come and enjoy yourself, but it will be open seating. For tickets and information, call Ms. Minerva Nazario at 954-532-3156 or Ms. Stella Schilling at 954-973-2195. You may also contact any club member.

The Latin Women's Club meets the last Tuesday of each month from 2:00 PM - 4:00 PM in Classroom 4 in the East Wing. This month, we will meet on August 28, 2018. Our dues are \$15 per year. Refreshments will be served. All our meetings are held in Spanish.

For those celebrating a birthday or anniversary, we wish you good health, peace, love, and many more years to celebrate.

If you're interested in learning functional conversational Spanish for free or want more information about the club, please call Ms. Minerva Nazario at 954-532-3156.

## Nature And Arts Club

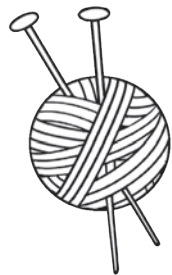
By Bonnie Summer

We're back, well, we are almost back. Our first meeting will be on Thursday, October 4th at 9:00 AM in Ballroom C. Now I ask you, do you want to stand in a long line, have burning feet, perhaps miss our delicious, gourmet breakfast or would you prefer to sit and relax, catch up on all the gossip, visit with old friends and make new friends? Then I suggest you send in your 2018 - 2019 membership dues of \$15 to Membership Chairperson/Treasurer Bonnie Summer: 1601 Abaco Drive, Apt. K4, Coconut Creek, FL. 33066 now to avoid the long lines.

Your Executive Board has been working very hard this Summer. Yup, we are trying. Here is a sample of what we are planning: Wiener Museum, Tree Zoo, Fairchild Gardens, Frost Art & Science Museum, plus more. So please send your membership dues in.

## Needlework Click

By Barbara Bilello



It's August already. Time goes by so fast. Our meetings are the 14th and 28th this month; the 2nd and 4th Tuesday of the month. We are in the West Wing from 1:00 PM - 4:00 PM.

We have a nice group of ladies coming to our meetings. We serve coffee, tea and snacks. Everyone is included. Just come and check us out. If you're new to Wynmoor, come and join us. You will make new friends and have a fun time. There are no dues, just friendly faces.

If you have neighbors or friends that might have yarn they are not using, please keep us in mind as we will be glad to pick it up. Call Barbara at 754-222-6375. Hope to see you there.

## Pickleball Club

By Sandra Cohen



Even during the warm Summer weather, Pickleball continues to go strong. Players can be seen on the courts from early morning and throughout the day. To extend play time, our members have also begun to schedule games in the evening on Tuesdays, Thursdays, and Sundays from 6:00 PM till dark, when the weather is a bit cooler.

If you want to learn to play the game, visit us at the Pickleball courts and meet our friendly members. If you have time on Sunday mornings, come to the Pickleball courts for FREE lessons from 9:00 AM - 10:30 AM. We supply racquets and balls for the lessons. You don't need to buy equipment until you decide to become a regular player. We hope to see you soon.

## Queens Club

By Ruth Weinstein

Right now, I am watching another July shower and planning my 100th birthday party for September. The Queens Club is on vacation until October 7th. Be sure to come to West Wing II for breakfast and entertainment on October 7th.

By that time, my big birthday will be a big memory enjoyed by friends and family. I extend thanks to all who sent me cards and good wishes. I sincerely wish to all, "good health and many happy years."

**OUR FIRST MEETING WILL BE OCTOBER 7TH  
BREAKFAST & ENTERTAINMENT - SEE YOU THERE!**

## Shuffleboard Club

By Michele Epstein



So many of our members have gone on vacation for the Summer. We miss them and totally understand the commitments they have to their families and themselves. We will be renewing regular hours come September and hope our members that are still participating will come out Saturday mornings to enjoy active playing time at 10:00 AM. Enjoy the rest of your Summer and we hope to see all of you back in September.

## Tennis Club

By Shelly Propper

August can be humid and rainy or just hot but Tennis Club members are on the courts morning and evening, enjoying our favorite sport. This Summer, two of our courts have been restored to their original splendor.

In the morning, there are Round Robin games being played on certain courts, but the other courts are available for singles or doubles play.

Night Tennis is still being played on Mondays, Tuesday, and Thursday evenings from 6:30 PM - 8:00 PM, with practice each night, starting at 6:00 PM. The other courts that are not being used by Night Tennis are available to other Tennis Club members who wish to play.

Bob Long runs Masters Tennis on certain Friday nights so please check the boards at the courts for information on that and other activities.

## Wynmoor Amateur Radio Club

By Ralph Trapper



The W.A.R.C. meets every Friday morning at 9:00 AM in the Multi Purpose Room, near the main pool and we meet all year round. At 10:00 AM, we move to the "Ham Shack," located in Room #118, on the West end of the Administration Building. Visiting Amateur Operators are welcome to operate from our station, just be sure to bring a copy of your "ticket" (License) along with you.

The Wynmoor Amateur Radio Club has returned to partial operating after repairs have been completed on our beam antenna. We now have operating capabilities from 6 meters to 20 meters.

Currently, the decision to make repairs to the Vertical antenna (Covering 10 down to 75 meters) is still under review. We will advise all members via notice in The INSIDER newspaper and the News & Views.

For further information, please contact Ralph Trapper, W9TWW, at 954-973-4329.

## Wynmoor Hurricane Emergency Net

By Ralph Trapper



Tell me where the year has gone, as we've already had one named storm (Alberto) for this season before the official hurricane season was expected to start on June 1st. The forecasters are calling for another moderate to strong storm season, but keep your fingers crossed that Wynmoor will again escape severe storms.

We had our 2018 equipment issue breakfast on June 20th. We had a good turnout from both our operators of past years and new people interested in assisting their neighbors.

Our first "On the Air" meeting will be July 11th, 2018 at 7:00 PM.

We're still seeking a few good people to bolster our ranks. The commitment we ask is to check in most Wednesday nights for 10 - 15 minutes for radio training and to be available to serve **after** the event of an actual weather emergency.

If you'd like to assist us or you're a previous operator who couldn't attend the breakfast meeting for instructions, please contact Ralph Trapper at 954-972-4329 or Gerry Soloff at 954-973-4899.

## Canasta Tournament

By Ann Elkin

Players wanted! Please come and spend a beautiful morning and afternoon playing Canasta. Meet lovely ladies and win money also! We meet every Thursday morning at 10:00 AM in the East Wing. Entrance fee is \$5 to play. For more info, call Ann Elkin at 954-978-0911.



# Clubs and Activities

## Wynmoor Golf Association

By Bruce Kollath

### WGA Fall Trip to Marriott Hutchinson Island Resort:

October 23rd, 24th and 25th, 2018

One Golfer in a Room	\$515
Two Golfers	\$715
Two in a Room:	
One Golfer and One Non-Golfer	\$640
Two Golfers Sharing	\$358 (\$360 each)
Two Non-Golfers Sharing	\$290 each
One Golfer Sharing	\$360
and One Non-Golfer Sharing	\$290

### Package Includes:

- Accommodations for two nights
- \*Two rounds of golf on the Executive Course
- Golf cart and storage
- Two breakfast buffets
- Two sit-down dinners in private dining room and terrace
- Cocktail Party
- Dancing to a DJ
- Taxes and Gratuities
- Complimentary beach chairs and umbrellas
- Overnight Parking for two nights
- Pools and Tennis courts
- All hotel rooms include balconies, refrigerator, microwave, and coffeemaker.
- 5-minute complimentary tram ride to golf course and beach.
- Tram runs every 20 minutes
- Resort is 78 miles from Wynmoor.
- You can view the resort on [www.hutchinsonismarriott.com](http://www.hutchinsonismarriott.com)
- Wednesday October 24th, 2018 Tournament - to be determined.

### GUYS AND DOLLS:

Our Next Guys and Dolls will be Saturday, September 1st or the 8th. WGA members, Jack Woods, Yasmine and Donna Harris will be in charge.

## Wynmoor Rebels Bowling League

By Les Resnick



**WELL IT'S TIME.** Stop thinking about it and come bowl with us and get some exercise. We will start bowling again Monday September 17th at 10:00 AM at SAWGRASS LANES; University Dr. in Tamarac.

For the first day, we will meet at 9:30 AM. We would like you to join us. We'll need your contact information to form teams. We have bowlers of all ages, with averages from 60 to 160. All are welcome. We use a 100% handicap system that makes all bowlers equal.

Call me if you want to join us, would like an explanation of our handicapping system or any other questions. We'll be bowling each Monday at 10:00 AM for 32 weeks. We get done a little after 12:00 Noon.

For more information, please call Les Resnick at 954-366-5352; [lresnick@yahoo.com](mailto:lresnick@yahoo.com) or Angela Hirshenson at 954-917-6961; [angelamartin810@bell-south.net](mailto:angelamartin810@bell-south.net)



## Wynmoor Video and Film Club

By Enid G. Wolf-Schein

We are reviewing some very exciting entries for our "Wynmoor Short Film Festival." However, we are still looking for more. The event will be Wednesday, January 30, 2019 at 7:00 PM in the Country Club Lecture Hall, followed by a reception in Ballroom C.

We continue to invite entries from the Wynmoor community for short subject films.

If you would like us to review your film for our Festival, please contact Enid Wolf-Schein at 954-978-1368.

## JOIN A CLUB

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## NEW CLUB INTEREST?

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to be known as LADY SWORDS.

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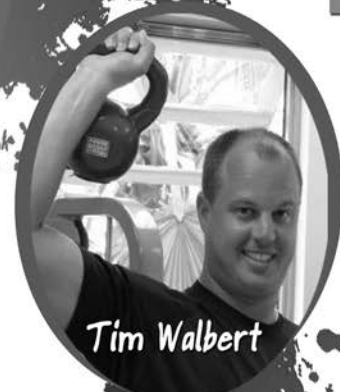
If you are interested,  
please email Alicia J. Berger at:  
[ajb7332@gmail.com](mailto:ajb7332@gmail.com)

## Meet Wynmoor's Fitness Trainers



Aasha Anderson

Aasha Anderson has always had a love for physical fitness. Her bubbly personality makes her perfect for Wynmoor's fitness facility. She began her personal fitness career at Planet Fitness. She is a compassionate trainer that aims to get the results you are looking for.



Tim Walbert

Timothy Walbert Holds fitness certification with ACE, ACSM, TRX, Silver Sneakers, and Madd Dog Spinning. He has a degree in Exercise Science & Wellness. He has been a Fitness Specialist with the City of Coconut Creek for 19 years. He really enjoys working with Seniors. His goal is to make sure our residents stay active and fit.

### Fitness Center Hours

5:00 AM-10:00 PM

Check out the new Free Fitness Class Schedule on page 42.

For more information call Recreation at 954-978-2600, press 1



Matthew Hamburger

Matthew's approach to fitness coaching combines his sports massage background, functional fitness, & carefully chosen exercises, creating an ideal exercise plan. Working with Matthew, you should expect to achieve your fitness goals, while having fun and learning in every session.

### Fitness Demos

with Tim  
Every Tuesday  
5:00 - 7:00 p.m.

with Matthew  
Every Wednesday  
11:00 a.m. - 2:00 p.m.

with Aasha  
Every Wednesday & Thursday  
5:00 - 7:00 p.m.

Free Fitness Demos  
Fitness Attired Required

Private Lessons are available through the Recreation Office.

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# Good Sugars, Bad Sugars: It's All About The Company You Keep

*Television's Dr. Oz and Cleveland Clinic's, Dr. Roizen, report on health, wellness and quality of life.*

"The principle difference between heaven and hell," said Lois McMaster Bujold, a Hugo-award-winning science fiction writer, "is the company you keep there." The same might be said for the principle difference between added sugars and syrups and sugars that occur naturally in various foods, from strawberries to 100 percent whole grains.

We're always going on about the evils of added sugars, but conversations with folks around the country have made us realize that you may not understand why it makes a difference to get moderate levels of glucose and fructose from fresh foods instead of highly processed and packaged foods. It's all about the company they keep!

Carbohydrates (sugars are carbs) are found in all fruits, veggies, and whole grains. You need them to live. All carbohydrates metabolize into simple sugars (glucose and fructose) in your body, feeding your brain, which feasts on glucose. It provides you with energy and interacts with insulin secretion to maintain healthy blood glucose levels.

When the sugars are found in or metabolized from fiber-rich veggies, fruits, and 100 % whole grains, they're digested slowly, fueling you without causing an unhealthy rise in blood sugar levels, damaging your gut biome or disrupting your metabolic processes.

When carbs and sugars are fed to your body in highly processed foods, they're digested quickly and spike your blood sugar levels. That hit of glucose attaches to proteins in your blood and renders them dysfunctional.

When your proteins malfunction, they challenge your body to secrete sufficient insulin. When challenged repeatedly, your body may become insulin-resistant, and chronic high blood sugar results, heading you toward full-blown Type 2 diabetes.

Does that mean you can eat naturally occurring sugars without restraint? No. Once again, it depends on the company they keep. For example, we advocate skipping even 100 % fruit juices (stripped of fiber) in favor of the whole fruit. Why? One medium-size orange has about 10 to 13 grams of sugar; a 16-ounce glass of orange juice packs in 37 grams of the sweet stuff. You'd never eat three oranges in one sitting! And too



much sugar, even natural sugar, has metabolic consequences, including packing on pounds and triggering inflammation.

What about high fructose corn syrup? When you down a dose of (always added, never natural) HFCS, which is packed into many processed foods, from ketchup to frozen dinners, studies show that it affects liver function and can boost uric acid levels (gout anyone?) and blood lipids. There's also evidence that it's particularly damaging when combined with excessive added glucose/starch intake (French fries dipped in ketchup, for example). Reduce your intake, and you reduce risk factors for metabolic disease and obesity.

Don't think cane or corn sugar or expeller-extracted rice sugar is a good alternative for your body. One of the current myths is that having a soda made with cane sugar is a healthier choice than having one laced with HFCS. Wrong. Added "free" sugar is added sugar and it targets your gut, metabolism, blood lipids, liver, brain, and other organs with inflammatory chemicals just like HFCS does.

The debate over the evils of HFCS goes on since its super-use began in the mid-70s. Is it a coincidence that that's when our obesity epidemic burst upon the scene? Princeton researchers found that rats fed HFCS gained far more weight and fat than sugar-fed rats getting equal calorie loads. We think the important point, echoed in this Food and Drug Administration statement, is that ALL ADDED SUGARS should be avoided. We are not aware of any evidence, that there is a difference in safety, between foods containing HFCS 42 (that's 42 % fructose) or HFCS 55 (55 % fructose) and foods with approximately equal glucose and fructose content, such as sucrose, honey or other traditional sweeteners. The 2010 Dietary Guidelines for Americans recommend that everyone limit consumption of all added sugars, including HFCS and sucrose. Just don't keep company with ANY of them!

\* \* \*

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic.

BE SURE TO HAND IN YOUR INSERTS/CHANGES FOR THE 2019 WYNMOOR SOCIAL REGISTRY  
WANT IN - WANT OUT - WANT SOMETHING CHANGED? NOW IS THE TIME TO DO IT!

## THEATER Front Row Center...

By Selma Glass



To my Wynmoor friends: after 25 years as a Wynmoor resident, with many happy memories, this will be my last "Front Row Center." I am moving this month to Delray Beach, on the border of Boynton Beach. The theaters I write about will be too far for me to attend, and the theaters near me will be too far for Wynmoorites to attend. Who knows? I may write about the theaters in Palm Beach County for another paper!

My years spent at Wynmoor were very active and happy. I met my beloved husband, Bert, and we were happily married for 10 years before he died. I have thoroughly enjoyed doing my

"Front Row Center," on Wynmoor TV for 22 years, reviewing many theaters from Miami to Palm Beach, and interviewing stars such as Avi Hoffman, Dee Bunn, from Broward Stage Door.

I also interviewed Bruce Bandler once a year for many years, O'Neil and other security guards. I loved working with Jeff Korpanay and Mariah and many of the Wynmoor staff. I was also active with the Wynmoor Theater Workshop and performed many times with them. I taught yoga classes and acting classes, and, of course, loved dancing up a storm several times a week!

Yes, I shall miss Wynmoor and all its activities and people. I do hope to be active in my new home. I will certainly visit Wynmoor from time to time as I still drive!

Much love,  
Selma

# Puzzles and Games

Solutions from page 33

## Crossword Puzzle

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

## Sudoku

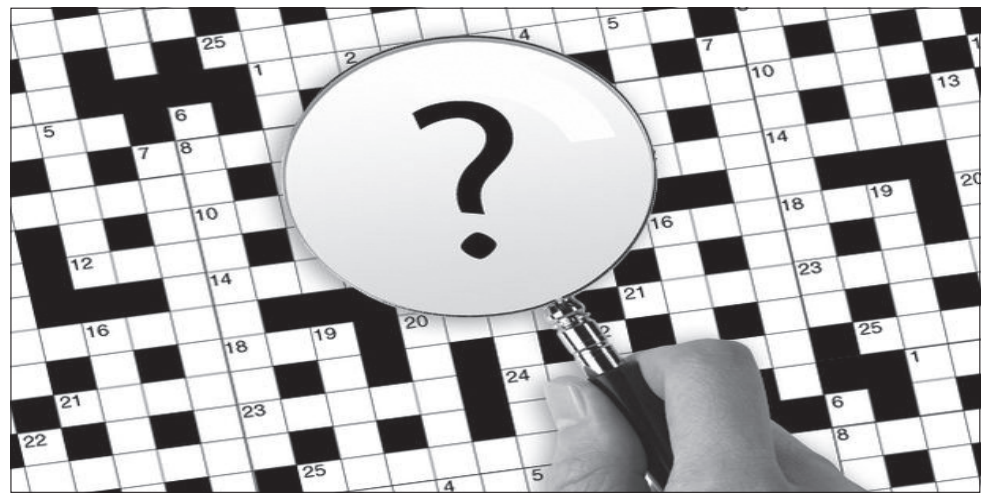
9	8	2	3	5	7	6	1	4
7	3	4	6	1	9	8	2	5
1	6	5	2	8	4	7	3	9
2	9	8	7	3	1	5	4	6
5	4	1	8	6	2	3	9	7
6	7	3	4	9	5	2	8	1
8	2	9	1	7	6	4	5	3
4	1	7	5	2	3	9	6	8
3	5	6	9	4	8	1	7	2

## Newspaper

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

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell an activity played on Halloween.

The hidden sentence is: **FIRST PUBLISHED IN SEVENTEEN SIXTY FOUR THE OLDEST CONTINUOUSLY PUBLISHED NEWSPAPER IN THE USA IS THE HARTFORD COURANT.**



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