



The INSIDER

An Independent Newspaper

For Wynmoor Residents

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MAY 2019

MEMORIAL DAY... THEN AND NOW

Memorial Day is celebrated across the United States. It is an important holiday that remembers those that died for the country, and serves to remind people of the costly price of war. There are many formal ceremonies that take place in observance. Most of these are held in local communities, and can be found by contacting a local Veterans of Foreign Wars office or local city government agency.

★★★★

When is Memorial Day?

This U.S. federal holiday is celebrated on the last Monday of May to honor the men and women who have died while serving in the military.

Memorial Day History

The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition, but the specific origin of Memorial Day, or Decoration Day as it was first known, are unclear.

This duty was usually performed in late Summer and was an occasion for family reunions and picnics. After the Civil War, America's need for a secular, patriotic ceremony to honor its deceased military became prominent. Monuments to fallen soldiers were erected and dedicated, and ceremonies centering on the decoration of soldiers' graves were held in towns and cities

throughout the nation.

After World War I, the day expanded to honor those who have died in all American wars.

In 1971, Memorial Day became a National holiday by an act of Congress. It is now celebrated on the last Monday in May.

★★★★

The Poppy, A Symbol of Memorial Day

The wearing of Poppies in honor of America's war dead is traditionally done on Memorial Day. The origin of the Red Poppy as a modern-day symbol of this day was the idea of an American woman, Miss Moina Michael.

Difference Between Memorial Day and Veterans Day

Many people confuse Memorial Day and Veterans Day. Memorial Day is a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle.

Veterans Day is the day set aside to thank and honor ALL who served in wartime or peacetime, and whether they died or survived. Veterans Day is always observed officially on November 11th, regardless of the day of the week on which it falls.

★★★★



OUR VERY OWN HERO

By Insider Staff

We are proud to showcase Sgt. Chick Chase, who was honored by The Florida Panthers, in their series, "Heroes Among Us."



Definition of "war hero:" a person who is admired for bravery in war

he-ro:

A person noted for feats of courage or nobility of purpose, especially one who has risked or sacrificed his or her life.



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We encourage your submissions. Please keep all articles timely, according to issue being published. Articles must be typed double spaced (upper and lower case), or **legibly** printed, signed and include the author's address and phone number. We reserve the right to edit or omit articles sent in for publication that do not conform to our standards. Submitted material becomes the property of **The INSIDER** and will not be returned. The Insider is not responsible, and assumes no liability for the content expressed in any contributed material.

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ARTICLES OF INTEREST 450 Maximum

Articles must be typed or legibly printed. Please identify the nature of your submission on your envelope: Example: Calling All Clubs, Neighborly News, Pen to Paper, Etc.

Deadline: The 10th of each month at Noon. This applies to all articles, photos, classified ads, etc.

The Insider reserves the right to refuse publication of any article or ad submitted, if such does not meet the standards set forth by **The Insider**, or does not adhere to its deadline. **The Insider** shall have the right, in its sole discretion, whether or not to accept any material for publication.

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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

Hours of Operation

- Administration/Pool/BBQ: 5:00 AM - 10:00 PM
- Fitness Center: 5:00 AM - 10:00 PM
- 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)

INSIDE

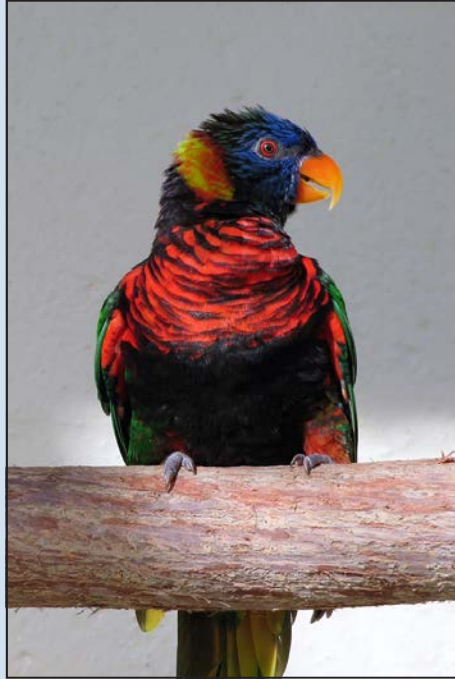
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Camera Club Of Wynmoor

By Nancy Landman



Israel Gip - Sweet Sounds



Adele Berenstein - Colorful Parrot

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 multimedia presentations, informal critiques, field trips, and small group mentoring.

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

We encourage people with *beginner* skills through *advanced* skills to enjoy and share the benefits of a photography club, as well as to gain experience and knowledge to help each other grow in order to achieve and promote photography's excellence and fun. Yearly membership is \$10 per person and \$15 for married couples. New to the club? Your first meeting is FREE!

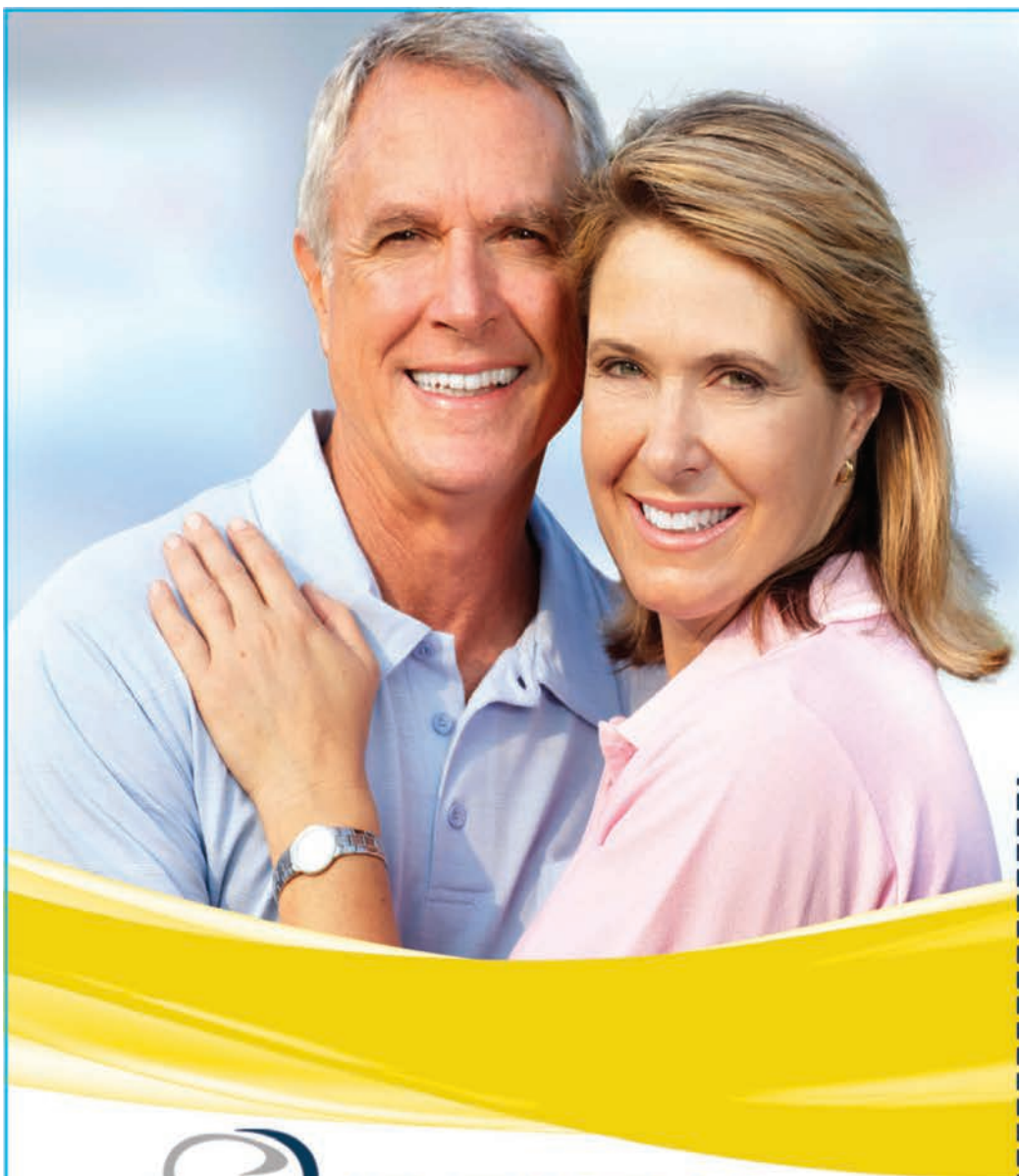
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Farewell Wynmoor

By Ruth Weinstein

It is now 36 years Since I moved into Wynmoor. Time flies when you are having fun! I definitely have enjoyed many wonderful trips with the Queens Club and being President of the club, as we traveled through Florida, going North, South, West, etc. I hope the New Year's Eve trips and parties will be memorable for all.

I want to say "Au Revoir" to all my friends, as I have decided to move North to live closer to my family and great-grandchildren. It seems the time to move is while I am able.

As much as I regret leaving beautiful Wynmoor, it will forever remain part of my life. I want to say farewell to all and wish good health and happiness to everyone whose life I have touched and who will remember me. I will always remember Wynmoor and friends and the fine people who work here. To all, my best wishes, Ruth.

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Those Were The Days

By Beverly Friend

Gallia est omnis divisa in partes tres"

"All Gaul is divided into three parts" is one of the most famous opening lines in literature – Julius Caesar's start of *"The Gallic Wars,"* learned by every beginning student of Latin. I want to paraphrase Caesar's words in answering this, the eighth prompt from "Storyworth," an online program encouraging writing. They asked about *my most memorable date* and I answered that this can also be divided into three parts: preface, climax, and aftermath.

Preface: When my good friend, Sonya Gansheroff travelled from Milwaukee to Chicago in 1958, I hoped that she would enjoy her trip so much that she would move here and join us in the big city. To that end, I arranged for her to have many dates. In fact, she was so booked that some days, she had two: a date in the afternoon and another in the evening. Certainly, every weekend was filled. As I recall, I knew nine men named Bernie and am sure she dated several, if not all of them.

She was so pleased that she promised she would reciprocate. She knew one other contact from Milwaukee who had married and now lived in Chicago, a woman named Helen Friend. Sonya was sure she would meet Helen's single-brother-in-law and when she went out with him, she would inquire about his friends and find a date for me.

She did meet Jim. Helen had arranged a bridge game with Jim, his mother Sylvia, Sonya and herself.

Meanwhile, I was on my first job, teaching English at the Navy Pier branch of the University of Illinois in Chicago and had a colleague named James Friend.

When Jim did call Sonya for a date, she was so booked, they failed to get together. When he phoned and I answered the phone because she was not home, we chatted. After that, while on the job, he approached me with

the words, "so you are Sonya's friend." We had a few nice conversations, occasional cups of coffee, and then, one day, he asked me out to a costume party on Halloween.

I was a bit concerned about telling Sonya, but she bore no grudge and helped me with my costume. As I recall, I went as a black cat in a black dress, added some trim to my glasses and an orange bow around my neck. We may or may not have penciled on whiskers, but I do not remember.

Climax: I looked forward to the evening. Jim was tall, dark and handsome. He fancied that he looked a bit like Cary Grant, and it was not a farfetched comparison. He was also quite bright. Up to that time, I had been meeting two kinds of men: brilliant and sardonic or kind and moronic. Jim was intelligent and kind, an irresistible combination. Recently, I had been dating two men who also had possibilities (Marshall Diamond, an eye doctor and an engineer named Jerry Rose). They tended to ask me out for alternate Saturday nights. Jim snuck in on a Friday.

The Halloween party was held in the Northside apartment of Jerry and Jan Zelden, two of Jim's closest friends. What I recall most was that we couldn't stop talking and spent most of the evening engrossed with each other. I can't recall any of the other guests, what they wore or what we ate or even if we played any games. I don't remember much of the content of our intense conversations, but one passage was memorable. He told me that his father had died when Jim was only 12 and that when he met the girl he would marry, he would like to take her to his father's grave in Rosehill Cemetery to introduce her. I wondered if I would be that girl.

This was on a Friday night.

Monday, Jim proposed.

Aftermath: I didn't accept until the following Thursday, after calling Boston to check with my friend Barbara (Lubotsky) Haber who had gone to grad school at the University of Chicago with Jim. She gave him high praise.

Continued on page 8

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



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Pen to Paper continued from page 7

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We met on Halloween, got engaged on Thanksgiving, and married on the *Ides of March* (another link to Caesar). As they say, the rest is history.

Veni, vidi, vici.

A Ride With Strawberry

By Lawrence E. Correia

In the Summer of 1959, I was invited by some school friends to go to Free-town, Massachusetts for a day of horseback riding in the countryside. For me, that was a great thrill, to go out and experience Mother Nature in the wild. Don't get me wrong, I have ridden horses before but only at an amusement park or carnival, never out in the woods on a large stretch of land.

It seemed that nature had conspired to make this a beautiful sunny Saturday, so my friends and I could thoroughly enjoy our ride through Mother Nature's realm. After a short drive, we arrived at the stables where we were introduced to Bob and Phil Harrop, our trail guides. They introduced us to four beautiful mares who were our riding mounts. I believe that I lucked out because my mare was called Strawberry and had a reddish-brown coloring. I fell in love with my mount at first sight.

Before we were even allowed to mount our mares, our trail guides went through all the safety steps we had to follow and especially how to control these horses when on the trail. After the necessary preliminaries, we mounted our horses and headed out to the farthest reaches of the forested land.

The first half-leg of our ride was both beautiful yet uneventful. Then, the unexpected happened while riding by a small pond. A flight of disturbed mosquitoes, flies and horseflies suddenly rose up, spooking Strawberry, causing her to jolt upright and charge off into the fields. Her sudden and violent reaction caused me to lose balance, throwing me off to the right with my left foot swinging over Strawberry's back, while my right foot was caught in the stirrup.

There I was, holding on to the reins right under Strawberry's nose as she ran for her life through the brush. Can you just imagine what it must have been like to have a frightened horse charging through the woods with her head bobbing up and down into your face all the while? Luckily, this saved me from serious injury, because the bulk of my body was twisted in front of Strawberry and not to the side, thus avoiding a collision with a tree or branch. From the din, I heard both Bob and Phil galloping to my rescue.

Bob was on my right and grabbed the reins and brought Strawberry to a halt and Phil immediately dismounted and supported my back while Bob came around and released my foot from the stirrup. They set me on the ground and asked if I was physically all right. I responded that I was and needed just a few moments to calm myself down. After a slow count to ten, I rose and said I had to get back on Strawberry. I petted her on the neck and said some soothing words to her and then mounted the saddle. This was no act of courage on my part. It was simply that I could not let this incident produce a sense of fear in my life.

The rest of the horseback riding experience was both beautiful and enjoyable for two reasons: 1st: it truly was a great day and 2nd: fear did not take over my life. Just to be sure, it took a couple of weeks to overcome the sight of Strawberry's face bobbing up and down into my face.

God Helps Those Who Help Themselves

By Irv Kaplan

When I was about 23 years old, already married and the father of one son, I went to work for my Uncle Mayer in the dry-cleaning business. I was a wholesale driver picking up garments that had to be cleaned and pressed. These were from tailor shops. My uncle had six routes and most of them were on the South side of Chicago near his plant at 39th and Halsted.

My route was everything West of that location. He told me whenever a

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new shop became available, I would get it. However, much to my dismay, every new customer that came in was from the East side. What could I do?

God helps those who help themselves.

Back then, every two or three blocks to the West of his plant had a Chinese hand laundry for shirts and other washables. One day, I stopped in a nearby laundry and asked if the owner would like to make extra money. The Chinese man said, "sure."

I then set him up with a rack holding several already dry-cleaned items on hangers, covered with plastic. I created a window sign that said, "special dry cleaning: three for the price of two." After three weeks, he was thrilled with the results. So was I. He was raking in money with very little effort and I had a larger commission. The more business they did, the more all of us made Uncle Meyer, the Chinese owner, and me.

Most of the owners of these hand laundries were related. So, the first one shared my idea with three others, and they signed up. They also were thrilled.

Next, I picked up my biggest customer, a hand laundry located at a nearby railroad station. People would jump off the train and bring in their shirts, leaving them on the counter and then jump back on the train to head downtown. They reversed this process when it was time for their return trip home.

After the owner met me, he expanded to include dry cleaning. I could pick up the cleaning and get it back to him in two days. Everyone was happy. This was the most productive stop on my route.

This was so successful that Uncle Mayer got so many new customers that he also expanded West.

So, why aren't I still in the dry-cleaning business?

When they came out with coin laundry and dry-cleaning machines, I thought they were finished. I left for the insurance business, where I started with a 50 percent cut in pay and went back to selling clothing on Maxwell St. to make up the difference.

Now, 45 years later, I know I made the right decision.



Gremlins

By Lil Miller

Many years ago, my hubby and I was in the air force and it was WWII. He trained and flew for Uncle Sam! I got my pilot's license and flew planes up and down the Coast. Women pilots were not as plentiful then but I wanted my part in the horror of war.

I worked part time after school to pay for my pilot's license and am here to tell you how gremlins worked in the 1940's whenever something was missing or broken in the service. We blamed gremlins or "little pixies" with horned heads but they were never seen. We all talked about the mischief and trouble they would cause. Even a movie picture was made with gremlins riding the wings of a plane to cause it to crash. I got a kick out of that picture long ago.

Just to prove we believed in these invisible gremlins, I am up in age today, but, with tongue and cheek, I still believe gremlins are causing these strange things to be happening in my house every day! I have care tenders to help me throughout the day. I wonder if they see or know of these gremlins long ago? I seem to feel the presence of these gremlins even today. Really, only another gremlin would know!

Smile. God loves you. So do I.

Humans And Gadgets

By Lawrence E. Correia

Are humans allowing themselves to be dehumanized? Just think of it. We as a species have sold our souls to the electronic devices that govern our modern society. All this has happened because we were sold a bill of goods that these devices will make our lives easier and more productive.

Don't get me wrong, I am all for devices that we control to do things for us

Continued on page 10

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pen to paper

Pen to Paper continued from page 9

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that make life easier. Any electronic device that can store large amounts of inventory or information is fine by me. Even those that can operate a multitude of tasks both here on Earth and in space is great so long as we humans still control and operate them.

What I am against and worries the dickens out of me, are those devices that seem to change the very fabrics of our society. My concerns are twofold: 1st, how are these devices affecting our society today and 2nd: what will be the effect on humanity in the future?

Let's take a look at what is happening in today's world. In our current world, we can do our banking, shopping, plan trips, pay bills and get all the information we need through our computers and I-phones without once having to speak to another human being. All of this is done by text messages and to most of us, this is great. Is it truly great?

Let us look at the average computer savvy family in America today. Go to any restaurant (with the exception of the elderly or an organized group). The parents and children have their noses stuck in an I-pad with little or no conversation except to order food. Even when we go to the store to purchase groceries and the power goes off, no sales can be completed because everything is in bar codes and the cashiers can't compute the prices or taxes.

Even today, if you try to do anything commercially, you need a number, not a name because everything is based on social security numbers, banking numbers, card numbers. Corporations used to say they were laying off ex-number of people, which made us concerned about the livelihood of those laid off. Today, these same corporations say they're downsizing 20% of the company an easier way of saying you're laying off people.

In education, today in our elementary, middle and high schools, many of the classes considered necessary for good citizenship have been either eliminated or reduced. History and Geography which use to be taught in the 4th, 5th and 6th grades as separate full year subjects were combined into what is Social Studies with the extra hours used to expand math and computer science. It

is no wonder that many of our high school graduates have poor knowledge of our history and even where to find out where to go in their own country without depending on a GPS. In high school, they receive little schooling in social sciences. On the college and University level, these subjects are taught because they emphasize a well-rounded curriculum.

The real problem are the tech schools that call themselves universities and are focusing on training people for jobs only and not a well-rounded education. The major problem is, that as we are geared toward a more technical society, the less we know and understand what it means to be human.

When people of this nation forget who we are and where we came from, then we lose our identity and humanity. When we reduce ourselves to numbers and consider others as trash or as an invading army of men women and children, that is when we lose our identity as Americans. Remember, we are all descendants of the trash of the world that no one wanted, none of us came from the elite of the world even our own Statue of Liberty proclaims that.

Technology in and of itself is good but when it over rides our humanity by reducing us to numbers, that scares me. Remember 80 years ago, an advanced European society declared that certain individuals were human trash and vermin, so they were tattooed with numbers and systematically exterminated and cremated. Today our President has declared that individuals from Latin American countries seeking asylum in the U.S. as trash and human garbage and DACA individuals should be sent away. What is going on with Americans who see this happening and do not rise up against this stupidity?

What worries me even more is the fact that many scientists are trying to build robots that are human in appearance able to do many tasks. They are also trying to see if they can give these robots independent thought. Now, that concept truly scares me, because if this can truly come about what would prevent our creations from taking over our civilization. Remember, it took an asteroid to wipe out the dinosaurs and brought on the rise of mammals, and several Ice Ages to bring about the rise of Homo Sapiens (Us). Could



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the development of independent thinking (AI) bring about the down fall of the human race? Is this our asteroid? I worry about the future of my grandchildren and their grandchildren if there will even be any future for humanity.

I truly hope so.

Feeding Kitty - Poker Tory

By Irv Kaplan

Before coming to Wynmoor twelve years ago, I did very little gambling. I hated to lose!

I remember playing poker with a group of coworkers in a quarter and half-dollar game when I was younger. In an entire year, I didn't lose much - usually less than \$10 (a small price to pay for an evening's entertainment) - BUT NOT ONCE DID I WIN!

Therefore, after a year, I told the group that I was folding my cards permanently.

All that changed when I got to Wynmoor and found a less costly, 5 and 10-cent, game. Every Wednesday night from 7:00 PM to 9:00 PM, I met with seven or eight other gamblers in West Wing II to play a friendly game of straight 7-card stud.

I kept a plastic container full of nickels and dimes handy. There are no quarters. That is not because we have any difficulty making change - our problem is in telling the quarters and nickels apart. So, quarters are banned from the game. The only other age-related problem is that sometimes we can't remember whose turn it is to deal. Usually, it is the person who asks.

I also kept a few single bills on hand to make change for any losers.

What I liked most about this group is that two or three of them were also big-time players who go to local casinos and casually chatted about \$400 losses and \$600 wins.

They seemed to get as much fun out of our small game - maybe even more

- especially when anyone gets four of the same cards and the rest of the group has to fork up 25 cents each.

Some days, it seemed as if all the cards fell my way. That's on a good night. Other nights, even the seemingly best hand can be beaten by an even better one.

Over the last year, the group has changed, Now, we meet even earlier - from 6:00 PM - 8:00 PM in the card room of the Clubhouse. I still look forward to Wednesday nights, possibly because I am still taking coins from the original bank I started with. I never count the contents. If my kitty feels lighter than last week, I must have lost. If it feels heavier, I am a winner.

We seldom, if ever, bluff. After all, it only takes a nickel, or - at most - a dime to get that next card. Who can resist? Not me!

Remember When "Polio"

Was the Scare?

By Lil Miller

I am not an authority on the virus of "Polio," just a very concerned mother and wife who was involved in the very heart of Polio! It was the "unknown" terror of this virus. I saw panic in waiting lines at schools - where shots were being given in hopes to stop the spreading of this unknown virus. The motto of the day was, "Wash Your Hands, Cleanliness in all you do!"

Large black print signs were in all public places! It was so serious, there was a special Polio insurance for children. A dear family friend took it out on our two and four- and half-year-old daughters. Fear was never far from anyone's minds.

It wasn't until several years later when "Dr. Salk" found the vaccine for Polio. Hundreds of us were sitting on school lawns and waiting to get in line

Continued on page 12

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for the blessed saving shot, arguing who was next in line! We all prayed it was the answer - it is showing how much it did "today." Our trip to Florida to see my parents had been cancelled many times for fear of carrying or bringing it back home. My greatest living "fear" was that my husband, who was an ambulance driver then, would be called at all hours to transport Polio victims. It was a living nightmare! My sister-in-law was pregnant then. She spent most of her nine months in an "Iron Lung," a memory and picture with me today that I can write about.

It was rumored at the time "Service Men" of all forces, could be bringing it home! Rumors - panic - fear - frustration - can cause deaths without even having the disease! It sounds so easy to say today. It was a hard lesson to learn, "control" - but we did take the time to listen to medical advice and did our best to follow their directions. We had to, there was nothing else to do to survive!

I today, feel the fear of anxiety of young families, facing the child flu raging in the US for no reason, just a wonderment. "How - Why" and to target the very young? Trying to be logical and reasonable at this time is a large task!

I might feel shielded and retired, now that I am not in the public so much by letting my guard down, but forgetting that the public comes to me in many forms daily.

How many times have you washed your hands today?

Have a great day, I am.

Reflections On Stillness And Silence

By: Carol Greenberg

There are probably many of you who find stillness and silence either similar or closely related. For me, they are at opposite ends of my emotional spectrum. It could be argued that it is just a matter of semantics.

When I take a walk and look at the cloud formations, I feel a sense of calm,

tranquility, and yes, stillness. Those same sensations come over me just prior to a storm; the dark clouds are at a standstill, the leaves and branches on the trees do not stir.

My late partner and I could sit in the same room for extended periods of time without a sound being uttered, and once again, I felt that serenity of stillness come over me.

However, when engaged in a conversation, which is defined by me as a give and take of thoughts, and suddenly, the give and take ends without resolution, I find that silence oppressive and awkward. When I am in the company with someone with whom I have little or no chemistry and conversation is forced, the subsequent silence is deafening.

I welcome those moments of stillness and try to avoid those of silence. The former fills my heart with immense joy, while the latter with a searing discomfort.

This Dream Was A Joke

By Peter Hardis

Two weeks ago, I had this very strange dream and I would like to share it with you:

My dream began when I went to McDonald's for lunch. I took my tray into the dining area where I saw Steve who was an acquaintance of mine. Steve waved me over to join him at his booth. I said to him, "Hi Steve, how are you?" He replied, "Pete, I'm a mess." Then he began to start telling me some of his problems.

"I can't tell you how much I hate my mother-in-law, but in order to please my wife I try my best to be nice to her. So, the other day I told my mother-in-law, 'I want you to know that our house is your house.' She angrily replied, 'In that case I want you to get off my property immediately!'"

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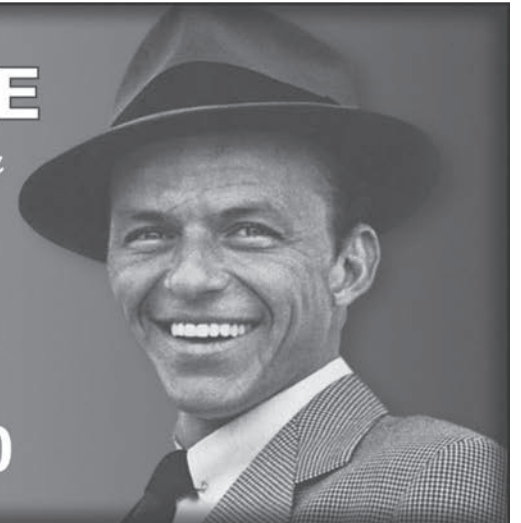
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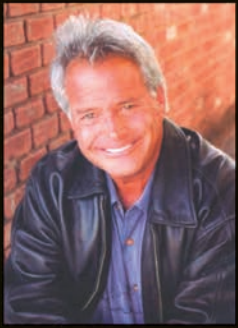
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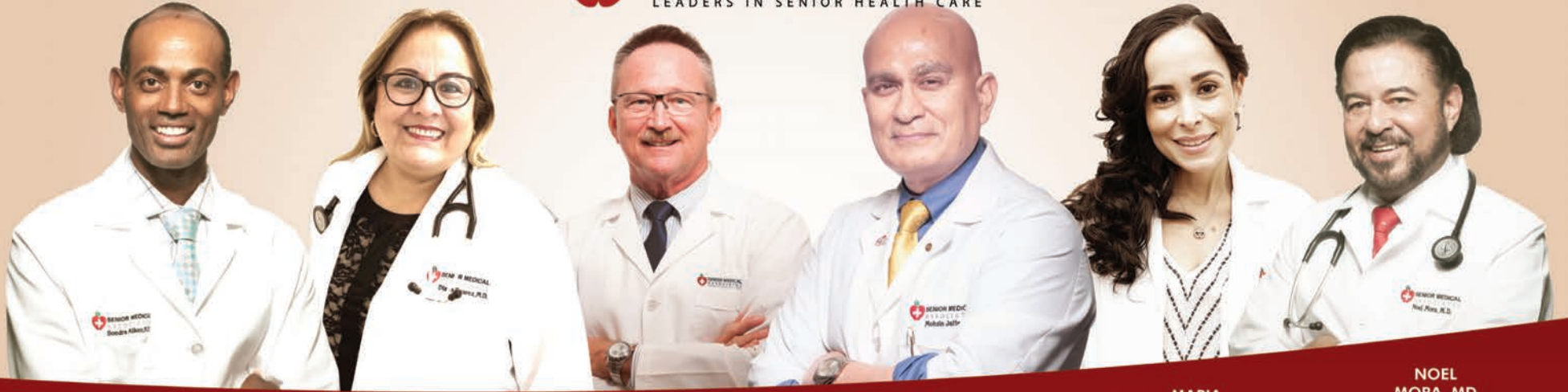
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“The only reason I didn’t stay long enough to kill her was because I was already late for my doctor’s appointment.”

Then Steve asked me if I knew of a good doctor that I could recommend to him. He said, “I am asking you because I’m fed-up with my doctor. He is definitely a quack! I went to him the other day because my leg was really hurting me. I asked him what can I do about it. My brilliant doctor told me that the smartest thing I can do about it would be for me to limp.”

Then my doctor told me, “I have very good news for you. From my very thorough exam I determined that you will live to be 70.” I told him that I am already 70! He said, “See, what did I tell you?” Then he grabbed me by my wallet and said, “Cough!”

The next thing I knew I was on the subway sitting next to this man who starts talking to me. He said, “I have so many problems. My problems all started way back on the very day I was born. When I was born the doctor thought I was so ugly that he slapped my mother and then he hung himself with the umbilical cord.”

“Then when I was just a baby my mother couldn’t stand looking at me because of how ugly I was that she would diaper my face, and breast feed me through a straw while wearing a blindfold.”

“When I got old enough to start eating solid foods, she would stand all the way on the other side of the room and feed me with a slingshot while she was still wearing the blindfold.”

“My problems continued throughout my life. For example, the other day when I was leaving the house my wife asked me where I was going. I told her, “because of you, I’m seeing a psychiatrist.” She then told me, “because of you, I’m seeing a psychiatrist, two plumbers and a bartender!”

“That day when I went to my psychiatrist, I told him that I think I’m a dog. He said to me, “In that case I want you to get off my couch. Then I

explained to him that everyone hates me.” He said to me, “Don’t be silly, everyone hasn’t met you yet.”

In my dream, when I got off the train, I found myself sitting on a bench in Central Park. All of a sudden, a woman sits down next to me and just like the other two people in my dream, she also began to talk to me.

She began by saying, “it never pays to do housework because you clean and clean and clean but before you know it a whole year goes by and you have to start all over again.” Then out of nowhere she tells me, “I have such flabby ugly thighs. The only thing that saves me is that my breasts cover them.”

Then she starts to brag to me, “Around this part of town I’m thought of as being a sex symbol by those men who don’t give a damn. Maybe I shouldn’t be telling you this, but I have so many days when I have such terrible diarrhea my toilet makes me apologize to it.”

Then she tells me, “I had two interesting boyfriends. The first was a transvestite who my mother urged me to marry telling me that I would instantly double my wardrobe. The only reason I didn’t marry him was because I didn’t like his taste in clothes.”

“After the transvestite I started dating a proctologist. Whenever we went out for drinks he would always say, “Bottoms up!” I didn’t marry him because his last name was ‘Assman.’ I wouldn’t have been comfortable being known as Ashley Aspen Assman.”

The last thing I remember that happened in my dream was my wife and I were in bed making love. All of a sudden, I heard her moaning, “BEIGE, that’s right, I’m going to paint the ceiling beige!”

I very rarely remember the dreams I have but when I woke up I realized that I wet my pajamas from laughing so hard during my dream. Whenever I look at those pajamas, I’m reminded of that dream and I start laughing all over again because this dream was a joke.



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For your mother:

- **IRA contribution** – If your mother is still working, she is eligible to contribute to an IRA, but she might not always fully fund it – so you may want to help. You can't contribute directly to your mother's IRA, but you can write her a check for that purpose, though, of course, she can use the money however she likes. In 2019, the contribution limit for a traditional or Roth IRA is \$6,000, or \$7,000 for individuals 50 or older. (A Roth IRA does have income limits that can reduce the contribution amount or eliminate it altogether.)

- **Insurance premium** – If your mother has life, disability or long-term care insurance, why not offer to pay some of the premiums this year? Long-term care premiums, in particular, can be quite costly, especially for older policyholders.

- **Introduction to a financial professional** – If your mother doesn't already work with a financial professional, consider introducing her to yours, or to someone else who is recommended by friends or relatives. A financial advisor can help your mother move toward her retirement goals – and, at some point, also can work with legal and tax professionals to assist your mother with her estate plans.

For your children:

- **529 plan contribution** – If your children are still of school age, you may want to contribute to a college savings vehicle. One popular choice is a 529

savings plan. When you invest in this plan, your earnings can grow tax-free, provided the money is used for qualified educational expenses. (Be aware, though, that withdrawals not used for qualified education expenses may be subject to federal and state taxes, as well as an additional 10% penalty.)

As the 529 plan owner, you have flexibility in using the money. For example, if you've designated one of your children as the 529 plan's beneficiary, and that child decides not to pursue any higher education, you can switch the beneficiary designation to another child or to yourself.

You can choose the 529 plan offered by any state, but your contributions might be tax deductible if you invest in your own state's plan. Tax issues for 529 plans can be complex, so, before investing, consult with your tax advisor.

- **Shares of stocks** – Giving stock shares to children is a good way to help them learn some of the basics of investing. You can track the progress of their stocks with them, and even do some research together about why prices may be going up or down. By getting children involved early, you may help instill a lifelong interest in investing.

- **Charitable gifts** – Many children are now concerned about various social issues. You can help encourage this involvement – and possibly an appreciation of the value of philanthropy – by making a gift to a charitable group whose work aligns with your child's interests.

We don't need to exchange presents on Mother's Day to show our appreciation for one another, but certain financial gifts can help provide needed support – and even some valuable life lessons – for your loved ones.

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Our 1st Seniors Day

The Recreation Complex will be hosting its first Senior's day on Tuesday, May 7th from 11:00 AM to 1:30 PM at the *North Rec Center, 4455 Sol Press Blvd.* This event will be free and is for anyone 55 and older. We will have a light brisk walk inside the gymnasium, some line dancing, and light chair exercises led by Tim (Fitness Specialist). There will be a FREE brunch provided (Too Jay's) after with some fun board games and socializing. We hope you can make it, pre-registration is required so be sure to reserve your spot early. Any questions please call Melissa See at 954-956-1580 or email msee@coconutcreek.net



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Upcoming Library Events...

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MAY PROGRAMS

Thursdays – Digital Downloads Open House. 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.

Friday, May 3 – Relationships in the Golden Years. Social connection is as critical to our well-being as food and water. Unfortunately, as we age our relationships with our family and friends undergo a dramatic change. More than 40% of Americans report feeling lonely. Learn the importance of keeping an open mind to new experiences and to living your best life. Presented by Lee Ravine. Noon to 1 p.m. Rm. 226. Light refreshments will be served. *Sponsored by the Friends of North Regional/BC Library.*

Tuesday, May 7 – Need Help Paying for College? As a Broward County resident, you may be eligible to receive a scholarship for in-demand training from Career Source Broward. Noon to 2 p.m. Lobby.

Tuesday, May 7 – Smart Driver TEK. A 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about blind-spot detection systems, front-collision warning systems and more. Presented by AARP. 6 to 7:30 p.m. Rm. 154.

Wednesday, May 8 – Adult Enrichment @ Your Library: Book Discussion: “In Pieces: A Memoir” by Sally Fields. In this intimate, haunting literary memoir and *New York Times* Notable Book of the year, an American icon tells her own story for the first time — about a challenging and lonely childhood, the craft that helped her find her voice, and a powerful emotional legacy that shaped her journey as a daughter and a mother. 1:30 to 2:30 p.m. Rm. 226.

Wednesday, May 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.

Wednesday, May 8 – Knitting Circle. Join our monthly knitting circle. A great way to get yourself knitting more and to meet other people who share your interest. Materials provided. All levels welcome. 4:30 to 6 p.m. Rm 154.

Saturday, May 11 – Memory Writing for Grandparents. Join us for this workshop to help grandparents write in a simple manner their memories, anecdotes, and stories. Presented by author Susy Macario. 10:30 a.m. to Noon. Rm. 226. *Sponsored by the Friends of North Regional/BC Library.*

Tuesday, May 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 the Friends of North Regional/BC Library.*

Wednesday, May 15 – Adult Enrichment @ Your Library: Ageless Grace. A fitness and wellness program that consists of simple exercise tools designed for all ages and abilities. These exercises, based on everyday movements are natural and organic, and focus on the healthy longevity of the body and mind. Presented by certified instructor Eleanor Robinson. 1:30 to 2:30 p.m. Rm. 226. *Sponsored by the Friends of North Regional/BC Library.*

Friday, May 17 - Learn all about Fair Housing and your rights! Presented by Broward County Professional Standards Human Rights Section. Light refreshments provided to participants. 1 to 2 p.m. Rm. 154.

Saturday, May 18 – Guitar Café for adult beginners to intermediate guitarists. Bring your own guitar and join in if you are interested in learning or playing the guitar. 2:30 to 5:30 p.m. Rm 154.

Tuesday, May 21 – Adulting 101: Sewing Basics. Learn how to do basic repairs like sewing on a button, hemming a pants leg, mending a garment and more. 2:30 to 4:30 p.m. Rm. 226

Thursday, May 23 – Dr. Sandra Lilienthal presents Jewish-American Authors. A look at what makes it Jewish literature and what makes it American literature and where and how these intersect. In recognition of Jewish-American Heritage Month. Noon to 1 p.m. Rm. 154. *Sponsored by the Friends of North Regional/BC Library.*

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

Wednesday, May 29 – Senior Savvy. Join us and learn about the many resources available to you from Broward County Elderly and Veterans Services. Light refreshments will be served. 1 to 2 p.m. Rm. 226.

Language Classes:

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

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

Coming Soon:

Saturday, June 1 - BOOKFEST: Family Fun Event! Join us for a Universe of Stories. Free book to the first 1,000 children, face painting, performers, arts and crafts, STEAM Activities. Come in Star Wars/Buzz Lightyear, etc., costumes. 10:30 a.m. to 3:30 p.m. Sponsored by BPLF.

Saturday, June 8 – Painting with the Stars. Create your own water color nebula with artist M. Christine Landis. 11 a.m. to 12:30 p.m. Rm 154.

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On The Tennis Courts

By Arlene Eisenberger



Men:

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By Steven Archer

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MAY COMPUTER CLASSES

Tuesdays, May 7th, 14th, 21st, 28th at 6:00 PM - 8:00 PM: Creole class: Covers various computer subjects in Creole.

Tuesdays, May 7th, 14th, 21st, 28th at 6:00 PM - 7:00 PM & Thursdays, May 2nd, 9th, 16th, 23rd, 30th at 12:00 PM - 1:00 PM, (Digital Downloads Open House Rm. 226). Library staff or volunteers are available to assist with downloading library eMedia or using your digital devices, on a first come/first served basis.

Thursday, May 2nd at 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, May 6th at 2:00 PM - 4:00 PM: iPhone Essentials iOS 10. Learn how to use your iPhone and avoid frustrations. Includes the new Health app, Apple Pay, Apple Wallet, and Touch ID. For Apple iPhone users only.

Thursday, May 9th at 2:00 PM - 4:00 PM: Going Wireless: How To Use WIFI. Wi-Fi is a wireless network that allows you to connect to the Internet. You can surf the internet wirelessly at a public Wi-Fi hotspot such as a coffee shop or library. This course will define Wi-Fi and its benefits, discuss how to use public Wi-Fi, find public places that offer Wi-Fi, and review Wi-Fi safety precautions.

Wednesday, May 15th at 2:00 PM - 4:00 PM: Beginner's Guide to the Cloud. Increasingly we are relying on services in "the cloud" for our entertainment, file storage, and backup. This module will introduce the cloud and some of the popular services for file storage and backup, entertainment, and productivity. Services covered include Dropbox, Pandora, Evernote, iHeart Radio and Stitcher.

Thursday, May 16th at 2:00 PM - 4:00 PM: Exploring the Internet. The best the Internet has to offer, including sites for lifelong learning, entertainment, sources for streaming music and movies, the best of shopping, and information about online safety. Appropriate for desktop, tablet, and smartphone.

Monday, May 20th at 2:00 PM - 4:00 PM: iPad iOS 9.0. A comprehensive introduction to using the iPad, including all of 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.

Wednesday, May 22nd at 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.

Thursday, May 23rd at 2:00 PM - 4:00 PM: Smartphone Photography. Chances are, you use your smartphone for pictures and videos. Smartphone cameras are not only convenient, they have features not found anywhere else.

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A Joyful Day At The Lowe Art Museum

By Barry Isaac



On a “Chamber of Commerce” day in early March, I returned to the fine, under-visited Lowe Art Museum on the bustling campus of the University of Miami in Coral Gables. I saw a wonderful temporary exhibit, “The Face of Our Time; Russian Avant-Garde Art from the Bekkerman Collection.” This exhibit ends on May 26, 2019. It features an ample display of quality oil paintings by some leading Russian and Ukrainian born painters of the early Twentieth Century. Well-represented at this exhibit were Vladimir Rossine, Boris Grigoriev, David Burliuk, Alexandra Exter, Natalia Goncharova, Nicholas Tarkhoff, Natan Altman, and Robert Falk. Personal favorites of mine at this well-curated exhibit were Natan Altman’s, “Woman in Village,” Robert Falk’s, “Red House.” Boris Grigoriev’s, “Landscape With Yellow Field.” Alexandra Exter’s, “Masked Figures By Banks of Venetian Canal.” Nicholas Tarkhoff’s, “Threshing Wheat,” David Burliuk’s, “Bathing Beauty,” and Vladimr Rossine’s, “Woman With Hat.” The “Woman With Hat,” by Rossine, has some characteristics I have seen in works by Ferdinand Leger.

From the permanent section of Gothic, Renaissance, and Baroque Art of this cozy art museum, I relished fine Gothic Period and Gothic-style Italian paintings by Master of the Blessed Clare, Lippo Vanni, and Sano di Pietro. The Master of the Blessed Claire’s, “Adoration of the Magi” done in the Late Gothic Period, has Byzantine characteristics such as striations in the garments of the Virgin and other people in this painting and Byzantine style hands. Lippo Vanni’s awesome altarpiece, “Madonna and Child Enthroned With Saints Dominic and Elizabeth” employs egg tempera and gold leaf on wood panel. Sano di Pietro’s “Madonna and Christ Child With Saints” was done in the Early Renaissance Period, but this Siennese painting has Gothic features and uses a plethora of gold leaf.

I appreciated fine Renaissance Period Paintings by Guidoccio Cozzarelli, Adriaen Isenbrandt, and Lucas Cranach the Elder. Guidoccio Cozzarelli’s, “Annunciation and Journey to Bethlehem and Netherlandish painter, Adriaen Isenbrandt’s, “Madonna and Child With Members of Hillensberger Family” showed the development of landscape in Renaissance Period paintings. Lucas Cranach the Elder’s “Scholar” is the epitome of the German Renaissance style of portraiture.

The Baroque Period and the use of Mannerism was on display when I visited. I saw excellent oil paintings by these Spanish Masters from the Cintas Collection; El Greco, “Feast of Simon,” Bartolome Murillo, “Portrait of Gentleman,” and Jose Ribera, “Saint Peter,” splendid Mannerism. I also saw fine Baroque Period oil paintings on canvas by Sophia Anguissola, “Holy Family With Saints,” superb Mannerism and Jacob Jordaens, “Judgement of Paris,” very typical of his unique style of painting.

As for their Glass Art Collection which is worthy of accolades, I especially appreciated fine creations by Ginny Ruffner, “Seeing Arizona,” Viola Frey, “Artist/Mind/Studio,” Robert Arneson, “Nasal Flat,” Erwin Fisch, “Picasso and his Imagination,” and Ricky Bernstein, “Home Alone,” among others.

I highly recommend the Lowe Art Museum with its wide range of art and nice, cozy atmosphere. Seniors over 65 like myself receive a discount on the reasonable price of admission.



Sano Di Piero “Madonna and Child With Saints” Lowe Art Museum



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By Martin Zevin, Attorney

Most people who own a car believe they have “full coverage” for their car insurance. However, as a lawyer who handles personal injury claims, “full coverage” means something very different to me than it may mean to you. In Florida, only two types of coverage are required: personal injury protection (PIP) and property damage liability. It is estimated that one out of three drivers in Florida only have the minimum required coverage. It is important that you be fully protected in the event one of those drivers who injure you due to a rear-end collision or other accident which is not your fault.

Therefore, it is extremely important that you properly protect yourself by carrying a maximum amount of uninsured motorist coverage (U.M.). I recommend at least \$100,000 per person/\$300,000 per occurrence for each vehicle in your household. If you have more than one vehicle, I strongly recommend “stacking,” which allows you to combine your coverage on each of your cars. Stacking is well worth the small additional premium.

Your U.M. coverage also stands for underinsured motorist coverage. This means that you can make a claim against the other driver’s insurance and get the total amount available under that policy and still make an additional claim under your U.M. coverage if your injury justifies it.

During my forty years of handling personal injury cases, I have often had



to turn people away who were seriously injured through no fault of their own but did not have U.M. coverage and where the negligent party did not have bodily injury liability coverage.

Trying to go after an individual driver in Florida is an exercise in futility since it will be virtually impossible to collect even if you go to trial and get a judgment against that person. If you do make an uninsured motorist claim with your own company, this should not affect your premium since you were not at fault.

Your uninsured motorist coverage follows you wherever you go. You can make an uninsured motorist claim if you are driving a rental car, driving someone else’s car, a passenger, a pedestrian, a bicyclist, or injured in another state. This coverage provides you the maximum

protection to ensure that you will be compensated fully for your injuries if someone else is at fault.

Please feel free to call me for a free personal or phone consultation regarding any issues pertaining to personal injury claims or car insurance coverage. I am also available for free consultation regarding Wills, Trusts, Estates and Probate. Call me at 954-569-HURT (4878). My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida. My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com

See my add on page 11.


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 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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From The Other Side Of The Couch

By Merri Goldberg

When I saw patients, I worked long hours, wrote, taught and never really thought about getting older and maybe not being able to perform with the same speed and clarity. From the other side of the couch, I heard my patients talk of not remembering things, or having trouble making decisions, or just not being as sharp. Although I could understand their fear and concern, I didn't really relate it to me. I had a good physical fitness routine (when I did it), because I had some sense my body would age, but who thought about their brain aging during that time? Not me.

Well, here I am getting older and having trouble finding keys, remembering names and faces, and sometimes appointments as I lose another appointment book. What's going on? Unfortunately, we can't keep our brains from aging. What we can do is slow the process, strengthen our current working brain and sometimes, reverse the damage. That's huge! The brain is resilient and today, we look at brain fitness which the internet describes as, "the ability of the brain to learn what an organism needs in order to survive in a changing environment." Fitting for the 21st Century, I thought a column focusing on brain fitness was innovative. I was surprised to find brain fitness referred to as the new physical fitness and the newest health trend. Let's get with the trend and try to put together a "do-able" program for us. What we can do now and very briefly, here are some general health issues that have serious impact on brain function.

"Very Well Mind" presented a program based on two simple principles for brain fitness - variety and curiosity. Curiosity-it definitely appealed to me. Here are their suggestions and mine:

- Take a class. Any new class. Researchers cite that learning a new language is a top brain fitness technique. Studies are showing that staying intellectually engaged can lower our risk for memory impairment by up to 63%. The recreation department at Wynmoor has great classes. Broward college and library offer more courses and language cafes. Play a new game (like Sudoku or crossword puzzles) for 15-30 minutes a day. Change the game frequently. Be creative. Internet and electronic games count as well.
- Read something totally different. (Join a book club where you don't pick the book).
- Learn a new skill. Join a club you never thought of. (I'm trying Glass Kiln and Stained-Glass Clubs. I never thought I could cut glass or solder).
- Try something completely new. (For me, it was negotiating the New York subway system on a recent visit).
- Meditate to relax and move the brain to a new state for a while. Or sit on your patio for 15 minutes and just look out at the view.
- Exercise to help the brain learn new muscle skills, estimate distance and practice balance. (Exercise increases blood flow to the brain too).
- Add dance with the many opportunities here to learn and enjoy new dances such as social dancing, Belly Dancing, Ballet, and Line Dancing.

Go to the Cove or the Social Dance Club.

- Travel and see new things. Afterwards, tell good stories and show pictures about you and your adventures to friends and family, as this sharing of moments helps the brain solidify memories and interpret events, a surprise tool for brain fitness.

- You are giving your brain a real workout and it can be fun.

Of course, keeping a healthy body is key to keeping a healthy brain. The "Brain Health And Alzheimer's Program" at Loma Linda University concluded that 90% of all Alzheimer's cases could be prevented with changes in lifestyle and eating. Wow!

Briefly, let's start with some food basics. In Wynmoor, going out to eat is a key part of getting together. Start by just being more aware. Hope Myers, President of the Wynmoor Health And Wellness Club and a member for over 50 years of the Academy of "Nutrition and Dietetics," suggests a few tips. Optimize your Vitamin D level and get it tested when you test your cholesterol. Consume foods rich in vitamins B6, folic acid and vitamins b12. Maximize your intake of antioxidant nutrients. Steer clear of the sweetener aspartame which has been shown to speed up brain shrinkage. Briefly, eat a colorful rainbow of fresh fruits and vegetables, lean meats, and healthy fats like olive oil.

Very briefly, here are some more brain healthy food tips:

Add "the increasingly touted" brain foods to your diet such as antioxidants, Omega 3 fatty acids, unsaturated fats and again, fruits and vegetables. Consider adding leafy greens, olives, coconut, avocados, nuts, egg yolks (surprise), quality protein, more fatty fish like salmon, anchovies, and sardines for major impact. Reduce sugar and refined carbs. Check the "Mediterranean Diet" online for more ideas. Again, be creative. Since writing this column, I've been surprised to find my refrigerator is full of salads, veggies and more fish. A super snack has become guacamole with baby carrots and cut peppers and I am trying even more new foods and it's not so bad.

Other important health tips include:

- *Limit alcohol* which researchers have shown to increase brain shrinkage.
- *Maintain a healthy weight* by lowering belly fat which can pose particular danger.
- *Stop Smoking*: hard to do but very important (I know you've heard that before).
- *Get enough sleep*: A reminder is how hazy your brain feels when you don't get enough sleep. If you can't sleep, you may ask your doctor about sleep apnea. Adequate sleep is key for optimum brain function.
- *Check blood pressure, blood sugar, cardiac and cholesterol regularly.*

I have not focused on brain fitness very much in the past and now, getting older, I don't have time to waste if I want to do everything possible to maintain memory and a stronger working brain. I can't Imagine life without that. So, join me in looking at brain fitness and beginning now. This is just a start.

Next month, we will focus on interesting people in Wynmoor.

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City Matters

By Commissioner, Mikkie Belvedere

Happy birthday and happy anniversary to all celebrating this month. If you are looking for a celebration or an occasion, you can find one for every day in May. For example, on May 1st, "Dance Around The Flag Pole" will take place and also "Cinco de Mayo" on May 5th. These are special times for partying for our Mexican and Hispanic community. On the first Saturday in May, the Kentucky Derby will happen. Onn May 7th, it is "Teachers Appreciation Day." Thank you to our teachers. The future of our children is in your hands. On May 15th, a special Memorial Day performance will take place for police officers who gave their lives protecting us. We give respect and appreciation to our men and women in blue. May 12th is Mother's Day and May 20th is "Autoinflammatory Arthritis Day." Also, our Muslim neighbors will be celebrating their month of Ramadan.



Creek Parkway. Parks and recreation had several community meetings to hear from residents about their wishes for the future. Many of your thoughts and ideas will be incorporated into our future plans.

A part of my job is to help individual residents throughout the city. I go to HOA meetings to establish relationships and help with possible problems. I have also joined the monthly travelling office in Wynmoor on the first Tuesday of every month, where I am joined by many different Representatives, including Congressman Deutch, Senator Raider, and Representative Jacobs. We are in the Wynmoor Library from 10:30 AM - 12:00 PM. I also attend many seminars.

I recently went to the Broward Crime Commission all-day seminar. This is my sixth Annual meeting.

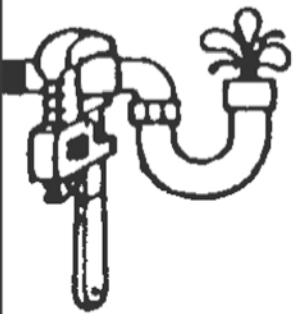
The City of Coconut Creek will have a concert on May 3rd at the Community Center from 7:00 PM - 8:30 PM. Bring your chairs and blankets and bring the family to enjoy a home-grown concert. There will be a program at Veterans Park for Memorial Day on May 26th at 11:00 AM. Hope to see you there.

The additional one-penny tax we are paying for transportation will eventually trickle down to Tallahassee, then to Broward County and then to the city. There are many plans in place to use the money for better roads, better bike lanes and more. We are still waiting for Broward County to sign the "Interlocal Agreement" with Coconut Creek so that we can add the lighting to Coconut

It is a long meeting with many panels, judges, psychiatrists, law enforcement and more. I thought I would just let you share what, to me, seemed an alarming take away. "Older adults are being arrested for drug offenses and dying from drug overdoses. The most obvious potential explanation is the rising chronic pain leading to opioid prescriptions which has paved a path to addiction. People addicted to pain killers are 40 times more likely to abuse Heroin." Source: Centers for Disease control.

As your Commissioner, I look forward to comments and ideas from all of you. I can be reached at mbelvedere@coconutcreek.net or 954-803-7696. Have a great day and keep smiling.

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Dear Friends,

This year's Legislative Session emphasized very significant issues and had remarkable milestones occur. Below, I will discuss an item which I believe will be significantly impactful within our community and the state.

A bill that I filed this legislative session was SB 478, which proposed the re-establishment of the Office of Drug Control within the Executive Office of the Governor. The Office of Drug Control would be managed by a Director, which the Governor would appoint and the Senate would confirm. This office would report

Annually to the Governor and the Legislature on substance abuse trends occurring in Florida, the status and funding of current substance abuse programs and services, and the status of the development and implementation of the state drug control strategy by the office.

Additionally, this office would both educate and inform the public about the substance abuse crisis and available services. It would allow for there to be an institution dedicated to monitoring drugs in our state. Not only would this office help vet harmful drugs in Florida, but it would also play a significant role in reducing adolescent drug and alcohol use through educational campaigns at schools and community projects.

I am pleased to share that, about halfway through the Legislative session, Governor Ron DeSantis signed Executive Order 19-97 re-establishing and restoring this essential Office. The Office of Drug Control would prove to be helpful and dedicated to bettering the overall health of Floridians.

I am honored to continue to serve and represent our community in Tallahassee. Please do not hesitate to contact my office for any issues or concerns.

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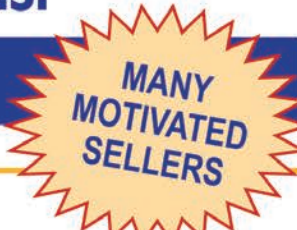
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- Chicken Piccata
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- Chicken Caprese
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- Chicken Alfredo
- Chicken Parmesan
- Chicken Primavera

-FISH-

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- Tilapia Piccata
- Grilled Tilapia
- Tilapia Franchise
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- Fish Fillet in Red Sauce
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- Grilled Shrimp
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Clubs and Activities

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

American Legion Post #170

By Ralph Trapper

The next meeting of American Legion Post #170 is scheduled for May 13, 2019 at 7:30 PM in the West Wing II, located in the theater complex.

This meeting will have a lot to do with the many changes that have been made since Don Schwiesow resigned as our post Commander and has appointed me as the acting post Commander. With that said, we still have responsibilities for the Memorial Day program that is scheduled for May 27, 2019 at 0900 hours at Veteran's Park, located on the Southwest corner of Sample and Lyons Road. We have responsibilities to the city of Coconut Creek as well as to the residents of Wynmoor.

For more additional information, please contact Ralph Trapper, acting Commander at 954-561-4329, or Don Levine, acting 1st Vice Commander at 954-957-9787.

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. We meet the second Sunday of the month at 10:00 AM in the Pool Room.

Wednesday Night Pool Tournaments: 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. To join the club, come to a meeting or see a club official when in the pool room. You can also join our Facebook page, "Wynmoor Poolclub."

Club Officers for 2019: Co-presidents: Bob Horowitz and Ralph Rubin, VP: Mike Nash, Secretary: Mike Brodie, Treasurer: Rose Ortiz. Cost to join the club is \$5.00/yr.

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.

Womens' Pool Team: Explore a new activity, make new friends and have fun in our A/C poolroom. This is for beginners and advanced players. Residents and their guests are welcome.*

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

Our next Pool & Billiard Club Meeting will be on April 14th in the Multi-Purpose room (next to the main pool and grills) at 11:00 AM. Come meet and greet fellow pool players. Bagels and coffee will be served. The cost is \$1 for members and \$5 for non-members.

Our next Pool & Billiard Club Meeting will be May 12th in the Multi-Purpose room (next to Main Pool and grills) at 11:00 AM. Come meet and greet fellow pool players. Bagels and coffee will be served. The cost is \$1 for members and \$5 for non-members.

Bocce Club

By Lucia Catone

We have been all enjoying what Wynmoor has to offer. We will miss our club members and friends that are returning to their Northern families.

The Bocce court will be available to Wynmoor residents on Tuesdays from 3:00 PM - 6:00 PM, Wednesdays, Thursdays and Saturdays from 8:00 AM - 12:00 PM.

Membership dues from January to December are \$5. For more information, contact the President, John Giuffrida at 954-977-9154. JOIN US!

BOOKIES

By Rhoda Becker

Welcome to the next get together of Bookies. Meet us at Ballroom C in the Clubhouse on Tuesday, May 1st at 7:30 PM. Our book selection for May

will be Dan Brown's "Origin." It is a thriller from an author you are likely to be familiar with.

We have decided on our book for June as it may not be easy to acquire. The title is "Where The Crawdads Sing" by Delia Owens. This is a beautifully descriptive story of a lovely girl who misunderstands and cultivates the "primitive" existence that surrenders her. However, her life changes and it is these changes that we are sure will be a master part of our discussion.

Please feel free to join us. For questions, call Laura at 954-917-7879.

Contract Bridge Club

By Phillip Cummins

There are many options for playing Bridge at Wynmoor each week. There are ACBL sanctioned games on Mondays and Wednesdays at 7:00 PM. There is a Friday game at 12:30 PM. (Please note the new time). All of these games are held in the East Wing. The Saturday afternoon game has been suspended until further notice, as has the Saturday morning mentoring program.

There are also social duplicate games on Tuesdays and Fridays at 12:30 PM in the East Wing. (Please note the new location for the Friday game). There is a Bridge lesson on Fridays at 12:00 Noon. Two notes: For a partner, call Gerri Silverman at 954-978-2457. Also, please remember to arrive fifteen minutes before game time to help the director organize the game.

Current Events Club

By Daisy Sheridan

Come and join us at our weekly sessions where we discuss the current happenings of our times. We meet every Tuesday morning from 11:00 AM - 12:00 Noon in the Multi-Purpose room, which is currently located next to the main pool. All Wynmoor residents and their guests are welcome and there is never a charge. May we welcome you next Tuesday?

Fishing Club

By Eddie Kopple

April 15th was our last meeting for the Season. We hope all the Snowbirds arrived home safe. We are looking forward for their return. We had a closing dinner at The Texas Roadhouse Restaurant which was very enjoyable. For the rest of us who will be here for the Summer months, we will have a get together at least once a month. This is open to all members and anyone else, male or female, who like to fish. If you don't know how, we will teach you. Also, we will try to get information to all our Snowbirds.

Our first get together will be at May 9th at 9:00 AM at the Bagel Snack, located at 1237 S Powerline Road. Our meeting for the new Season will be on October 7th and the 21st in Ballroom C. Bagels and coffee will be served at 8:15 AM and our meeting will begin at 9:00 AM. Dues will still be the same, \$20. In closing, have a great and safe Summer.



Dinner at Texas Roadhouse. We had a great dinner. Compliments to Sue and Howard for our dinner.

Hadassah

By Toby Gordon

We just had our Spring Luncheon and wish to thank our co-chair people, Beverly Alexander and Anita Waldman, for a wonderful afternoon. How are you going to top it next year? Glad this is not my problem!

We also had a trip to the Waste Management facility. We learned new facts about recycling and enjoyed a wonderful lunch at "Coopers Hawk," thanks to co-chairs, Faith Schwalb and Marcia Silva.

Save the date: We have our last exciting activity of this Season coming up. It is our final Card Party on May 8, 2019. Natalie Gorelick, our Chairperson extraordinaire, can be reached at 954- 984-1673 for further information or find our flyer on the carousel in the Library. Whether you are a member of Hadassah or not, form your tables, bring your games, and join us for an afternoon of fun!

Continued on page 36

Clubs and Activities

Continued from page 36

For those of you who are Snowbirds, please have a safe trip back to wherever you spend your Summer. Have a restful and healthy Summer but return to us refreshed and ready to have a great year! There are many interesting activities already planned for your enjoyment. We could not have had as successful Season without each and every one of you. Wynmoor Hadassah is counting on your participation and cooperation to make 2020 the best year anyone can imagine. Safe journeys, but don't forget to return to your Wynmoor "Hadassah family."

If you are going to be here on May 1st, please join us for our meeting at 12:00 PM in the West Wing. Take some time to visit with friends, have a snack and then get down to business. We will be "Clowning-A-Round" with Lenae and Al Herman. All are welcome. You do not have to be a member to have a good time!

Reminder: Please support Hadassah by purchasing certificates from Bernice Riback. She can be reached by calling 954-984-1703. Trees for any occasion may be purchased through Beverly Alexander. She can be reached at 954-969-1701. Beautiful cards for all occasions may be obtained through Dotty Pekus who is reachable at 954-973-9050. Your support is greatly appreciated!

Health & Wellness Club

By Hope Myers

Our last meeting of the Season will be held on Tuesday, May 21, 2019 at 2:30 PM in West Wing II. Matthew Hamburger, Wynmoor's physical trainer and exercise maven will speak to our membership. He will address "Mobility Plus Muscular Imbalances Caused By Lifestyle Patterns." These imbalances can be the cause of pain. Tips and exercises for posture and pain relief will be given. Healthy snacks and bottled water will be served. Our meeting is free for members and the guest fee is \$3.

Ladies Circle

By Jo Bakalar

The Ladies Circle is a social club open to all Wynmoor residents. We have entertaining guests, interactive programming, and exciting trips.

"Juke Box Bingo" is scheduled for May 23rd at 11:30 AM. This is a super fun game conducted by a disc jockey and features music of the 40's, 50's and 60's. Singing along is a must!! Dancing is optional. :) Prizes will be awarded to all bingo winners. Your participation fee of \$12 includes yummy snacks, beverages, and a dessert. Send your reservation to Ilene Garland at 1801 Eleuthera Point, Apt. K1. You can also call her at 954-972-1978.

June's scheduling includes a card party. Details will be posted soon. For further information about the Ladies Circle, please contact our President, Iris Arlan at 954-532-5268.

Latin Women's Club

By Minerva Nazario

We wish all mothers a Happy Mother's Day. Our sincere thanks to all who bought tickets to our Women's History Month Dinner Dance. It was a tremendous success and we thank you for your support.

Our next meeting will be on May 28th, in the East Wing, Classroom 4, from 2:00 PM - 4:00 PM. Refreshments will be served. Our Annual dues

are \$15. All meetings are held in Spanish. For those celebrating a birthday or anniversary this month, we wish you good health, peace, love, and many more years to celebrate. For more information about the club, please call Ms. Minerva Nazario at 954-532-3156.

Monday Night Dance and Social Club

By Tamara Tresniowski

Congratulations to our new officers: President: James Enderes, Vice President: Howard Weiner, Secretary: Tamara Tresniowski and Treasurer: Dick Kaplan.

We are missing the Snowbirds but the fun goes on with lots more lessons. On May 6th, we will review "The Fireball Line Dance" and on May 13th, we will review the "Disco Line Dance." May 20th is the last dance of the formal Season with *super desserts* and a great Zydeco dance lesson from Ann. There will be no dance on Memorial Day, May 27th. Don't forget though, it's not over. New dances will take place all Summer long, June 3rd - September 9th (no dance Labor Day, September 2nd).

Each week, we start at 7:00 PM and end at 9:00 PM. We meet in Country Club Ballroom A. Our 6:30 PM dance lessons and refreshments will be discontinued in the Summer. Please bring your own. FREE FOR MEMBERS. MUST SHOW MEMBERSHIP CARD. \$1 for other residents and guests. Dues are \$5 a year, \$1 a dance and \$2 for non-members.



Nature And Arts Club

By Cindy Selmon

May marks the end of the Nature and Arts Club Season. Our last breakfast meeting until the Fall will be held on Thursday, May 2nd in Ballroom A at 9:15 AM. Michael Heimbach, Program Manager of the City of Coconut Creek, will discuss recycling in Coconut Creek. This is your opportunity to learn and understand the new regulations affecting Wynmoor. There will also be a presentation by the incoming Nature and Art Club Board members.

The last trip of the Season will be a visit to the NSU Art Museum in Fort Lauderdale. This will be a carpool trip. Parking is available at meters and private parking lots. The trip includes a 90-minute docent led tour. If you have any questions about this trip, call Ilana Shimony at 954-257-5132. For any other questions, call our President, Michael Koss at 754-205-5722.

We wish everyone a wonderful Summer. If you are returning to homes elsewhere, we wish you a safe trip there and back. We hope to see you all in October.

Continued on page 39



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.



Safety Solutions

By Scotty Leamon

Public Safety Information Officer, Coconut Creek Police Department

The Summer Of Scams



We are right around the corner from the start of Summer, although you really can't tell it living in South Florida, where we get warm weather year-round. But as the thermometer heats up this time of year, so will the possibilities of being scammed. So, let's run through a few of the most popular scams during the Summertime of the year and how to avoid them.

IRS Scams: Scammers know that a lot of people wait until the last minute to file and will be trying to take advantage of that fact. Remember, that if you get a call out of the blue from

someone posing as an "IRS agent," that it is a scam. Just hang up the phone on them. The IRS does not call you if you owe them money and threaten to throw in jail if you don't pay immediately. They communicate by sending letters. So, don't ignore anything that comes in the mail but do go over it with your accountant, a trusted friend, or a loved one before responding.

Bank Scams: Some studies have estimated that seniors alone lose more than \$30 million Annually falling victim to scams. Scams involving your banking are among the most popular. The same phone call rule above that applies to the IRS also applies to your bank or credit card provider. They will not call you seeking to verify your address (they already have it), make sure your pin number is working (they already know it), or any other reason you can think of. Just like the IRS,

they communicate with you primarily through mail. Each of the banks also have applications that can be downloaded on your smart phone that are very helpful. I would encourage you to go into your bank and talk to them about those applications to make sure you are programming the correct ones into your phone.

Computer Scams: Studies also show that more and more seniors are becoming "tech savvy." In fact, the fastest growing population on Facebook, for example, are folks over the age of 65. If someone calls you all the sudden claiming that your computer has a virus and they can help you fix it by giving them some money, that's a huge red flag that it's a scam. So just hang up. I know I wish every computer I've ever had ran a little faster. How did they know your computer was running slow when you never told anybody? Is my computer even malfunctioning at all? Those are the types of questions I want you to ask yourself... after you've hung up on the guy who called you claiming he can fix your computer.

The bottom line is that I want you to enjoy the Summer and not have to worry about filing police reports and talking to your bank after you've been scammed. As technology advances, so do the ways the bad guys think that they can fleece us. Slow down. Ask yourself, "is this really true?" The scam artists don't want you to stop and think. They want you to go... and act without thinking. So, oftentimes, the best way to avoid being scammed is to ask the question out loud: "Did I really make a mistake on my taxes? I've never had this issue before. Why is my bank calling me now? I've not noticed anything wrong with my computer. Could this person on the phone be lying to me?" When you take the time to say it out loud, you'll see the answer to all three of these questions is very clear: "No. It's a scam."



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Clubs and Activities

Continued from page 36

Needlework Click

By Barbara Bilello

Our meetings for May are the 2nd and 4th Tuesday of each month. This month, we will meet on May 14th and 28th. The meetings are in the West Wing from 1:00 PM - 4:00 PM. We want to thank everyone that has donated yarn. It is greatly appreciated. We do donate what we make to various charities. If you have yarn that you don't need, please call Barbara at 754-222-6375.

We have a lot of fun at our meetings. Everyone is welcome. If you are new to Wynmoor and want to meet new people, please join us. There are no dues. We serve coffee, tea and yummy snacks.

Our group consists of all types of needle workers and chatters. We have a member who would love to see more quilters. Join us and she would love to share her skills and knowledge with you. Looking forward to seeing all. Thank you!

Pennsylvania Club

By Marilynn Stoloff

Our seasonal members are reading this online. Hope you had a great Season with us in Wynmoor, a safe trip home and interesting Summer plans. We learned we are forever Pennsylvanians as we shared memories with our members. We will continue our Summer dining series for our full-time members. It will be the third Wednesday of the month. If you have a favorite restaurant you want to show off, give me a phone call.

Pickleball Club

By Sandra Cohen

Are you an all-year-round Wynmoor resident looking for fun sports and social activities during the Summer months? Do you want a great way to get exercise and enjoy lots of other activities, such as dances, dinner parties, tournaments and Luncheons? Then the Pickleball Club may be a great choice for you.

If you want to learn to play the game, visit us at the Pickleball courts any morning and meet our friendly members. Or, join us any Sunday morning at 9:00 AM for free Pickleball lessons. We even supply racquets and balls for the lessons.

Our weekly Barbeques, which take place most Wednesday evenings at the Cove, are open to all Wynmoor residents. We all bring our own dinner and drinks and many members bring a dessert to share. It's a good way to find out more about the Pickleball Club and get to know its members. We hope to see you on the courts or at the Barbecues soon.

Queens Club

By Ruth Weinstein

Spring is here and the Queens Club is wishing happy holidays and good times to all. Due to low attendances during recent months, we are taking a Summer vacation.

We look forward to seeing all of our friends and members in October. Keep well and enjoy whatever you do and wherever you go. Best wishes.

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

Wynmoor Golf Association

By Rich Dalessandris

Hello everyone and welcome to the May events for the WGA. On May 1st, our general meeting will be held at the West Wing at 7:30 PM. Please attend and get firsthand the progress of the course renovations and future work planned for our course. Also, to be discussed will be future events planned such as the Caribbean cruise in October and other golf events.

"Guys and Dolls" will be held on May 4th. The theme will be "Cinco de Mayo." The cost is \$14 per person and money must be in by May 1st. It will be a fun event with 18 holes of golf and lunch will be served following golf. Enjoy the company of your friends and enjoy our course.

I would like to take this opportunity to thank the golf staff and the grounds crew for their work in continually making our course better every year. The amount of play that this course receives every day is incredible, and yet, the staff keeps the course in great shape. A job well done for sure.

As many are leaving for the Summer, we say "farewell" and we will see you next Fall with new tee boxes and other improvements. The Bistro 19 should welcome you all back, as us regulars will break it in for you, LOL.

Wynmoor Hurricane Emergency Net

By Ralph Trapper

It's May, 2019, and so far, we still have been watching the Atlantic Ocean. Remembering that September 10th is the statistical peak of Atlantic/West African generated tropical depressions/storms, we will see what the hurricane gods have/had in store for us. We don't expect any hurricane activity until past the traditional start of Hurricane Season, which begins June 1, 2019.

This equipment should be turned in to Wynmoor security for testing starting May 1, 2019.

As a reminder, having a battery-operated AM/FM portable Radio Receiver is still suggested so you can listen for official announcements from the city of Coconut Creek and/or Broward County. Announcements pertaining to hurricane information can be found on the AM radio band at 610 KHz AM (WIOD), or 850 KHz AM (WFTL). On FM Band, tune to 97.3 MHz (WFCL) or 100.7 MHz (WFLC).

Be safe. Remember, your safety is our biggest concern. When in doubt, "DON'T."

If you would like to assist or are a previous operator, please contact Ralph Trapper at 954-972-4329.

Writer's Workshop

By Nancy Heller Moskowitz

Our group gets a bit smaller as of May. It's a good time to seek us out after penning your short stories, memoirs, poems or any other writing that you'd like to share. We offer commentary and suggestions. All are welcome. Come any Saturday from 10:00 AM - 12:00 PM in Cardroom 1. We look forward to meeting you. Any questions, please contact President, Nancy Heller Moskowitz at 954-973-2181.

Yom Hashoah Event At Temple Beth Am

By Linda Storfer

This year's event to commemorate Yom Hashoah, 74 years after the conclusion of World War II and the Holocaust, will take place on Wednesday May 1, 2019 at 7:00 PM at Temple Beth Am in Margate. The theme of this year's event will be "A Day In The Life" at which three survivors will speak and a candle lighting ceremony will be held along with a special Kaddish led by Rabbi Samuel Kieffer, Senior Rabbi of Temple Beth Am.

The speakers will include: Albert J. Brunn, a survivor from Germany on the Kindertransport, Moshe Dan, a survivor of Aushwitz and Larry Gochman, a survivor who fled and became a partisan during the war. At the conclusion of the program, Arthur Adler will lead those assembled in the singing of the partisan song. The evening promises to be a moving and poignant one for all in attendance.

There is no charge for admission but sponsorships for this event are available. Temple Beth Am is located at 7205 Royal Palm Blvd in Margate. The entire community is welcome to attend. For further information about this event and other upcoming programs, please call Alanna in the Synagogue office at 954-968-4545.





INSPIRATION STATION

By Diana Stone, M.A., Wellness Consultant and Inspirational Writer and Speaker

Allow Your Intention To Guide Your Attention

Dear Reader,

Happiness comes from living in alignment with who we truly are. We are most content when we are living a life that is purposeful and in tune with our inner yearnings and nature. It would seem obvious that we would consistently make choices that keep us on our ideal path, but in today's fast paced world of unlimited choices and constant stream of information and demands, it is actually easy to get off track from what is ideal for us individually. Even in seemingly small areas, we can be swayed from what is best for us. Consider what foods we eat. When given time, we can make wise choices that support our optimal wellness. This usually requires meal and snack planning and preparation. But when we get too busy, it is super easy to slip into eating habits that leave us feeling sluggish. A few days of eating off track can be expected when vacationing or going through a challenge such as a move or adjusting to a new job, but if left unchecked, we will ultimately begin to feel less than our best.

So how do we stay true to our own internal path of well-being?

It starts with SELF-AWARENESS. Ask yourself: WHAT IS MY INTENTION? This is a great question on the small and the big matters of your life! When life offers you choices, if you return to your INTENTION, it is easier to make choices that support your optimal vision for your life. When we are clear on our intention, it can guide us to what we put our ATTENTION on. Our consciousness lets us know our personal intention and then we can use the skill of our focused attention to manifest a life that is in agreement with our inner being. For example, if your intention is to slow down to create more quality time with family and you receive many invitations for parties or requests to volunteer or take on added work responsibilities, by taking a moment to remind yourself of your intention to spend more time with family,

it will be easier to firmly yet politely decline taking on ANYMORE! This is an area I sometimes struggle with. I love helping out and volunteering. It is mostly fun for me but when I lose my balance of self-care and family time, I sometimes find myself resenting a new commitment I have taken on. Feelings of resentment are a BIG CLUE that we have momentarily gotten off track.

A simple, yet profound question I ask myself daily is: "what will give me more peace?" A "Course In Miracles" teaches us that ultimately, PEACE is the true barometer of our life being in harmony. Ask yourself throughout the day: "what gives me the most peace? Leaving the dishes until later today and going for a walk now?" or "what gives me the most peace? Taking on this project or staying home in the evenings?"

Visualizing how each choice will make you feel is another tool to get in touch with how to stay true to your intention. Before making any new commitment or even deciding what to order off of a menu, take a moment to see how your life will look and feel AFTER you made the decision and let yourself be a witness to the vision your soul provides for you. As you consistently honor your inner voice, it will get easier for you to recognize it and trust it as leading you to your ideal path.

We are responsible for the energy we bring into each situation. Choose to be a harmonious source of love and light that is consciously living in alignment with your higher radiant self. We can collectively heal this world when we make choices from our inner being. Our intentions deserve to have our full attention. Your quality of life depends upon it!

With loving intentions, Diana

Diana Stone, M.A., is a Wellness Consultant and inspirational writer and speaker. Connect with her by email at dianalynnstone@me.com or visit her website: www.dianalynnstone.com

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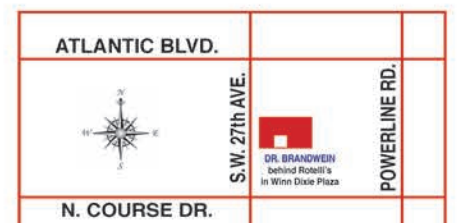
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AARP: Monday and Wednesday, May 6th & 8th from 9:00 AM - 12:00 PM, TWO DAYS; \$15 - \$20
 Chair Yoga (Charland): Begins May 6th from 1:00 PM - 2:00 PM for 3 weeks; \$21



Tuesday

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

Wednesday

Beginners Tap Class (Jankelevich): Begins May 1st from 9:00 AM - 10:00 AM for 5 weeks; \$40



Thursday

Canasta (Levitan): Begins May 2nd from 3:30 PM - 5:30 PM for 5 weeks; \$45
 Creative Art (Zannini): Begins May 2nd from 1:00 PM - 3:00 PM for 5 weeks; \$56.25
 Mah Jongg (Levitan): Begins May 2nd from 1:00 PM - 3:00 PM for 5 weeks; \$45



Saturday

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



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Golf lessons (Battersby): Private sessions available
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For more information, call Recreation at 954-978-2600, press 1. Register at the Recreation Office Mondays - Fridays, from 8:00 AM - 4:45 PM and in the Country Club Business Center on Mondays - Fridays from 8:00 AM - 12:45 PM and 2:00 PM - 5:00 PM. Classes are on held on a monthly basis and must be taken consecutively. Classes are subject to change. Refunds are not granted after the start of the second class.



Abaco Village Meet and Greet Party

By Jan Fiore

Abaco Village held its first Meet and Greet party on April 2nd, only a few short weeks after residents suggested it during a scheduled Management Meeting. The party was very well attended, with 175 residents getting together to enjoy a good time with their neighbors over dinner, featuring a variety of sandwiches and salads, as well as fresh fruit and a very popular selection of cookies for dessert. Food was provided by Penn Dutch Meat and Seafood Market.

Thanks to Abaco Directors, Assistant Directors and volunteers for their time and effort in organizing this special event. Thanks also to invited guest, Wynmoor President, Jackie Railey, who made time to mingle and chat with Abaco residents.



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POETS *and* POETRY

The Handkerchief

By Judith Bobker

He squeezed himself inside my door.
A man like none I'd seen before,
He starred, and shook with silent mirth,
His quite considerable girth
Then bellowed, with a lusty roar
That pinned me, helpless, to the floor,
"Pray tell me Sir, I'd like to know,
What there is to amuse you so?"
My little haberdashery
Held not a single size that he
Could wear, so just why was he here?
A moment, and he made it clear.
"I'm looking for a handkerchief,
To give my sorry nose relief
Today's tissues I can't abide,
They leave my nose dissatisfied.
They're non-absorbent, and they shred,
I need a handkerchief instead.
I've been to each department store,
Alas they carry them no more.
So tell me, have I come in vain?
Perchance, does your shop still retain
Somewhere, inside a dusty drawer,
This need that I am searching for?
Long-since forgotten, out of fashion,
What has now become my passion
Have you one or have you more?
I'll take whatever lies in store.
"Your problem's one not to be sneezed at
And my answer you'll be pleased at
Methinks, do recall that there's
A boy of snow-white, man size squares,
Left over from the olden days
When Irish linen was a craze."
Our sale complete, I hoped this chap
Would turn and leave without mishap
I'd have a sigh and pray that then
I'd never see his like again.

No More Curtain Calls

By Beverly Friend

It was April 1st when I heard the news. I hoped it was not true and only an April Fool's spoof. The delightful Broward Stage Door Theatre was closing. Why, after 25 highly successful years in South Florida?

The first, and most obvious guess is that they had bitten off more than they could chew when they left their jewel box of a theater on Sample Rd in Margate to head for the much larger, elaborate venue in the new Lauderdale Performing Arts Center.

That is certainly a major part of it.

Why, or why did they ever leave Margate?

According to Bill Hirschman's writing in "Florida on Stage," the city of Margate actually considered buying the original venue and renting it to Stage Door for \$1 a year in order to promote the city's cultural image. Oh, if that had only happened! But it didn't.

The new digs had so much to offer: Beautiful. Bigger. Better. It could accommodate an audience of over 1,000, even though Stage Door cordoned off the seats to hold the usual attendance of around 400.

One big question is whether the audience, mostly senior citizens, would follow them via the Turnpike or driving down State Rd 7, to stop just short of Sunrise to reach the theater. It was a long trip for Wynmoor residents and others. Subscriptions, the life blood of theaters, fell off.

Equally bad, were two calamities, a performance that had to be cancelled when the lead actor failed to show up, and another performance that started one and a half hours late. Ticket prices were refunded for both.

Now, they are lowering the curtain on the last three shows of this season. No one will ever see them perform "Ghost the Musical, Thoroughly Modern Millie," or "The Soul of Motor City." What a loss this is after all their successful artistic successes, highlighted by both traditional and new, original musicals that



set hearts racing, hands clapping and feet tapping in time with the rhythm.

According to Hirschman, in 2000, Stage Door had about 10,000 Season subscribers. This fell to 3,000. Unlike many other companies, Stage Door earned 94 percent of its budget from ticket sales.

As a reviewer for *ChicagoOn-stage.com*, I was delighted to be welcomed to review their plays over these past 13 years. This modern approach transcends newspapers by providing links to on-line reviews when they are posted on the theater's web site, making them available to all readers, not merely those in Chicago or in any distant location.

Along with many other theater aficionados, I will sorely miss them.

In a generous show of camaraderie, Slow Burn Theater Company and the Broward Center for the Performing Arts will accommodate ticket buyers who are affected by the closure. Please call the Lauderdale Performing Arts Center Box Office at 954-777-2055.

Here are Stage Door's final, sad words, posted on their nearly empty web site:

"Stage Door has passionately pursued its mission to preserve the 'Great American Musical.' We have shared the stages with thespians, creators, writers, directors and crew from all walks of life and from all corners of the globe. The unforgettable memories will forever define a generation.

The Stage Door Theatre made its final curtain call on Wednesday, March 20th, 2019 with our finale performance of "My One and Only," as we call a wrap on 26 seasons serving the South Florida community.

While the stage is darkened, the beating heart within our nonprofit organization remains as we attend to many financial obligations yet to fulfill. Your continued donor support will help us make a graceful exit from the stage. Please donate today."

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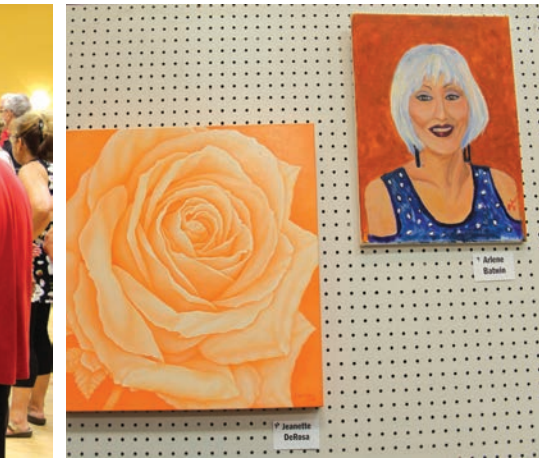
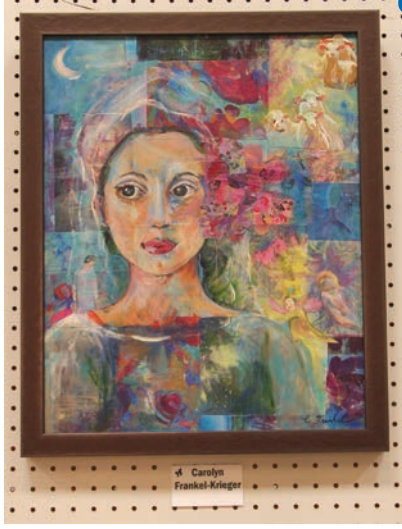
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Talented Artists Among Us!



Wynmoor Women's Pool Team Now Called The Wynmoor MzCues

Having recently formed a ladies pool group at Wynmoor, I am pleased that we have 23 members. It is a challenge to find a format each week that keeps all skill levels interesting and fun.

We voted on suggestions for our group name and selected the Wynmoor MzCues.

Come join us every Tuesday 3:00 PM - 5:00 PM to meet new friends, learn and have some fun!



Wednesday Night Pool Tournaments

Join us every Wednesday night at 6:00 PM. This Tournament is handicapped for all skill levels.

All Residents and their guests* are welcome!

Enjoy AC comfort while having fun and meeting new friends!

Weekly Winners:



Week 10: We switched to 8-Ball. There was a 3-way tie for first place between Howard, Rassool, and Ralph with 9 wins each. Andre was second with 8 wins.

Photo L to R: Howard, Ralph, Andre, Rassool



Week 11: We had a field of 20 players last Wednesday and the game was 8-Ball. The winner was Fred F with 9 wins. Tied for second was Fred D, Tommy P, and Frank H with 8 wins each.

Photo L to R: Fred F, Fred D, Tommy & Frank H



Week 12: Amy and Tommy split first place with 11 wins each. Rassool was a close 2nd with 10 wins. We had a full field of 18 players and a good time was had by all.

Photo L to R: Tommy, Amy & Rassool



Week 13: Rassool won the Tournament with Bob H and Bill B tied for second. Ralph R, the founder of the Wednesday tournaments, is pictured on the left. Tony C is now the new Wednesday night tournament Director.

Photo L to R: Ralph, Rassool, Bob H, Tony C

Please bring your Wynmoor ID cards. *guest pass required for non-residents.

Wynmoor Pool & Billiard Club 2019 Annual Tournaments

By Bob Horowitz

We have had Annual tournaments for each of the most popular games for the last 15 years. The winner and 2nd place get their names on a plaque on the "Wall of Champions" in the Pool and Billiard room. The games played on our 9-foot pocket tables are Straight Pool, 9-Ball, One Pocket and, 8-Ball.

Straight Pool is the purest of the pool games with the very least luck involved. It was the game of choice by most players in years past.

8-Ball and 9-Ball are the most popular at Clubhouses, bars, and TV games

because the games are shorter and can be played by multiple players.

Of the "pocket pool" games, "One Pocket" requires the most skill in banking balls and strategy.

Snooker and 3-Cushion Billiards are played on special tables.

Ralph Rubin is the director for all of our year-end tournaments, with the exception of the 3-Cushion Billiards. Allen Katz was the organizer of the 3-Cushion Billiard Tournament.



The Straight Pool:

The championship was played between Tony Coglianese and Ellis Lawence. Ellis was the winner. There were numerous players in the tournament. Most were straight pool enthusiasts.

Photo left to right: Tony, Ellis



8-Ball:

We had a big field of players. The winner was Ralph Rubin. 2nd place winner was Bob Horowitz. In third place was Jules Lynn.

Photo left to right; Bob, Ralph, Jules



9-Ball:

Another big field of players! The winner was Tom Rabicki. In second place was Humberto Acevedo.

Photo left to right; Humberto, Tom



Snooker:

This game, as 3 cushion billiards, is played on a special table. It's one of the most popular international games with champions idolized like rock stars. It requires the most intense strategy and shot-making skill.

The term to "snooker someone" means to hinder the cue so they are unable to make a shot.

The winner was Ralph Rubin in two nail-biting close games that came down to the last ball each time. Second place was won by Bob Horowitz

Photo left to right; Ralph, Bob



3-Cushion Billiards:

This is a game played on a special 3-cushion table which doesn't have pockets and is heated to allow the balls to travel further. Three balls are used: a red, yellow and white. The balls are also larger than regular pool balls. The object of this game is to have your assigned ball, the red or yellow, hit at least 3 cushions and both other balls. The winner was Ellis Lawrence with Allen Katz coming in second.

Photo left to right; Alan, Ellis, Mike Brody



Winners get a permanent plaque on our "Wall of Fame" in the Pool & Billiard room. The winners will have their names inscribed on a plaque to be added to the "Wall of Fame," a tradition at Wynmoor Pool and Billiards Club for many years.



Neighborly News

1803 Eleuthera

By Maralyn Wallace

For the month of April, the Ladies' Lunch Bunch of 1803 went to GG's of New York. The food was delicious and we couldn't ask for nicer company.



Eleuthera Village

Farewell To Pete And Lillian

By Maralyn Wallace

On Sunday, March 31st, the residents of Eleuthera Village had a wonderful time as we wished Peter and Lillian DiRosa a farewell for all his many years as Director. Pete and Lillian dedicated so much of their time to the residents of Eleuthera and we appreciate them so much for that! Special thanks go out to Grace, Jo Ann, and Rose-marie for organizing, setting up, shopping and serving refreshments. It was a beautiful tribute for them. We wish Pete and Lillian the best of luck and well wishes as they reside in their New York home closer to family.



**Be A Good Neighbor
Look Out For Each Other
See Something - Say Something**



Sheriff Gregory Tony

Expanding Opportunities

By Sheriff Gregory Tony

As sheriff, I hold an important responsibility to protect our community's children and encourage their positive development. The incredible people I meet around Broward leaves me optimistic about our county's future.

I also know many potential obstacles await our next generation at every turn and how even one small mistake could derail these young people from achieving their full potential. No one should have their future destroyed because of a minor, youthful indiscretion. Kids make mistakes and bad choices. It is part of growing up. Learning from those mistakes is what allows children to grow into productive members of society.

For many, however, these minor indiscretions create far-reaching consequences that can amount to a life sentence of lost opportunities. This stark reality is even clearer in struggling working-class communities and communities of color, which are historically disproportionately impacted.

As sheriff, I am promoting restorative justice programs that provide individuals who commit a minor offense with a second chance at leading a productive life. Instead of a permanent arrest record, which could severely limit opportunities in adulthood, a youth who commits a minor offense would enter a restorative justice program. These programs hold the offender to account and provide them with the assistance they need and teach them the discipline, structure, dignity and responsibility necessary to become productive citizens.

These programs are a proven success, showing significantly lower recidivism rates among participants. They also save millions of dollars that would otherwise be spent on less effective juvenile criminal justice system operations. But, these programs are not a mere slap on the wrist. Individuals who commit non-minor offenses and repeat offenders know they will feel the full force of the law.



Our efforts are also focused on proactive measures to keep kids from committing crimes in the first place. I was raised largely by my mother in inner-city Philadelphia and understand both the detriment of not having mentors and of how many in minority communities distrust law enforcement. At BSO, we are tackling both issues through a host of bold initiatives.

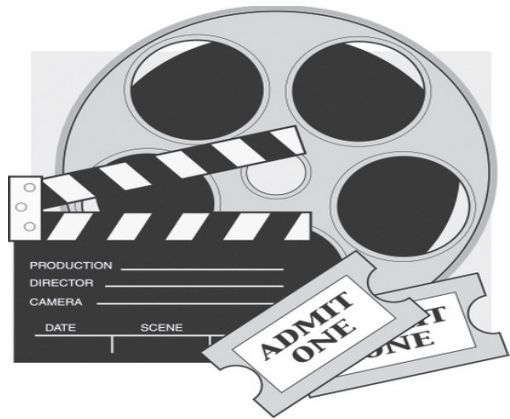
First, we are expanding our Law Enforcement Explorers Program, which exposes teenagers to positive values and role models. I will also be introducing the BSO Internship Initiative for individuals interested in a career in public safety. Too often, community members interact with deputies only at the worst of times. This program allows for a better understanding of our goals and mission and allows

us better insights into the communities we protect. In addition, because many struggle to pay for school, BSO is developing a criminal justice scholarship program to ease the financial burden. These scholarships are an investment in the future of law enforcement and our communities.

Finally, I am reexamining how the money seized from the proceeds of criminal activity is distributed to community-based nonprofit organizations to support important local programs. Programs that benefit from this Law Enforcement Trust Fund are vital to our mission of connecting with youth and providing programs, mentorships and assistance to them. In the past, distribution was woefully inequitable, with a select few organizations receiving the bulk of the money. I don't believe in playing favorites, and we will work to ensure that all qualified organizations receive a fair opportunity to compete for funds and that the money will be distributed equitably to the most deserving.

I am humbled by the important role the Sheriff plays in the lives of our county's children and I pledge to do my all to ensure their future success.

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Tuesday	May	21	8 PM
Wed.	May	22	2 PM*



WHAT MEN WANT

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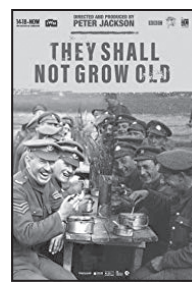
Sunday	May	12	2 & 8* PM
Monday	May	13	8 PM
Tuesday	May	14	8 PM
Wed.	May	15	2 PM*



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Monday	May	27	2 & 8* PM
Tuesday	May	28	8 PM
Wed.	May	29	2 PM*



* OPEN CAPTION

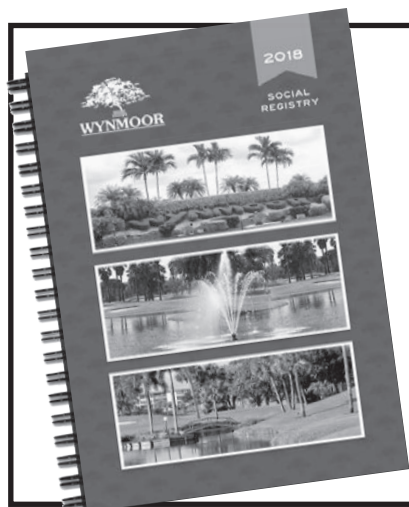
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Your updated information for the 2020 Wynmoor Social Registry is needed.

Submit the "Change Form" on page 22 in the 2019 Wynmoor Social Registry.

If you do not have a form, please visit the Council Office for guidance.

Many residents have given up their land lines and are using their cell telephones as a main number.

This would be a CHANGE you would want to make in the directory.

Change or remove your information from the Registry. It's your choice, and NOW is the time to make it.

Your attention to this matter is greatly appreciated by the staff of the Wynmoor Social Registry.

Thank you for your cooperation.

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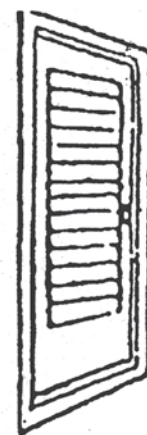
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Early Time Mother's Day

By Lil Miller

Mother's Day, when children's hearts were full of love! And school teachers helped young students to make flower baskets with lots of shiny brass tacks, pretty enough to fill with flower candy, or different things for mother on her day. Flowers were a luxury in my day. Walking home from school that day, I passed a house that had plenty of flowers to spare.

I stopped to pick a few to fill my basket for mom, happy to get on with my surprise. When I looked up, there was a friendly policeman standing there. He took my hand and said, "I will help you with that heavy load!"

My basket flowed over with tulips and daffodils. "Get in my car and I will drive you home. I turned to look, standing there with hands on her hip was a mean ol' lady waving "bye bye," a scene I remember each Mother's Day. The policeman said, "You stole someone's love you know, to make your basket of love for your mom. That was wrong. I will let you out of the car at your corner," as he handed me a quarter and said, "Throw those flowers away and buy some that will truly be from your heart." A quarter in those days went a long way. I often wondered if that good man missed his lunch that day?



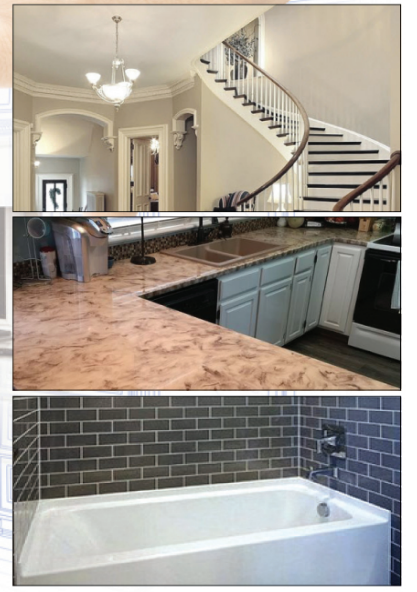
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HISTORY CORNER

By Philip Edwards

CHING SHIH: MORE THAN A PRETTY FACE

Ching Shih was a prostitute on a floating brothel in a tributary that flowed into the South China Sea. Yes, she was strikingly beautiful, but no one could imagine her potential and giftedness. A fierce notorious pirate named Cheng 1 (Zhèng Yi) took a liking to her and after several discussions, or as we would call it today, a prenuptial agreement, they married in 1801. According to the agreement, she was to share equally in booty and serve with position and power in the pirate organization. She proved herself at every level.

Pirating in those days was big business, which consisted of more than one or two ships flying the skull and crossbones, attacking merchant vessels. At the time of their marriage, Ching Shih and Cheng 1 commanded 200 ships and this floating arsenal was called the "Red Flag Fleet." As the Red Flag Fleet grew, they formed a coalition with another fleet and their combined numbers were 600 ships and 50,000 -70,000 pirates. It was a massive force that challenged China's Qing government, the Portuguese Empire, as well as the British Empire. The Red Flag Fleet functioned as a Nation unto themselves.

The pirate coalition, and especially the Red Flag Fleet, faced a crisis when Ching Shih's husband died. What would hold the coalition together? Who would be in command? Ching Shih moved with laser speed and surgical precision. First, she contacted Cheng's most influential pirate family members. Next, she met with captains of other fleets and ships, and then she positioned her most trusted allies in critical positions of authority.

At the end of the day, she ruled. The only concession was she had to make a male head of the entire fleet. How effective was she? The pirate coalition grew to 1700-1800 vessels with over 120,000 pirates. Remember this is a pirate organization. Pirates rob, steal and kill people. None of them would be found guilty of attending Sunday School classes. Ching developed a code that all coalition pirates had to obey. Some of the code regulated how booty was shared and a chain of command that instilled consistent authority throughout the fleets.

The most pronounced rules dealt with how pirates treated female captives. Any captain or pirate raping a female captive faced instant death. A captain

or pirate could take a beautiful female captive for a wife, but he had to be faithful. If not, he was punished severely with flogging, prison, or torture. Ching Shih may have been one of the first feminists.

Her story takes a strange turn. Her fleets were battling the Chinese government, the Portuguese government, the British government, and other pirates. After several major losses, the Chinese government offered amnesty if the pirates returned the loot and bowed before the Chinese magistrate. Chang Pao, a boy that Ching Shih and Cheng 1 adopted, was negotiating with a Chinese official. Discussion broke down over the loot and the pirates bowing. Ching Shih approached the Chinese and after tough negotiations, the pirates were able to keep all their acquired loot. Bowing before the Chinese magistrate was addressed in one of most creative negotiations ever. Ching and her adopted son were first dissolved as mother and son. Then the magistrates married the two, who bowed to the magistrate to thank him for officiating the ceremony.

Ching Shih gave up piracy and settled on the mainland. She set up a casino and brothel which she managed until her death in 1844.



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Dear Dr. Joy...

By Joy Berke Sanchez, PhD



I have been writing columns and/or articles for the past 17 consecutive years and also in the early eighties when I was specializing in eating disorders and wrote on that subject for a newspaper in Brooklyn.

In all that time, I don't think I touched on a very important issue and I think I was remiss in overlooking something so important.

The subject is forgiveness. Forgiveness toward self, others, and the universe in general. As you probably know, or have already heard,

forgiveness is in no way saying that whatever was done is now OK with you. It doesn't condone bad or hurtful behavior. It doesn't relieve responsibility. It does, however, give the forgiver peace. If it is true forgiveness, which is the only kind that works, it alleviates bitterness, resentment, anger and emotional/physical pain. If you don't forgive, who are you hurting? Forgiveness is just a letting go of those feelings that are making you suffer mentally, emotionally and very importantly, physically.

Last month, I wrote about thoughts being things and having energy and the ability to impact you and your world. I asked you to imagine having a wonderful thought and then a painful one to see how these thoughts effected your body. If you do this with forgiveness, you will see that when you hold on to your pain, your body responds in kind, but if you can imagine letting go of anger and resentment, your body will also respond. This is such an important phenomenon to understand and practice. You are creating the sensations in your body.

So, what happens when you hold on tightly to the bitterness and resentment from something that you cannot forgive? Your muscles tense, your blood pressure goes up, your pulse rate goes up, your stomach clenches as does your jaw and the muscles in your neck and head. Even your arteries constrict and cortisol is produced in your body which is known as a stress hormone. All of this can't be good for you and your health.

I've been interested in the mind/body connection for many years and next week I am beginning a two-month course focusing on this from a physical, psychological and spiritual perspective. I would love to learn something I haven't heard already but even if I don't, I know it will serve to reinforce my views and keep me focused on what causes both adverse and positive results in my body.

We all know about the reactions the body has to ongoing negative stress and anger and how we can counteract them through meditation, prayer, yoga, laughter, lovingness and many other means. Forgiveness is definitely one of those ways. Start to practice forgiveness with something small. Maybe someone cut you off on the road and your initial reaction was anger. That's something that will usually go away by itself unless we keep telling the story to others. But, if you are proactive and forgive the person immediately and consciously, even saying, "I forgive you for cutting me off and nearly running me off the road" while taking a deep breath, you will be learning a skill that will serve you, regardless of the magnitude of the wrong that you believe was done to you. When you can get to something that you never believed you could forgive, (even of yourself) and you see that you have let it go and it no longer has an impact on you, you will know that you can do this now with any negative emotion that you have. Remember, you created the negative emotion and therefore you are the only want who can uncreate it.

If you would like to comment on this or any of my other articles, I would love to hear from you at JoyB212@aol.com

WYNMOOR Golf and Tips

By Kevin Battersby, PGA

Summer Tips



Whether you're starting your golf Season up North or living here at Wynmoor, here are some tips and ideas you may consider this golf Season.

If you are struggling with your driver, try gripping down on the club up to an inch for more on center hits. Also, many players find they have more accuracy and even distance with their three wood off the tee instead of their driver.

Employ the use of a utility club or high lofted fairway wood. A 7 or 9 wood is usually easier to hit off the tight lies and you may find your distance is nearly the same as your 3 or 5 wood. If your fairway woods are still troubling you, choosing a 5, 4, or 3 hybrids from the fairway should still provide you with ample distance for a short third shot to be green. In short, any time the club length is shorter, more center hits can be attained.

Personally, I have had bouts of arthritis in my fingers. The use of a mid-size grip alleviated my condition as I didn't have to squeeze as much in my grip. I found the jumbo grip was too large for me but if you have large hands you can give it a try. For the ladies, extra wraps of tape under the grip may suffice in the same context.



If you're not using graphite shafts in your clubs, give it a try. The lighter shafts provide more speed especially with the longest clubs and there is less shock and vibration going up the shaft than the steel shafts which helps with elbow, shoulder and some back issues.

In closing, remember what Greg Norman said about drivers. Have a great golfing Summer.

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By Ann Elkin

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