

The INSIDER

An Independent Newspaper
For Wynmoor Residents

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SPOTLIGHT ON Enid Wolf-Schein



Enjoying the limelight:
Proud winners Marcus Wolf
and Enid Wolf-Schein
(Photo courtesy Irwin Levenstein/FLIFF)

Wynmoor Film *Golden Swans* Wins At The "Filmed in Broward" Festival

By Kim Lykins



Producer and Wynmoor Short Film Festival Director, Enid Wolf-Schein

Golden Swans and Music of China, which premiered at the Wynmoor Short Film Festival on February 1, 2019, were selected as entries in the "Filmed in Broward" Festival, held on August 17th and 18th at the Savor Cinema in Fort Lauderdale.

Golden Swans won top honors for "Best Documentary" and will be screened again at the Fort Lauderdale International Film Festival in November, which will feature films from all over the world. Many of the "cast members" from the Friday morning ballet class were highlighted in the film.



Photo from Golden Swans film

online

Music of China, featuring Ken and Juliana Wan, was also shown at "Filmed in Broward." There was great interest in this film as well, and Enid and Marcus had a wide-ranging discussion with the audience about it. When asked why she made this film, Enid replied, "because I wanted to see it. Featuring the music of Ken and Juliana was a joy. Their music needs to be heard and experienced."



Musicians Ken and Juliana Wan

The 1st Wynmoor Short Film Festival featured 12 films and was a resounding success, selling out quickly. All of the films that were shown were produced by Wynmoor residents. This year, three filmmakers from Broward County, who have produced some compelling short films, have been asked to participate as well.

The 2nd Annual Wynmoor Short Film Festival will be hosted by the Documentary & Discussion Club, under the Presidency of Betsy Kalau and is scheduled for March 27th at 7:00 PM. About 10 short films will be screened and a reception will follow in the Country Club Ballroom featuring wine and popcorn. There will also be some surprise entertainment.

Films for the 2nd Annual Wynmoor Short Film Festival are currently being sought. All those interested should contact Enid Wolf-Schein at enid.wsff@gmail.com

Hopefully, several of the Wynmoor Short Film Festival entries will be a part of next year's "Filmed in Broward" Festival. This Festival is funded in part by the Broward County Board of County Commissioners, as recommended by the Broward Cultural Council and Greater Fort Lauderdale Convention and Visitors Bureau. It is sponsored in part by the State of Florida, Department of State, Division of Cultural Affairs, and The Florida Council on Arts & Culture, and promotes Browardbased filmmakers and independent films shot in the county. It is produced by the Fort Lauderdale International Film Festival.

Here's what Wynmoor residents are already asking about the 2020 Wynmoor Short Film Festival:

Q: What can we look forward to in the 2020 Wynmoor Short Film Festival?

A: The line-up is open for entries from residents until mid-February. Information on how to submit a film and other requirements is on flyers located in the Country Club Library. We are open to any interesting short film, under 20 minutes. Our team does have some things brewing. For example, we are writing some really short, shorts called Senior Moments, illustrating what could be happening around Wynmoor at any moment. Also, we want to provide a look at what you can experience during a visit to the NSU Art Museum in downtown Fort Lauderdale.

Q: What is your incentive for promoting a Film Festival at Wynmoor?

A: We have a Festival of the Arts, and we have a Dance Troupe that includes all types of musical and dance talent, but we never had a way to show films at their best, which is on a large screen with an audience. This gives the audience a chance to meet the filmmakers and share their opinions and ideas. Films such as *Golden Swans* and *Music of China* provide a showcase for talented residents. This year, we are hoping to feature Wynmoor artists and potters as well. There is quite a lot of talent all around us at Wynmoor.



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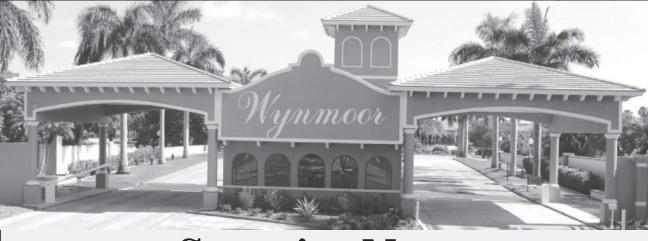
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Security News

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.

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



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Grandparents

By Lil Miller

Being a Grandparent is such a Joy!! If you live that long to Enjoy!! Working hard to raise a family - keeping them in treasures they want and enjoy!

No time for you to play or enjoy the day!! It's too full of things to be done today!! Now that hectic time is gone and I am still alive!!

Schools - Graduations - Cars and playmates were so much more important now to date. I now have the time and heart to enjoy this second time around!

"Hi Grandma, look at my new car, I got a job, it wasn't so bad knowing you and Grandpa was there to pull me through. I am getting married - at our wedding, 'ol time songs you and Grandpa used to sing are being played."

Now when I get a call on a gloomy day, I am ready and able as I look upon the version of my two handsome Grandsons. I know those growing times were not forgotten!!

Ah yes - being a Grandparent is a special Joy that honor is given in "September" every year....flex those muscles and be ready!

Have a great day that will last a lifetime,

I remain, Lil Miller

Why Certain Things Need To Happen By Terri Daniti

If I were to ask you what does a hot summer day, a roof being replaced, an elevator out of order, a delayed airplane flight, picking up someone at the airport, heavy traffic, a ring, and stopping at the grocery store have in common, or why did they even happen at all, could you give me an accurate answer? Well I can, and here it is...

It was another hot Florida day last August when my condo was having the roof replaced. It had been going on for days and the inconveniences were

getting to everyone in the building. The smell of hot tar, not being able to park nearby in your usual spot, the noise. Everyone's patience was barely remaining and then adding to all of this, the elevator was now also out of order.

I learned about the elevator being out of order when I left my unit because my ex was flying into town to celebrate our daughter's birthday and I had volunteered to pick him up in the late morning. Unfortunately, I had been getting calls from him throughout the early day that his flight from New Jersey was now on its third delayed departure. Finally, it was able to depart but arriving at 4:30 PM which meant being in rush hour traffic returning here.

During the stop-and-go drive back here, I had asked him as a favor: would he go into Publix and pick me up a couple of cases of water and get them into my unit as it was difficult for me since I had to find a parking spot not nearby my building because of the roof repairs going on and he agreed. When I pulled up in front of the building to let him out with the waters, I noticed that one of the "seasoned" residents who lived on the third floor was seated on the bench and not looking well at all. I found a parking spot quickly and when I scootered up to her, I asked her if everything was okay as I thought she had been out before the elevator went out of order and now couldn't return to her unit. She sadly told me that wasn't the case and as she was speaking the repairman came past us and said the elevator was back up and running. Thank goodness.

I asked but she didn't want to come into my first-floor unit and she then began heartbreakingly telling me that knowing the elevator was out of order, she spent the afternoon going thru things and had collected a bagful of trash and sent it down the chute into the garbage bin. No big deal - right? Unfortunately, when she returned to her unit after a while, she looked at her hand and realized no longer was her wedding ring on her finger! She said she searched all around where she was working and when it couldn't be found, there she walked down the three flights of stairs - one step at a time - in the

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unbearable heat - because she wanted to retrieve the garbage bag from the bin to search if the ring had slipped into that tossed out bag. An aide that is familiar with some of the residents saw her and she tried to look into the bin and pulled out a few bags but none were the one being sought.

She then went on to tell me that her husband had passed 6 years ago and this was the first time in 60 years that the gold wedding band was off her finger. Now anyone that knows me would be sure at this point the tears would be flowing from my eyes - and they were. My heart was breaking for her and the loss feeling she was experiencing. She didn't say it but I couldn't help but feel myself that it must be like losing him all over again. She then asked me if I had a wire hanger as she wanted to reshape it and try to find the bag in the bin herself. I didn't have the heart to tell her that I didn't think it would work but I went into my unit to get one for her.

When I entered my unit, my ex saw how upset I was and when I explained the situation, he came back out with me and the hanger to try himself instead of her to find the bag. One was pulled out, "not that one" as it had to be a Publix bag. Then another, then another with the same results. Once again, the retrieving began and then we heard "that's the one" and I silently thanked every saint and angel I knew of for at least letting this bag be found. She was so joyful to have that tossed bag and couldn't thank my ex enough and wished him all kinds of blessings for his help. She did not want to come inside by me but go to her own place to begin her search not knowing what to expect but ever so hopeful. After about a half an hour, there was a knock on my front door and when opened, there she stood and, on her hand, the beloved wedding band was once again where it belonged.

Even now, a year later, I think if it had been a regular day, she probably wouldn't have done the cleanup and have a bag to toss into the garbage bin and the ring would not have been missing.

But it did happen... and had the roof not been being repaired, making me

need to park far away and not being able to carry in myself water cases, or my ex's flight not being delayed, traffic taking a long time to return, stopping at Publix, the elevator out of order, she staying on the bench, my ex and I returning here instead of going straight to our daughter's, him being here and willing to try and search, would the ring have been found? I truly believe it would not have been found.

To me, if one of these things have not occurred or happened sooner or later then they did, the outcome could have been completely different. And this is when I wonder what is it - are we in control of our timing and destiny or is it Spirit or the Universe - or whatever you want to call it - leading us?

I Like Being Annoyed By Peter Hardis

I don't know about you but I find there are plenty of things that annoy me. Strangely I like every annoyance that annoys me.

I think this began early in my life when my mother always told me, "Pete, never let anything ever annoy you."

I doubt very much that there are many of you who feel the same way as I do about being annoyed. In fact, you probably find annoyances that annoy you quite annoying.

Let me give you some of my most favorite annoyances that annoy me out of the hundreds of others that I also like being annoyed by:

- -I get annoyed whenever someone greets me by saying, "Hi Nancy!"
- -I get annoyed whenever my wife leaves the toilet seat DOWN.
- -I get annoyed whenever a police officer gives me a ticket for going through a red light.
 - -I get annoyed whenever I dive into a swimming pool and there is no water in it.

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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- -I get annoyed whenever my dentist tells me, "That tooth must come out!"
- -I get annoyed whenever I am in a movie theater and I have to lean over to the person sitting next to me and say, "Why don't you just shut up and watch the movie!"
- -I get annoyed whenever I'm with a woman who I just met immediately calls 911 just because I asked her to go to bed with me.
- -I get annoyed whenever I'm with a woman who I just met has the nerve to say to me, "I want you to go to bed with me."
- -I get annoyed whenever someone pokes me in the eye.
- -I get annoyed whenever I come across an article by someone about how much he likes to be annoyed.

After reading this I can imagine how annoyed you are with me. However, if you were me you wouldn't be annoyed at all.

Whaling And The Whaler's Art Of Scrimshaw

By Lawrence E. Correia

To understand how scrimshaw came into being, one must understand whaling and what it represents. Whaling is a business, an economic endeavor. Profits are sought from the products produced. A whale's cadaver was processed for its lamp oil, candles, medicine, perfume, machinery lubricant, and baleen was used as corset staves.

The first type of whaling was along the New England coast. Early European settlers went out in their small boats and harpooned passing right whales as they passed by Cape Cod and Nantucket Island. Later they expanded to deep sea whaling, where ships would go out for long spans of time hunting whales.

The Dutch controlled whaling during the 17th Century, followed by the

English in the 18th Century. During the 19th Century, New Englanders led the way in whaling which peaked about 1850, with its center in New Bedford, Massachusetts.

Late in 1840, a Quaker whaling merchant, Charles W. Morgan, ordered a new vessel from shipbuilders Jethro and Zachariah Hillman of Ne' Bedford. On 21 July 1841, the Charles W. Morgan was launched and is the last survivor of a fleet of whalers that in 1841 numbered 736 vessels.

The Morgan was typical of the vessels built for use in the whaling industry. A whale ship had three primary functions: *1st*, it was the mother ship to a fleet of six-man whaleboats, carried in davits along the rail. The whalers used these craft to hunt the whales. Harpoons were used to hook on to the whale and special lances were used to kill the animal. *2nd*, the Whaler served as a factory, with a tryworks (furnace) for separating oil from the blubber. Whale blubber was first cut into wide sections and peeled from the carcass of the whale much the same way one would peel an orange in one continuous strip (called the blanket). On board ship, this blanket was cut into 4-foot-long sections called horse pieces and later, slashed into smaller sections known as books. These, in turn, would be put into the boilers of the tryworks. *3rd*, whale ships acted as oil tankers, carrying home thousands of barrels of whale oil accumulated during the voyage.

A whale ship was cramped and living conditions were quite sparse. The captain and first mate had their own rooms, while the other four officers shared rooms and a galley (eating area) in the stem of the ship. The remaining 25 crew members bunked in cramped quarters in the bow (called a "fo'c'sle," *forecastle*). They had a bunk and a foot locker which they used as a table. Except for a few days and months of hard work actually hunting and extracting oil from whales, the rest of the 2-3-year voyage was spent in boredom. To pass the time away, sailors developed a form of art known as Scrimshaw.



News Around Town...

Come Home To Your New Home Temple Beth AM In Margate

By Linda Strober

Temple Beth Am is a vibrant spiritual center for Conservative Judaism and a dynamic environment where the spiritual, cultural and educational needs of our members can be met. Serving Broward County since 1959, Temple Beth AM is known as the friendly Synagogue where new friends await you with open arms. With the New Year into full swing, we are excited about all the new program events that have been planned and will be taking place in the coming months.

Mark your calendar and be sure to join us for Sisterhood's "Sukkah Sizzle" on Wednesday October 16th in the Temple Beth Am Sukkah for an evening of camaraderie, delicious edibles and fun with other women. Men are welcome too. There is no charge for this event but you must pre-register by calling our office

Our Adult Education classes are beginning which include a full array of offerings, including *The Book of Daniel* with Rabbi Kieffer, beginning Tuesday evening, October 29th, *Israel in Song, Poetry and Art* with Melinda Kieffer, beginning Wednesday evening October 23rd, and *Conversational Hebrew* on Sunday mornings.

Save the date for our big event, Sunday November 17th, *A Tribute to Billy Joel with music by the Turnstiles*. Every month on the 4th Friday night, we open our doors and host a Happy Hour preceding services at 5:30 PM to welcome new members looking for a new spiritual home. For more information and details about any of the above events, please call Alana at the Temple Beth AM office at 945-968-4545.



Get Your Fresh Produce and Much More

Coconut Creek' Farmers Market 2019-2020 schedule is here! Get your fresh produce, handmade goods, agricultural related crafts, and prepared food from 9:00 AM to 1:00 PM. The market will be held at the North Parking lot at the Township Plaza, the Southeast corner of Sample Rd and Lyons Rd. Please see the schedule for dates and don't forget to bring your pets as they are also welcomed!

Fun For Everyone, Especially Kids!

The Farmers Market will also have music and entertainment, lawn games to play, and crafts for kids to enjoy on the themed days.

2019-2020 Schedule

☐ November 2, 2019 February 1, 2020 November 16, 2019 February 15, 2020 ☐ December 7, 2019 March 7, 2020 ☐ December 21, 2019 March 21, 2020 January 4, 2020 April 4, 2020 April 18, 2020 January 18, 2020

Your Articles of Interest Are Always Welcome!

Email your articles to Wynmoorads@aol.com in a word document or put them into the INSIDER box as you have done in the past! Articles should be typed upper and lower case, or clearly written. Articles must have author and contact information.



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SCRIMSHAW

While the carving of ivory and its use has developed over many thousands of years, the art of Scrimshaw has only developed in recent years. Scrimshaw is an art that dates back over 200 years to the whaling days of New England. It is accepted as one of the most important folk arts of American history. Using only a sharp pointed tool and India ink, American whalers of the 18th and 19th Centuries, intricately etched scenes of the voyage and hunt on a variety of ivories and whale bone. Almost all scenes depicted are of oceangoing vessels, the hunting and processing of whales, along with other daily ship board tasks carried out during the long and tedious voyage. Another important aspect of this art was that it was done in the most adverse conditions (poor lighting, cramped work space, pitching and rolling of the ship) which made this art so valuable. Much of the whale art and sketches were done on whale ivory which came primarily from the teeth of the Sperm whale and used to make jewelry and desk top pen holders with intricate scenes depicted. The bones of the whales were used to create tools used in cooking, baking, sewing, knitting and hair berets.

The demise of the whaling Era marked the end of Scrimshaw and by the beginning of the 1900's, it became a lost art. Though the art had depictions of American sailors at sea, the tradition had been lost aboard naval fleets. One sailor from World War II has often been accredited with the increase demand for Scrimshaw in the late 1950s -1960s. His name was John F. Kennedy. Raised on America's East coast with a nautical background, he was often pictured with his favorite Scrimshaw pieces. A highly educated area of the public started to show an interest in nautical antiques. They wanted to preserve the whaling history of Mystic, Conn., New Bedford. Mass, (the birthplace of Scrimshaw). A more informed public reached a consciousness of our diverse art and traditional heritages leading to a Renaissance of Scrimshaw.

In 1971, the United States Congress passed a law forbidding the importation of whale products into the United States. Thus, most Scrimshaw today is done on materials other than whale bone or ivory. Purchasers of Scrimshaw should be wary about the authenticity of much of the material offered on the market. Much of it is made of a fine plastic which makes it very difficult to tell the difference from the real thing.

Alexa By Lil Miller

During the hurricane watch at my grandson's house, home alone listening to the hurricane news, a voice came through the lonely room, scaring a year's growth out of me. As I looked around to see what ghost was watching me, a voice said, "hi grandma! How you doing?" I looked in amaze as I had no phone, just me and the T.V. I answered like a good "Dobee." I answered back asking, "Where are you? You're scaring me!" The voice said, "we will be home soon." As I searched in vain, I asked myself, "where is this ghost talking to me from?"

Once an adult, twice a child. "Why did the chicken cross the road," someone asked. The reply was, "to get to the other side." Some good trivia came my way as I thought I would faint away. As my grandson and daughter walked in the room, I heard, "thanks Alexa for keeping Grandma company."

Ooh-la-la. Does anyone know who I am talking about? I just found this strange 'lil' friend, Alexa inside of the T.V. who can turn on lights, air conditioning, and even bake! It's time for lazy people to sleep and relax!

I have a housekeeper to help me each day. I think I'll replace her with Alexa, hot dog! I will ask my grandson to get me this 'lil' friend today!

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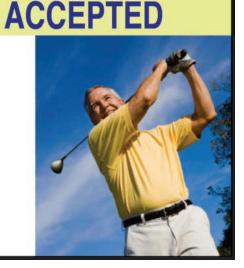
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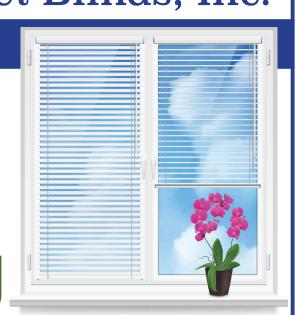
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Safety Solutions

By Scotty Leamon

Public Safety Information Officer, Coconut Creek Police Department

Potential Census Scams and Keeping Thieves Away From Your Golf Cart Batteries



We are just a few months away from 2020 if you can believe that! Wait a minute, weren't we supposed to have flying cars by now? In all those movies I watched in the 80s, I could swear some of them were set in the 2020s and most of them had flying cars. Remember "Back To The Future 2?" It was my least favorite of the trilogy but they all had flying car and the movie was set in 2015, four years ago! Although, the Jetsons was set in the year 2062, so maybe we'll have flying cars by then.

Anyway, back to the point here. It's my understanding that the U.S. Census Bureau will start doing door-to-door surveys soon for the 2020 Census. The federal government mandates that we have a census count every 10 years. The bad guys use this as a prime opportunity to scam you, so I want to make sure you're aware of how to properly identify a Census Bureau employee in case one does knock at your door.

This comes straight from the Census Bureau's website:

- The Census representative should have an ID badge that contains their name, a photo, and an expiration date. It should also contain a watermark on it from the U.S. Department of Commerce.
- Look for an official bag the representative will be carrying with a U.S. Census Bureau logo on it. They may be carrying a laptop computer that should have the same logo.

- The rep should hand you a letter on official U.S. Census Bureau letterhead outlining the reason for the visit.
- They should only conduct their interviews between 9:00 AM and 9:00 PM. It's my understanding that they do work weekends so, if you get a knock on a Saturday or Sunday, it doesn't automatically mean it's a scam.
- If you ask, the representative should be able to provide you with their supervisor's name and phone number. They should also know where the Census Bureau's regional office is located and their boss's name.

The scammers may try to pose as Census Bureau representatives to steal your personal information, or distract you while someone else goes through your unattended purse or wallet, so it's important to know how to recognize a legitimate Census employee from a con artist.

As always, if it doesn't feel right, don't open the door. If they are a legitimate rep, they won't mind giving you the number to the field office so that you can verify their identity. Also, pay attention to the questions they ask you. If they try to fish details out of you like your credit card number or specifics about your bank account, that's a red flag that it's a scam or you may be talking to a thief.

Speaking of thieves, Wynmoor has experienced an uptick recently in stolen golf cart batteries. If you own a golf cart, we encourage you to keep a close eye on it. If you don't own a golf cart but somebody in your building does, help your neighbor help us keep an eye on it. If you see anyone suspicious near a golf cart, especially at night, please call 911 so the dispatchers can alert our officers. The thieves are targeting these golf cart batteries right now. We need you to be our eyes and ears out there for us and call 911 if you see anything suspicious.

Have a wonderful October and maybe someday, we'll finally see those flying cars!



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Don't Chase 401(k) Mix During Market Drops

As you're well aware, we've seen some sudden and sizable drops in the financial markets in 2019. While market volatility is nothing new, the recent plunges happened during a period of general political and economic unease. Still, it can be harmful to overreact to such events – especially if it means making radical changes to your 401(k).

And yet, many people do just that. During market downturns, investors often move money from their 401(k)'s stock accounts into perceived safer accounts, such as those primarily containing bonds or other fixed-income securities. This move may result in reduced volatility on your 401(k) statements, and if that's all you want, you might be satisfied. But you do need to realize the cost involved – specifically, fixed-income investments will not provide the same rate of return that equities (stocks) can. So, if you liquidate some of your equity holdings, you may slow the growth potential of your 401(k), which, in turn, could slow your progress toward your long-term financial goals. Furthermore, if you get rid of substantial amounts of your equities when their price is down, you won't be able to benefit from owning them when their value goes up again. In other words, you'll be on the sidelines during the next market rally.

Here's the key issue: A 401(k) or similar employer-sponsored retirement plan is a *long-term* investment account, whereas moves made in reaction to market drops are designed to produce *short-term* results. In other words, these types of actions are essentially incompatible with the ultimate objective of your 401(k).

Of course, when the market is volatile, you may want to do something with your 401(k), but, in most cases, you're far better off by sticking with

the investment mix that's appropriate for your goals, risk tolerance and time horizon. However, this doesn't mean you should never adjust your 401(k)'s portfolio. In fact, you may well want to make some changes under these circumstances:

- You're nearing retirement If you are nearing retirement, you may need to prepare your 401(k) for future downturns. After all, you don't want to have to start taking withdrawals when your portfolio is down. So, if you are within, say, five years of retirement, you may need to shift some, but certainly not all, of your assets from growth-oriented vehicles to income-producing ones.
- Your goals have changed Even when you're many years away from retirement, you probably have an idea of what that lifestyle will look like. Perhaps you plan to travel for several months of the year or purchase a vacation home in a different climate. These are expensive goals that may require you to invest somewhat aggressively in your 401(k). However, you could change your mind. If you were to scale back your plans perhaps more volunteering, less traveling you might be able to afford to "step off the gas" a little and invest somewhat more conservatively in your 401(k), though you will always need a reasonable percentage of growth-oriented investments.

By responding to factors such as these, rather than short-term market declines, you can get the most from your 401(k), allowing it to become a valuable part of your retirement income.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. See my ad on page 13.

October Is National Breast Cancer Awareness Month



Everyone knows that a family history of breast cancer increases your risk of inheriting the disease. But, lifestyle can also play a role. By making some changes in your daily life, you can significantly lower your personal risk level.

According to the National Breast Cancer Foundation, risk factors for breast cancer include diet and lifestyle factors: lack of exercise, a diet high in saturated fat, and more than two alcoholic drinks per day can all increase your chances of getting the disease. Being obese or overweight also increases the risk, so it's a good idea to follow a healthy meal plan and exercise regularly.

Developing an early detection plan is another effective way to take your healthcare into your own hands and possibly save your own life. The National Breast Cancer Foundation advises the following early detection plan:

- **Beginning at age 20**: Perform breast self-exams and look for any signs of change.
- Age 20 to 39: Schedule clinical breast exams every three years.
- By the age of 40: Have a baseline mammogram and Annual clinical breast exams.
- **Ages 40 to 49**: Have a mammogram every one to two years depending on previous findings.
- **Ages 50 and older**: Have a mammogram every year. (Half of all women diagnosed are over the age of 65).

You can create an early detection plan at the National Breast Cancer Foundation's website. They will provide you with reminders and instructions for monthly self-breast exams and reminders for a clinical exam once every three years. You can also start a Personal Health Record to keep track of your appointments, test results, and self-exams over the years.

If you've never had a breast exam before, now is the time to start. National Mammography Day is Oct 22nd. Many cities have a mobile mammography van. Check the Universities and medical centers near you.

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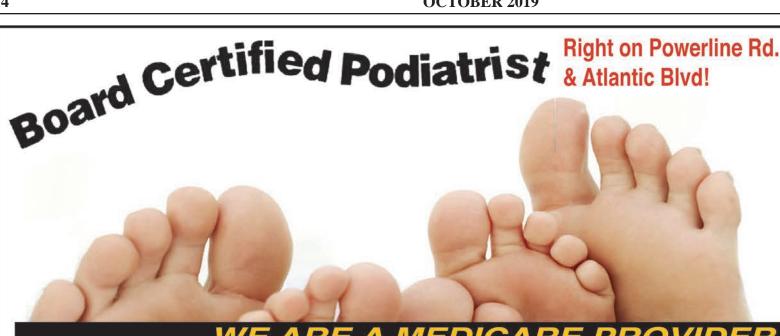


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From The Other Side Of The Couch

By Merri Goldberg

Rosh Hashanah and Yom Kippur

Rosh Hashanah and Yom Kippur are the High Holy Days of the Jewish religion. Rosh Hashanah marks the anniversary of the biblical story of creation of the first humans, Adam and

Eve. This year, it begins on the evening of September 29th and continues for two days. It is considered the Jewish New Year.

Yom Kippur begins on October 8th and continues through October 9th, marking a time of thoughtful reflection, thinking deeply about the past year, and making very personal amends for your own wrongdoings during the year. It is a time of reflection, prayer, and repentance. It is a time of awe.

As ever, my column takes on a note of curiosity, even at this most sacred time. I have noted the many empty seats at some of the weekly services and thought about the overflowing crowds on the High Holy Days. Why? What might draw people to synagogue at this time? I had my own ideas but turned to some of the experts with my question.

Rabbi Bux Baum is the lecturer back East for Kabbalah classes. He answers this question in the fallowing way: "I think that this time of year is so packed with energy and Holiness that all Jews, even those who are disconnected, feel it and want to be a part in some way."

We are lucky to have two esteemed Rabbis who live in Wynmoor and I asked their thoughts. Rabbi Stuart Berman had a stellar and varied career. He had a pulpit practice and was a Rabbi Emeritus at Temple Sinai in Forest Hills, New York. He lectured widely in religious and secular venues, including cruise ships. He was also a Chaplain for the NYPD. He stated, "often people come for these three days to wipe their slate clean and start over. There are ten days to think deeply about your life, to look back and make changes and amends. There are ten days of penitence and a chance

to do better." He and I agreed that there is also an element of tradition. Feeling roots, memories of family and past holidays show how meaningful they were to us while growing up. Powerful childhood memories may be a part of the holidays. In the present, beyond the spiritual, there is also a time between services with family and friends where connecting with one another is significant.

Rabbi David Spitz, another Wynmoor resident, was an Army Chaplain for two years, both stateside and in Korea. He led congregations in North Hollywood, California, Munster, Indiana, Chicago, Illinois, Cleveland. Ohio, and Rochester, New York. He was a Hospital Chaplain for 26 years working with the Veterans Administration in Chicago. Rabbi Spitz sees the holidays as an important spiritual renewal. He talks about tradition and a return to Jewish ways. He sees the Kaddish (memorial prayers for the deceased) as a reawakening. He also talks about getting together with other Jews, not only over prayers, but also for community involvement and traditional food. Like Rabbi Berman and myself, he talks about one's childhood and the powerful memories associated with these holidays.

A friend of mine, Donna Goldman stated it beautifully, "for some who don't come much during the year, they feel the need at holiday time. It is a personal need for fulfillment - peace with yourself and with G-d."

For me, the holidays are all of the above. I feel a strong sense of community with people who I don't see when I am in Florida. I feel a deep sense of self reflection and repentance for some of the deeds of the past year.

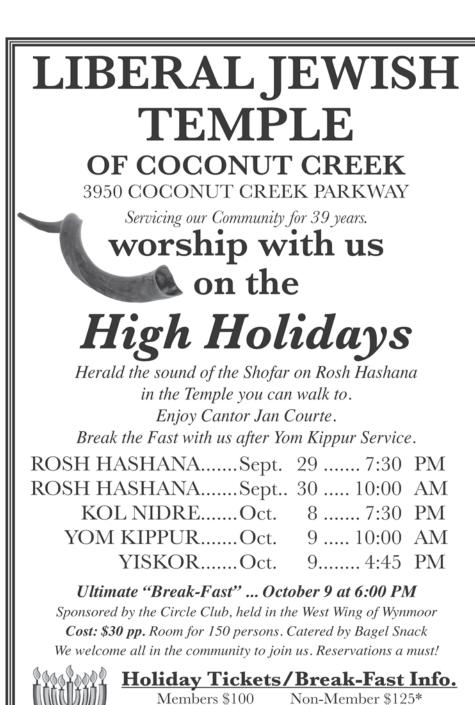
I pray to be a better person in the next year. I feel a certain awe in being in G-d's presence that is somehow a little different than the rest of the year. The songs and prayers I recited from my childhood; I repeat them again. I will always remember the sense of well-being I felt as a young child, holding my grandfather's hand and helping him to Schul. Memories.



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- Fountain View
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1702 ANDROS - UPDATED 2 BED/BATH IRIS • W&D INSIDE • GORGOUS LAKE VIEW - \$160'S 2302 LUCAYA - 2 BED/BATH • LOVLEY FLOORING THRU OUT • POOL VIEW

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CLUB

By Lynne List

Orders have been pouring in since our email flyer and order form was sent out in September to former Dinner Theatre attendees. There will be

two evening performances of the show, *Midlife Crisis, The Musical*, one on Thursday, March 19th and one on Friday, March 20th.

This comedy pokes fun at midlife maladies experienced during the Golden Years such as the frustrations of mammograms, love handles, proctology exams, etc. Clever songs celebrate forgetfulness, reading glasses, and much more. Both men and women are targeted in the witty vignettes. The musical is produced by the professional Curtain Call Playhouse troupe.

The show, with dinner preceding it, will take place in the West Wing. Tickets are \$35 per person which includes tax and gratuity. Tables are assigned on a first come/first served basis and can hold up to 9 people. You may purchase from 1 to 9 tickets.

Dinner starts with a glass of wine (BYOB if you want more) followed by a salad, an entrée of Salmon or Chicken Marsala,

rice pilaf, baby carrots and an éclair for dessert. Beverages and rolls are included. A sugar-free dessert is available if ordered in advance. Old

Florida Caterers will cater the meal which will be served at 5:30 PM. The show starts at approximately 7:30 PM.

Those of you who received the order form have until the end of November to purchase your tickets in advance of the general public. If you wish to be added to the email list, send your email address and your name to LLIST@juno.com

Please write "Supper Club" in the subject line. For those of you who are not on the email list, the order form will be in the carousel in the Country Club Library in early December and you can take advantage of obtaining your tickets via mail order until the end of January. After that, starting on February 3rd, tickets will be sold in the Country Club Library every Monday and Wednesday afternoon from 1:00 PM - 4:00 PM.

Only once a year do you have Dinner Theatre at Wynmoor. Imagine a wonderful dinner, a professional show, all of this in Wynmoor so you don't have to travel, and all for only \$35

per person. Don't miss out.





Neighborly News

Andros 1705

By Marilyn Stahl

The Summer is gone but here in Wynmoor, we continue to enjoy our beautiful weather.

We hope those of us who celebrated the Jewish New Year enjoyed the holidays with family and friends. Of course, happiness and good health is wished for all.

Ellen and Les Resneck will be celebrating their 48th Wedding Anniversary on October 21st with a cruise to the Bahamas. Happy sailing and continued good health to Ellen.

Gloria Patane is going to New York to visit her son. "I miss him."

Adrienne and Michael Mintz attended their granddaughter's Bat Mitzvah in Indiana. They had a wonderful time. We wish Michael a speedy recovery after his hip replacement surgery.

Our lunch bunch had a fun time at J. Marks Restaurant. It was a nice time and a nice turnout catching up with our residents' comings and goings.

Cythia Love, Judith Gips and myself, Marilyn, joined Aruba Village on their overnight trip to the West Coast. It was a fun and enjoyable time for all.

We can't end our news from 1705 without thanking Angela Papa, Director and ably assisted by Angel Ortiz for their expertise in keeping our building sparkling. Our Director and assistant are an asset to our building.

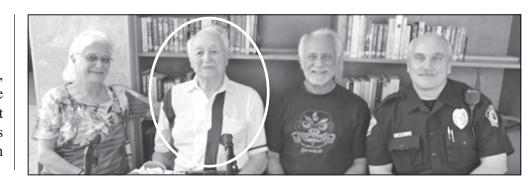


Be A Good Neighbor Look Out For Each Other See Something - Say Something

Jack Boss Turns 106

By The Insider Staff

The Insider would like to wish one of Wynmoor's Amazing **ONE**ders, Jack Boss, an amazing 106th birthday! Officer Zombek helped celebrate Jack's birthday in August during the weekly tea social! Jack has spent the past 34 of those years as a proud Coconut Creek resident. He got his daughter, seated right beside him, to move into the city. Jack's son came in from New York for the party as well.



SPEED LIMIT 25

Traffic Violations

The speed limit on Wynmoor Circle is **25mph.** The speed limit in the villages is **15mph.** There is absolutely NO PASSING on Wynmoor Circle and all STOP SIGNS MUST BE observed by residents and guests. **All residents and guests are required to abide by Wynmoor Rules and Regulations.**



Clubs and Activities

American Legion Post #170

By Milt Brent

American Legion Post #170 will be meeting on October 14, 2019 in the Wynmoor West Wing at 7:30 PM. We request all American Legion members and Veterans living in our area and in Wynmoor to join us at our meeting. Please contact Milt Brent, Financial Officer, at 516-606-2388 if you're interested or need information about our Post and its activities.

Billiard & Pool Club

By Bob Horowitz

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events included; Karaoke night, comedy club night, group BBQ and Dance, Club Pool & Billiard tournaments, and other social events.

For more 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. You can also join our Facebook page "Wynmoor Poolclub"

To join the club, come to a meeting or see a club official when in the pool room. Club Officers for 2019 are: Co-presidents- Bob Horowitz & Ralph Rubin, V.P.- Mike Nash, Secretary- Mike Brodie, Treasurer- Rose Ortiz. Cost to join the club is \$5 a year.

Next Pool & Billiard Club Meeting is 10/13/2019 in the Multi-Purpose room (next to Main Pool/grills) 11:00 AM, come meet & greet fellow pool players. Bagels and Coffee will be served. Cost \$1 for members, \$5 non-members.

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!

POOL LESSONS: Put your name on the pool lesson sign-up sheet in the Pool Room or email us to schedule no cost Pool Lessons for Wynmoor residents. Wynmoorpoolclub@gmail.com

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 Midnight.

Women's' Pool Team, "The MzCues:" Explore a new activity, make new friends and have fun in our A/C pool room. This is for beginners and advanced players. Join us Tuesday from 3:00 PM - 5:00 PM. Residents and their guests are welcome.*

*All Events are Free for Wynmoor residents. Guests must register and pay a guest fee.

Bocce

By Lucia Catone

It's been a fun Summer for the Bocce Club. Players are active on our well-maintained Bocce court. Join us on Tuesday afternoons from 3:00 PM - 6:00 PM and on Wednesday, Thursday and Saturday mornings from 8:00 AM - 12:00 Noon. We supply the Bocce balls, Pallino and FREE lessons. So, as you can see, we make it very easy to enjoy the sport. Hope to see you at the court!!

BOOKIES

By Rhoda Becker

For those of us who love to read and are looking for others to share the experience with, we are here!

Bookies' attendees chose a book for each month. The title is gleaned from reorganized book clubs, though we get adverse suggestions from friends, neighbors or family.

We meet on the first Tuesday evening of each month at 7:30 PM in Ballroom C at the Clubhouse.

Our September meeting was cancelled. However, we still have to share our thoughts on the "Silent Paitent," by Alex Michaelides, our September book choice.

October's book is "Button Man," by Andrew Gross. This is a fascinating tale of three brothers, brought up on the lower East side of New York City and their dealings involved with each other and the garment industry, which they ended up on.

We welcome all who enjoy reading. See you October 1st!

Camera Club

By Nancy Landman

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

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

We encourage people with beginner skills through advanced skills to enjoy and share the benefits of a photography club and to gain experience and knowledge to help each other grow, all in order to achieve and promote photography's excellence and fun. Our yearly membership is \$10 per person, \$15 for married couples. New to the club? Your first meeting is FREE! We meet the 2nd and 4th Tuesdays of the month. Our first meeting of the 2019 - 2020 Season will be Tuesday, November 12th at 3:30 PM - 5:30 PM. The location will be announced in the November issue. Come join us! For more information, please contact Nancy Landman at 954-979-9894.

Clay Sculpture Club

By Martha Van Cleave

Come explore your creative talents in clay! Our club is open to all! No experience necessary!

Our club meets on Tuesday usually around 12:00 Noon in the Clay Sculpture Studio which is at the main Clubhouse in the back, facing the golf course and just beyond the Billiard Room.

Please come by and check it out to see if you might be interested. Our club dues are \$10 a year if you decide to join. If you don't see anyone at the studio, please feel free to call me for more information; Martha: 954-971-3932 or email me at vancleavemartha@yahoo.com

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.

Documentary & Discussion Club

By Enid Wolf-Schein

WYNMOOR FILMMAKERS ALERT! The Documentary and Discussion Club is hosting the 2nd Annual Wynmoor Film Festival the evening of March 27, 2020. Any resident who has made a film that would be of interest to our community is encouraged to submit it for our Festival.

Films should not be longer than 20 minutes and available on DVD or MP4. If you are interested and would like more information, please contact the Festival Director, Enid Wolf-Schein at enid.wsff@gmail.com

It will be fun to be a part of this activity. Two of our films from the first Festival were just shown in the "Filmed in Broward" Festival. "Golden Swans" won for "Best Documentary" and will be shown at the Fort Lauderdale International Film Festival in November. That could be your film!

Fishing Club By Eddie Kopple

Our Summer monthly breakfast get togethers are over and we are waiting for the start of our bi-monthly meetings. Our first meeting will be Monday, October 7th and on the 21st. As usual, bagels and coffee will be served and if you like to fish or want to learn to fish, we're here for you. Our excursions include deep sea fishing, Wynmoor lake fishing and fishing from the Pompano Pier which is supposed to open sometime in October. For more information, call Eddie at 215-429-6138. If I am not available, please leave your name, phone number and the code word "fishing."

JOIN A CLUB

There is Something for Everyone!

Continued from page 21

Clubs and Activities

Fun With Friends

By Lou Kravitz

Our first dance of the Season will feature "Joey Dale and The Gigolos" on November 17th in Ballroom A & B. Come enjoy live music, live fun and bring your own snacks and drinks. We serve coffee and tea and sometimes, surprise snacks. If you are member, the cost is \$10 a dance or \$15 for non-members. All checks must be in before November 14th at 12:00 Noon. Checks can be dropped off at Marcia Marin: 2804 Victoria Way, Apt. O2. We will not collect checks until October 25th. Any questions, call Lou Kravitz at 646-864-7568.

Hadassah

By Toby Gordon

To all of our Snowbirds, we want to extend a hearty and happy return to your "Winter" home. Hope your return trip was uneventful, your Summer healthy and pleasant, and you are ready for another Season of working hard for Hadassah. Our program Chair-people are certainly ready for you! It looks like a great 2019-2020 Season of activities for Wynmoor Hadassah. Our success requires participation from *each* and *every one* of you!

Our first meeting of the 2019-2020 Season will be on October 2, 2019 in the West Wing. We start gathering at 12:00 Noon for coffee, bagels and a smear. This is the time when we can catch up with friends of long standing and meet and welcome new ones. Our meeting is called to order by our President promptly at 12:30 PM. After taking care of business, our guest speaker will be author, Mort Laitner. In 2014, he wrote a book entitled, "A Hebraic Obsession." I am sure that we will find him to be a very interesting speaker.

For those who are on our Board, our next Board meeting of the 2019-2020 Season is October 9, 2019, in the Sunshine Room at 10:00 AM. If you cannot make this meeting or any of the Board meetings, please contact Bernice and let her know. This is the perfect time for you to make arrangements with her to deliver any information that has to be given to the Board.

SAVE THE DATE: Our next Card Party will be Sunday, November 17, 2019 in the West Wing. The time of the event is 11:00 AM - 4:00 PM. The charge still remains \$18, which includes a dairy box lunch. For further information about this event, you can contact Natalie at 954-984- 1673. Better yet, form your tables and then contact Natalie so that she will reserve a table in your name! You can play any game you wish. This invitation is not limited to women. Men, where are you? You may reserve a table(s) as well. We would love to have you.

Also, coming up before you know it, will be our Annual HMO Luncheon. It will be held in the West Wing on January 8, 2020. This Luncheon raises money for the Hadassah Hospital in Jerusalem which helps to support vital research that continues to benefit everyone around the world. Flyers for this event may be found on the carrousel in the Library outside of the business office. Any questions, please contact Naomi at 954-970-1001 or Toby at 954-978-8911. Hope to see you there!

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 is reachable at 954-969-1701. Beautiful cards for all occasions may be obtained through Lenae Herman who is reachable at 954-657-8579. Your support is greatly appreciated!

Health And Wellness Club

By Hope Myers

Our new Season starts Tuesday, October 15, 2019. Come hear new speakers, new information and new ideas. We will meet in the West Wing at 2:30 PM. Dr. Maria Shayan will address the group topic, "The Mouth/Body Connection." Learn how the proper care of your teeth and gums can avoid respiratory infections, stroke, dementia and heart disease. As usual, healthy refreshments will be served. Sorry, no bagels here.

We will be collecting dues for the 2019-2020 Season. Seasonal membership dues are \$10 and is good October - May. Guest fees for non-members are \$3 per meeting.

For questions and information, call Hope Myers at 954-971-9538.

Karaoke & Live Entertainment Night By Robin Thompson

Please join Robin & Bob for an evening of fun on Wednesday, October 30, 2019 in Grand Ballroom A. Doors open at 6:00 PM. Keyboard/Vocalist Bob Boudreau will entertain from 7:00 PM - 8:00 PM for your dancing and listening pleasure. Karaoke will begin at 8:00 PM.

Please *text* 3 songs with your name 2-3 days before karaoke day if possible, to 954-994-4476. Singers, please *check in* with Robin when you arrive. Refreshments are permitted. Residents must show Wynmoor ID. Admission is \$2 per person. We look forward to seeing you there!

Ladies Circle Club

By Jo Bakalar

The Ladies Circle is a social club and membership is open to all Wynmoor residents.

Lesley Olbrys, one of our newest members, will present a program about the importance of pre-planning. She is an Advance Planner for Fairway Memorial Gardens in Deerfield. Fairway provides a tranquil landscaped environment. It is unique because it is designed to meet a variety of needs and requirements. They provide services for all faiths. One of their special facilities is an air-conditioned Mausoleum. There is also a Rainbow Bridge Pet Cemetery. Lesley will be available to meet with you after the meeting to answer any questions you may have. Meet us on Thursday, October 24th at 11:30 AM in Ballroom A.

"Tea Time" in Sunrise is the destination for our October outing. Join us for "High Tea" in a lovely and elegant atmosphere. We will be provided with hats and pearls and our lunch will include scones, lemon curd, finger sandwiches, a special dessert, fruit, choice of teas, and more. The fee of \$30 includes lunch, tax, and tips. All payments are due by October 21st. Contact Diane San Anton at 954-590-2794 for more information.

We have a special overnight trip to Naples planned for March 15th and 16th. One highlight of this trip includes a production of "Kinky Boots" at the Broadway Palm Dinner Theater. Your reservation of \$100 is due by November 15th. For more information, contact Diane. Detailed flyers will be available at our October meeting. For information about the Ladies Circle, contact, Iris Arlan, at 954-532-5268.

Latin Women's Club

By Minerva Nazario

We want to give our most sincere thanks to all the people who bought tickets and came to our club's 8th Anniversary celebration. The activity was a tremendous success. Also, we want to thank our members who helped in so many ways!

The Latin Women's Club meets the last Tuesday of each month from 2:00 PM - 4:00 PM in Classroom 4 of the East Wing. Our next club meeting will be on October 29, 2019. Our dues are \$15 per year. Refreshments will be served. All our meetings are held in Spanish.

For those celebrating a birthday or anniversary, we wish you good health, peace & love, and many more years to celebrate. We wish all a Happy Halloween night filled with fun. Be careful with the flying ghouls.

If you're interested in more information about our club, please call Ms. Minerva Nazario at 954-532-3156.

Live Love Laugh Moor Club

By Charles Lindquist

We are accepting paid reservations for our Annual Break the Fast on October 9th in the Ballroom. Tickets Are \$24 per person. This event is open to everyone. Advance reservations are required. We continue with our Friday Night at the Movies through the entire year on the 2nd and 4th Friday of the month. Movies are shown at the Country Club/Lecture Hall at 7:00 PM. Coffee and tea will follow the movie. Everyone is welcome.

Check out our terrific 9-night Southern Caribbean on the Celebrity Silhouette on December 13th - 22nd. Flyers are at the Country Club. Our all-inclusive package includes perks, tips, travel insurance and port charges. Call 954-746-0066 for current info. We will be announcing additional activities for the upcoming Season. Email LiveLoveLaughMOOR@hotmail.com for additional information.

Monday Night Dance Club

By Tamara Tresniowski

DANCE, DANCE, DANCE... The lessons are back, the refreshments are back and the fun continues. Come join us. Our lessons for October will get everyone on the dance floor. On October 7th, we will be learning the "Disco Line Dance." On October 14th (Columbus Day), we will be dancing "The Tarantella." October 21st is the "Chilli Cha Cha Line Dance" and October 28th, we will learn Cha Cha steps. October 28th is also our Halloween party. There will be a costume parade and prizes for the best costumes. Membership is \$5 for the year if you haven't joined yet. \$1 entry for members and \$3 for guests. Come join us for fun, friendship and dancing.

Clubs and Activities

Nature And Arts Club

By Nancy Heller Moskowitz

Due to the Jewish holidays in early October, the Nature and Arts Club will greet our new Season with our 1st meeting and trip on Thursday, October 17th. Reservations are needed for both the breakfast and trip. They may be made by emailing Nancy Moskowitz at laughlady55@aol.com

A light continental breakfast will be served from 9:15 AM - 10:15 AM in Ballroom A prior to the trip. All tables will seat 10 people. To register groups who wish to sit together, choose a captain who will make a list including first and last names and one contact number, then e-mail the list to Nancy Moskowitz. If you have fewer than 10, we will combine groups.

When you enter, you will be checked in and given a table number. The trip will be a docent led tour of the Wakodahatchee Wetlands, 13270 Jog Road, Delray Beach, FL 33446. We will follow a boardwalk trail to learn about the Wetland animals and birds. There are two time slots for 30 people each (11:00 AM -12:30 PM and 1:00 PM - 2:30 PM). The cost is \$1 per person for the docent, payable at the breakfast. This is a carpool trip. The deadline for October trip reservations is October 5th.

Our trip for November will be to the Wiener Museum of Decorative Arts in Dania Beach. This too, is a carpool trip.

All information about trip locations and costs will be sent via an email for all members. A gentle reminder that only paid-up members can go on trips. Dues are \$15 per person. You may pay at the door on the day of the breakfast in October through December. Payment by check is preferable for both membership and trips as proof of payment. If you'd like to pay ahead of time, please send dues to Sheryl Schiess: 3302 Aruba Way, Apt. J-2; Coconut Creek, FL 33066 and remember to include your email address in order to get important information. Membership cards will be given out at the first breakfast meeting that you attend. We hope many of you will join us on October 17th.

Needlework Click

By Barbara Bilello

October? Where does the time go? Our next meetings are on October 8th and 22nd. We always meet the 2nd and 4th Tuesdays of the month. We meet in the West Wing from 1:00 PM - 4:00 PM. We serve coffee, tea and yummy snacks. Everyone is invited to join us. If you are new to Wynmoor, come and make new friends.

We have knitters, sewers and crochet ladies. We have fun and lots of laughing goes on. Everyone shares what they're doing. We donate what we make to various charities. Thank you all who have donated many beautiful items. Thanks to all who have donated all the yarn. If you have yarn that you don't need, please think of us. We will gladly pick it up. Call Barbara at 754- 222-6275.

Pennsylvania Club

By Marilynn Stoloff

We full-timers, have enjoyed our Summer Supper Club. We went for steak at Outback Steakhouse's new location. We enjoyed Greek at a new restaurant called "Taverna Evia." And our final get together was at Asian Grill. Come join us to share stories of your Summer back home.

Our first meeting of the 2019-2020 year will be Sunday October 6, 2019 at 10:00 AM in the West Wing. We meet the first Sunday of each month. All "Wynmorites" are welcome. We will have conversation, bagels and coffee. Our entertainment will be singer, Danny Kaye. Come prepared to decide if we, as a group, would like to attend the Supper Club presentation of "Mid-Life The Crises, The Musical" on Thursday, March 19th or Friday, March 20, 2020. The cost is \$35 pp. I will bring flyers and a sign-up sheet.

This is the first meeting of the program year, so come with your \$10 Annual dues. It covers the cost of the food.

Pickleball Club

By Sandra Cohen

With the Autumn and Winter season arriving, the Pickleball Club has lots of activities planned. As always, players continue to be active on the courts, enjoying the cooler weather as well as the game.

Soon our monthly tournaments, parties, Luncheons, dinners and dances will begin. Club members are entitled to attend all our events at no charge. The only additional costs are for tournament entry fees and meals.

If you're interested, it's easy to learn to play Pickleball. Join us any Sunday morning at the Pickleball courts for FREE lessons from 9:00 AM - 10:30 AM. We supply racquets and balls for the lessons so you can try the sport before you buy equipment. We hope to see you soon.

US Club

By Rita Margolin

Like to have fun? Like to eat? Like to dress up? Like to dance? If so, dig out your old Hippie clothes and join "US" for our first event of the Season... "A Chicks-N-Dogs Hippie Feast" on Tuesday, November 12th at 6:30 PM in the Ballroom. Members will pay \$11 at the door and guests will pay \$15. Advance paid registration only. Send checks to our dynamic leader, Ceil Eitman at 3305 Aruba Way Apt. N1.

Other events in this Season's planning are: A Hypnotist...a paid-up membership Cabaret night, A Mexican Riviera night with a Mariachi Band and much more.

For joining information, call our Membership Chairman, Bernice Riback at 954-984-1703.

Reminder: so we can update you about our future functions, please e-mail your e-mail address to ceilrose3@aol.com

Also, please include your cell phone number if you no longer have a landline. Have a good day!

Wynmoor Amateur Radio Club

By Gerry Stoloff

The WARC 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 Gerry Stoloff, WA3HDI at gpstoloff@comcast.net or call 954-973-4899.

Wynmoor Hurricane Emergency Net

By Gerry Stoloff

As of this writing, we're on alert to see if Hurricane Dorian results in our first emergency activation. Although we hope that Wynmoor's damage is too minor to require our services, we're preparing for all possibilities. That's why we train weekly. Each Wednesday evening, we're giving lessons in radio discipline and emergency service. Remember, Hurricane Season doesn't end until November (or even later)!

We're still short of people to fully cover every village. Our goal is to have at least one operator in each village, ideally more than one, so that they can share the coverage. The commitment we ask is to check in most Wednesday nights for 10-15 minutes for radio training and to be available to serve after the event of an actual weather emergency.

You don't need prior experience in using a CB radio. We'll teach you how to connect it up in your car and the weekly meetings will provide experience in proper communications procedures.

If you'd like to join us or you're a previous operator, please contact Gerry Stoloff at 954-973-4899 or come to the Country Club Clock Tower any Wednesday evening at 6:30 PM.

Wynmoor Ladies Golf Association By Barbara Hyer

Well, we made it through the very hot Summer and are now ready to welcome Fall! Lady golfers, both 18 and 9-holers are continuing to enjoy our Tuesday morning tournaments. We had fun this Summer socializing at Luncheons, both at Bobby Rubino's and the buffet at The Isle Casino. We are now making plans for our November gathering and December "Toys For Kids Tournament" and Luncheon. It won't be many more days and we will start seeing our Snowbird friends returning to Wynmoor and joining the Tuesday tournaments. If you want to find out more about the WLGA, please contact President, Barbara Hyer at 732-284-1002.

Wynmoor High Roller Bowling League By Angela Hirshenson

Great news! Wynmoor High Rollers are moving back to Margate Bowling Alley. Bowling will begin on September 3, 2019, at 11:00 AM at AMF Bowling Lanes (2020 North State Road 7, Margate.) We are a senior league

Bowling Lanes (2020 North State Road 7, Margate.) We are a senior league and bowl for 32 weeks. Come join us and have some fun. All Wynmoor residents are welcome. For more information, please contact Angela Hirshenson at 954-917-6961.

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A Serendipitous Day in The Small Vero Beach Art Museum

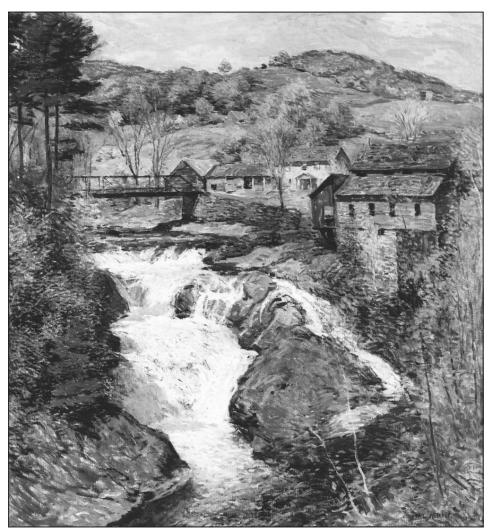
By Barry Isaac

Recently in late August, I took a long two-and-a-quarter hour ride to Vero Beach. I visited the small, but delightful art museum in Vero Beach. This art museum's permanent collection emphasizes 20th Century American paintings and art. It has fine early 20th Century American paintings by Willard Metcalf, "Falls," fine American Impressionism, Edward Redfield, "Deleware Valley," fine New Hope School American Impressionism, Edward Potthast, "Baby Carriage On Beach, American Impressionism, Ernest Lawson, "Early Winter," and Joseph Stella, "Joy of Living," among others.

It has fine paintings and works of art from the second half of the 20th by

highly respected American painters. Favorites of mine were Richard Estes' "Amsterdam Avenue and 96th Street, New York City," Asya Resnikov's fine video, "Rocking Art History," Cuban Rene Portacarrero's "Cathedral in Red," and Jim Dine's "Red March Forward."

I appreciated the charming atmosphere of this art museum and the helpfulness of its staff. Parking at this art museum in the pleasant Riverside Drive area of Vero Beach is free. I also liked the fine temporary exhibit of Astronomical Photography which ended in late September.



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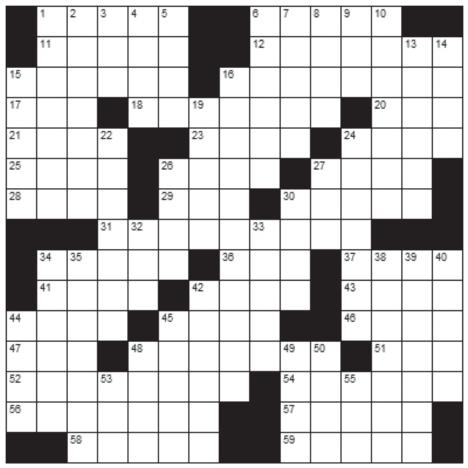
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Puzzles and Games

Solutions on page 50

Crossword Puzzle



ACROSS

- 1. Athletics
- 6. A religion based on sorcery
- 11. Earlier in time
- 12. Remedy
- 15. Offensive term for an Asian laborer
- 16. Not gained by merit
- 17. Purpose
- 18. An orator's desk
- 20. Large
- 21. Notch
- 23. Haughtiness
- 24. Dell
- 25. French for "Head"
- 26. With competence
- 27. Heredity unit
- 28. Biblical garden
- 29. 52 in Roman numerals
- 30. Ebbed
- 31. Meagerness
- 34. Pseudonym
- 36. Rescue
- 37. Frosts
- 41. Cat sound
- 42. Anagram of "Star"

- 43. Not this
- 44. A soft sheepskin leather
- 45. French cheese
- 46. Bygone era
- 47. Mistake
- 48. Type of marmoset
- 51. Ribonucleic acid
- 52. An empty boaster
- 54. Leased
- 56. Roomette
- 57. Not written exams
- 58. Slender
- 59. A nine-piece musical group

DOWN

- Rotted
- Hype
- Petroleum
- Agitate
- Tall woody plant Cantankerous
- 7. Ales
- Distinctive flair
- 9. Atmosphere

- emperor
- 10. Stinking nightshade 53. Charge
- 13. Hidden

- 38. Chuckle
- 39. Sincere

14. Border

16. Useful

22. Stress

27. Petrol

30. Marries

32. Bird call

33. Fertilizer

34. Ethically

ingredient

indifferent 35. Student

15. Hindu social

division

19. Log home

24. Compactness

26. "Oh my!"

- 40. Place
- 42. Arsenal
- 44. Umpires
- 45. Exposed
- 48. Adhesive strip
- 49. Press
- 50. Infamous Roman

- 55. Indian bread

a WORD or Two

Word: Misprision

Definition: neglect or wrong performance of official duty **Example:** The article asserts that the health guru's recommendations are based on a *misprision* of what it means to be healthy.

Word: Redoubtable

Definition: causing fear or alarm: <u>formidable</u>

Example: The theater has hired a *redoubtable* director to

direct its upcoming production.

Sudoku

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

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

Golden Girls

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

С	S	0	U	Т	Н	Е	R	Ν	В	Е	L	L	E
Н	Т	S	R	U	Н	Τ	R	А	А	Е	В	Н	R
E	S	Τ	Е	L	L	Ε	G	Е	Τ	Τ	Υ	U	Е
E	F	А	L	0	Τ	S	Е	G	Υ	0	Е	R	F
S	L	Ν	С	R	0	Н	Υ	D	В	М	0	D	R
E	D	0	0	Ρ	С	Ε	D	Е	С	Н	S	0	
С	С	S	Н	Ν	L	А	Τ	С	С	Ε		R	Е
А	Е		А	R	D	Τ	L	Ν	L	Υ	Τ	0	Ν
K	А	L	А	G	Υ	А	А		D	Е	С	Τ	D
E	В	Н	I	W	Ν	Υ	М	Ε	Ν	Ρ	0	Н	S
А	С	В	Н	А	Τ		М	А		М	М	Υ	Н
S	Ρ		Н	S	Ν	0		Τ	А	L	Е	R	
	Τ	А	U	А	С	L	А	Υ	Т	0	Ν	С	Р
E	Ν	R	E	S	Н	А	D	Υ	Р		Ν	Ε	S

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INSPIRATION STATION

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

The Planet Does Not Need More Successful People

The planet desperately needs more peacemakers, healers, restorers, storytellers and lovers of all kinds.

Dear Reader,

This month's article is dedicated to my mom who just turned 81! She is the most resourceful woman I know. She never goes anywhere without her full toolbox, complete with spackling paste, sewing kit and enough books and correspondences to keep her busy for days (or rather, sleepless nights). She lives an independent life full of morning gardening, daily walks to Winn-Dixie and volunteering at a church where she pushes carts full of donated food to receiving client's cars. She personally delivers food to several families who

are homebound. In addition to attending a bible study and church every Sunday, she takes a variety of classes from Zentangle (focused doodling to create appealing artwork) to genealogy. She has committed herself to preserving our family history by personally gathering everyone's details of our lives and sharing them with one another.

Years ago, she joined "Toastmasters" to overcome her fear of public speaking. She became so adept at speaking to an audience that when an opportunity arose to be in a Radio show with a live audience, she auditioned and landed a crucial comedic role. The reason I did not celebrate with her on her actual birthday is because the radio show will be performing at a Nursing Home and space is limited to just the aging attendees and the "young" performers like my mom!

One of the things I really appreciate about my mom is her dedication to having the most possible fun on any given day. Like all of us, she has her list of to-dos' as well as the ongoing chores of running a household, caring

for her wide circle of friends and keeping up with her bills and shopping. If an invitation of any appeal comes up that sounds fun and interesting, she is known to stop whatever she is doing and dash to the party. I admire someone who has her priorities straight!

The last couple of years my mom has been complaining of feeling tired. Like many people of her age (and decades younger), regular long uninterrupted sleep has become a challenge. She's read every book on the subject and she has taken many over-the-counter and prescription sleep aids but without any lasting success. So, she often starts her days at four in the morning and then wonders why at four in the afternoon, she feels like she needs a nap. She has been to several doctors who run numerous tests only to tell her NOTHING

IS WRONG WITH HER! They do imply she has not made peace with the fact that if you're lucky enough to enter your 8th decade, you may have to slow down!

I am not a doctor, but I believe my mother suffers from "FOMO" (Fear Of Missing Out). She is so devoted to living life to its fullest, she just doesn't want to pass an invitation by. She loves experiencing life by being right in the midst of it all! I, on the other hand, relate more to the acronym, "JOMO" (Joy of Missing Out). I've become completely content to be home baking for

my family or even going for solo beach walks.

Yet, I so adore how my mom embraces life! I so appreciate how she shows up for all of our children's events and how she takes such an interest in what we are up to.

She is known as the best foot massager in our family. My children have all enjoyed their little feet massaged by grandma as they tell her what is new in their lives! About a decade ago, she introduced us to her new supersized Paraffin hot wax machine. Everybody got in on it, enjoying not only the hot wax experience but the big souvenir wax balls they got to keep!

Just last week, I was bragging to my mom that I'm getting good at hanging things with my new drill. I told her I used to leave holes in the walls when I didn't measure properly and I always intended to go back and fill those gaping holes but I just never did and they never seemed to bother me. That's when my mom confessed. She told me she had filled my holes. I was in shock as

I know we don't even own any spackle paste. That's when she told me she keeps spackle paste in her toolbox. I suddenly got goose bumps all over me. How many other areas of my life had my mom been silently spackling? From my childhood to my adulthood, perhaps that's what moms do best. They spackle us. They smooth things over, they fill the void, they make it all better.

Happy Birthday Mom! May we all be blessed with someone who silently spackles for us!

With love, Diana

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



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Out of State Legal Documents: Are They Valid in Florida

By Martin Zevin, Attorney

As many of our Snowbirds come back to Florida, a common question is: do my legal papers from another state work in Florida? With some exceptions, the answer is no.

There are three main documents that protect you in Florida if you become incapacitated: Designation of Health Care Surrogate, Written Declaration, also known as Living Will and the Durable Power of Attorney. Other states may have different names for these documents, but their substance is similar: you are designating one or more persons to take care of making medical decisions for you if you are unable to communicate and to take care of your legal and financial affairs if you become incapacitated. Every state is like a different country. Each state has its own laws and regulations regarding these three documents. The law in Florida is very clear

regarding language, required references to specific Florida Statutes, HIPAA compliant language for the Health Care Surrogate and requirements for initialing specific powers for which the Durable Power of Attorney will apply. It is unlikely that you can find online the appropriate language that is necessary to create documents that will be effective in Florida. Our current Durable Power of Attorney document is 26 pages to be sure that it conforms to the new Florida law. If you have similar documents from another State, it is likely that they will not be valid in Florida.

Therefore, for my Snowbird clients who divide their time primarily between two states, I recommend a set of documents for Florida and another set for the other state. This will provide protection should you become incapacitated in either state. You will not have to worry if your out-of-state documents will be honored.

If you have a Last Will and Testament that has been properly executed in another state, and you die in Florida, that Will is valid and can be filed in the Florida Probate Courts. However, it becomes much more time consuming,



costly and difficult to probate an out-of-state Will in Florida. A Commissioner in the other state needs to be appointed by the Florida Judge. The Commissioner must take the sworn testimony of one of the witnesses to the Will before it can be admitted to the Florida Probate Court. Sometimes, particularly if the Will was done a while ago, the witnesses cannot be located. If you have a Florida Will and it is properly executed and notarized, these extra requirements and Court Orders will not be necessary. Therefore, to make it easier, faster and less expensive to probate, you should consider making a new Florida Will, particularly if you are now a Florida resident

If you wish to avoid probate on real estate that you own in Florida and in another state, it is a good idea to consider a Florida Revocable Living Trust and a Deed

to transfer your Florida property into the Trust. When you return to the other state, have a lawyer do a Deed transferring that property to the Florida Trust. This will avoid two separate probates in two states upon your death.

This is just a brief summary of the law and why it is advisable to have Florida documents. I always offer a free consultation to review your current documents, whether from Florida or another state, and give specific advice regarding your circumstances.

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

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Chair Yoga (Charland): Begins October 7th from 1:00 PM - 2:00 PM for 4 weeks, \$28.

Tuesday:

Line Dancing (Levitan): Begins October 1st from 10:00 AM - 11:00 AM for 5 weeks, \$35.

Stain Glass Daytime: (Zannini): Tuesdays and Thursdays, October 1st and 3rd from 9:00 AM - 12:00 Noon for 3 weeks, \$72.

Stain Glass Evening: (Zannini): Begins October 1st from 6:30 PM - 9:30 PM for 4 weeks, \$72.

Wednesday:

Art: Painting (DeRosa): Begins October 2nd from 10:00 AM - 12:00 Noon for 5 weeks, \$50.

Beginners Tap Class (Jankelevich): Begins October 2nd from 9:00 - 10:00 AM for 5 weeks, \$40.

Thursday:

Canasta (Levitan): Begins October 3rd from 3:30 - 5:30 PM for 5 weeks, \$45.

Mah Jongg (Levitan): Begins October 3rd from 1:00 - 3:00 PM for 5 weeks, \$45.

Paper Tole (Katz): October 3rd from 10:00 AM - 12:00 Noon for 4 weeks, \$40.

Saturday:

Yoga (Charland): Begins October 5th from 9:00 - 10:00 AM for 4 weeks, \$28.

Private Lessons:

Golf Lessons (Battersby): Private sessions available

Tennis Lessons (Long): Private lessons available

Wynmoor Personal Trainer (Hamburger): Private sessions available (free demos: Mondays and Thursdays from 1:00 - 2:00 PM)

Wynmoor Personal Trainer (Walbert): Private sessions available (free demos: Tuesdays from 5:00 - 7:00 PM)

For more information, call Recreation at 954-978-2600, press 1. Register at the Recreation Office, Monday - Friday from 8:00 AM - 4:45 PM and in the Country Club Business Center Monday - Friday from 8:00 AM - 12:45 PM and from 2:00 PM - 5:00 PM. Classes are 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.













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Employment Opportunities Available



By Philip Edwards

JIANG QING: ONLY FOLLOWING MAO ZEDONG'S ORDERS

Jiang Qing was born in 1914 and given the name Li Shumen. Throughout her 77 years, she adopted seven different names before becoming Chairman Mao's wife and The First Lady of China. She was beautiful, talented, manipulative, and ruthless.

In her early twenties, Jiang had been divorced twice and gone through several lovers. She studied literature and drama in university and worked as an actress. While teaching a drama course in university, she met Mao Zedong. He just returned from the "long march" which was the communist army retreat from central China to the rural areas in Western and Northern China. Mao and Jing began a relation even though Mao's third wife, who had followed him on the long march, was desperately ill in the hospital.

Leaders of the Communist Party frowned on the relationship while Mao's second wife was still alive and actively discouraged Mao from furthering his relationship with Jiang. Still working for the Communist Party, Jiang was able to maintain her semi-secret affair with Mao. After Mao's third wife died, he married Jiang much to the displeasure of the party. The party leaders only accepted the marriage in 1938 on the condition that Jiang would not be active in the party for thirty years.

The Chinese communist leadership went through drastic changes after 1940. The Great Step Forward, introduced by Mao in 1958, attempted to move China from an agrarian economy to a communal industrialized economy. The result was a devastating famine that claimed the lives of thirty to fifty million Chinese. The communist party was in disarray as hostilities erupted between the factions.

To gain leverage and power over the leadership of the party, Mao shifted to a more radical position and introduced the Cultural Revolution. Jiang Qing took an active role in the government by being named the first vice chairwoman of the seventeen-member Central Cultural Revolutionary Committee. Essentially, she was head of the propaganda element of the party. Young radicals were encouraged to harass and commit acts of violence against anyone or group that disagreed with Mao's brand of communism. Mobs attacked those educated in Western thought and stripped them of positions, possession, and in some cases, their lives. Revolutionaries targeted and massacred Muslims, Koreans, Mongols, and Chinese minorities. The violence generated during the ten-year Cultural Revolution saw between five hundred thousand - two million people murdered and over thirty million persecuted.

The central power of the government rested with the Gang of Four. Jiang Qing was the only female and she used her role as propaganda minister to control the plays, operas, plays, books, educational material, and the press.

Mao and Jiang separated in 1973, but she kept her dominance and position in the government. When Mao died in 1976, a counter-revolutionary group challenged the gang of four. The four were arrested and tried for treason. The tribunal sentenced two to prison, but they sentenced Jiang and Zhang Chunqiao to death. In the end, Jiang and Zhang were given life sentences in prison. While the others confessed their guilt, Jiang refused to admit her guilt, claiming that she was only following Mao's orders. After she contracted throat cancer, Jiang was released to house arrest at her daughter's home. In 1984, she hung herself.

The Chinese do not remember her fondly. Comments can be made at chooserightly.com





RESIDENTS

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There will be Snacks, Refreshments, Give-Aways and Raffle Prizes!!!

We are offering the following Sales Seminars at our office (RSVP Required as space is limited to 20 attendees):

Thursday, October 16th	Wednesday, October 23 rd		
11am – Devoted Health HMO Broward	2pm – Humana Gold Plus HMO 065		
2pm – Aetna HMO Summit Broward	4pm – Humana PPO 033		
Thursday, October 17 th	Saturday, October 26 th		
2pm – Preferred Care Partners HMO Choice Broward	11am – Preferred Care Partners HMO Choice Broward		
Tuesday, October 22 nd	Tuesday, October 29th		
1pm – United Healthcare PPO	11am – Aetna PPO 033		
2pm – Aetna HMO Assure Plus Full Medicaid	2pm – Devoted Health – Spanish		



For more information or to RSVP, call Darlene Swaffar at Office 754-444-2782 or Cell 786-208-1221.

Calling these phone numbers will direct you to a Licensed Insurance Agent.

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2745 W. Hillsboro Blvd.Suite 1 Deerfield Beach, FL 33442 By Commissioner Mikkie Belvedere



itters

Happy birthday and a happy anniversary to all celebrating this month, including my daughter Doreen.

October brings some religious Jewish holidays: October 9th is Yom Kippur, a day of atonement and forgiveness. It is required to reach out, apologize and seek forgiveness from those we harmed or insulted. The night after Yom Kippur is considered a holiday also and it is customary to eat a festive holiday meal. October 13th is Sukkot.

For our Indian residents, the Annual holiday of Diwali, known as the "Festival Of Lights" and celebrating good over evil, will take place on Sunday, October 27th.

Some other wacky holidays you might enjoy celebrating are: October 1st: "International Day For

The Elderly," October 4th: "International Smile Day," October 5th: World Teacher Day" (thank a teacher today), October 24th: "United Nations Day," and of course, don't forget Halloween on October 31st.

The city is also planning several events: October 3rd at 6:30 PM: Lecture



series: "Ellis Island, The Immigrant Experience," October 11th at 7:00 PM, come enjoy our "Concert In The Park" series located at the Community Center on 1100 Lyons Road. A Jimmy Buffet Tribute band will be performing. Also, on October 24th at 5:30 PM in the Commission Chambers (4800 Copans Road), come enjoy a Lecture entitled "Do The Right Thing," a program dedicated to honoring young students for doing the right thing presented by the Coconut Creek Police Department. The new city budget goes into effect on October 1st.

Remember to recycle: plastic bottles with a screw top, cans, and corrugated boxes only. Do not recycle plastic bags, glass, milk containers, newspapers or mail. Contaminated recycle containers could end up in the dump. Tell your neighbors, tell your

friends. We pay for recycling even if the container is contaminated.

Have a great day and keep smiling.

I can be reached at 954-803-7696. Let me hear from you. Suggestions and requests are welcome.

On The Tennis Courts

By Arlene Eisenberger



Summertime in Florida is still active, maybe with fewer people, but that is what occurs this time of year. Tennis is played more in the mornings as the late morning and afternoons are just unbearable. Singles or doubles games take approximately 45 minutes. Each set is completed when one team reaches six games (but must win by two games or play a tie breaker).

"Breakfast At Wimbledon" was celebrated at the courts. This event was put together by Bob Long. The players all wore the traditional white tennis outfits, played games on the courts and enjoyed a light breakfast.

The Wimbledon Open takes place in England and is one of the most watched competitive games in the Tennis world. The second attraction is the U.S. Open is played in Flushing, New York for two weeks which ended on September 8th.

Hope to see many of you back in Wynmoor once the cooler weather has brought you back. Keep playing. It keeps you young. See you at the courts.





WYNMOOR Golf and Tips By Kevin Battersby, PGA

Wedges, Hybrids and Utility Clubs



Figuring out what club to choose in your short game may be easier to understand if you equate numbers to your wedges like the rest of the clubs in your set.

Lob wedge -58-64 degrees: 12 iron Sand wedge -52-58 degrees: 11 iron Gap or a wedge 48 -52 degrees: 10.5 iron Pitching wedge - 44-48 degrees: 10 iron

Then you have the rest of your irons in numbers 9,8,7,6,5,4, etc.

The hybrid clubs are wonderful to replace your long irons and middle irons. The hybrid looks like a combination of iron and metal woods with lofts similar to your irons but actually play a bit longer than their counterpart conventional clubs. Some sets have hybrids replacing the 2,3,4,5, and 6 iron.

The hybrid 3,4, and 5 can be a good choice for your second shot on most holes.

The chipper is a short-game specialty club. It is more upright like a putter and the loft of a 7 iron. With respect to the greens at Wynmoor that are uphill and have a pin in the back portion of the green, it is an excellent choice. It is also a great choice for hitting a "bump and run" from any distance. It is more upright so you can employ a swing similar to your putting stroke.

The complimentary short-game classes will begin in October on weekdays in the morning. Come on out and tune up your putting, pitching and chipping.

Private lessons are by appointment. Group classes are Monday through Friday. For more info. about classes, call Kevin Battersby at 954-444-1031.

Mailbag

To The Insider:

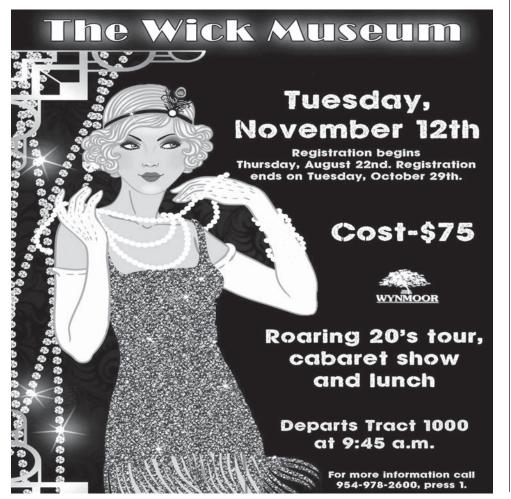
My husband and I read your cover article in the September, 2019 issue of the Insider with tears in our eyes...tears of both happiness and sadness. Needless to say, we are ever so happy for those grandparents and grandchildren who have each other.

Our situation is different. I became a grandmother when I was 52 years of age. (I am 74 now.) We have a granddaughter who is age 20 and another granddaughter who will be age 22 soon. They no longer know us, nor we, them. Their father (my son) passed away 17 years ago and we have, basically, been kept away from the two daughters he left.

We are still, to this day, working on a solution to what we consider to be a serious problem. We haven't given up hope.

So, we know how wonderful it is to be a grandparent. We do enjoy our relatives' and friends' grandchildren and we will enjoy National Grandparents' Day.

Alixandra Binus Kolbe



Kevin Rader

State Senator, District 29

Dear Friends,



We are nearing the end of the Hurricane Season, but this does not mean that we should become complacent. It is imperative that we continue to be prepared and know that early preparation is vital. October, however, is nationally recognized as Breast Cancer Awareness month. It is estimated that in the United States, 1 in 8 women and 1 in 883 men will develop invasive breast cancer over their lifetime. Unfortunately, Florida has the secondhighest cancer burden in the Nation and, since

2011, cancer is the leading cause of death for Floridians, surpassing heart disease.

The Florida Department of Health states that mammography is the most effective method of early breast cancer detection, as it can identify cancer several years before physical symptoms develop. According to the American Cancer Society, getting regular screening tests is the most reliable way to find breast cancer early. They also provide screening guidelines for women at average or high risk of breast cancer. They are ultimately suggesting that women should know their breasts and report changes of size, symmetry, or skin appearance to their doctor. The Florida Breast and Cervical Cancer Early Detection Program assist Floridians with cancer and screenings are recommended by doctors. Should you meet the eligibility requirements, the screenings can be either free or a low cost. Please call your County Health Department or American Cancer Society National Hotline at 1-800-227-2345 to get more information on the program. For the Florida Department of Health in Broward County, call 954-762-3812 and for the Florida Department of Health in Palm Beach County, call 561-840-4500.

The American Cancer Society will be hosting its "Making Strides Walks" around the Nation to raise breast cancer awareness. At their root, these events are noncompetitive 3 to 5 mile walks for survivors, family members, supporters, or anyone that has been touched by breast cancer.

Broward Making Strides Event Details:

Date: Saturday, October 26, 2019

Time: 8:30 AM

Location: Huizenga Plaza: (32 E Las Olas Blvd, Fort Lauderdale, FL 33301) **Phone**: 954-200-7537

Email: BrowardFLStrides@cancer.org

Palm Beach County Making Strides Event Details:

Date: Sunday, October 27, 2019

Time: 8:30 AM

Location: FAU Boca Campus:

(777 Glades Rd, Boca Raton, FL 33431)

Phone: 561-425-9389

Email: SouthPalmBeachFLStrides@cancer.org

For further information or registration inquries on the Breast Cancer Awareness "Making Strides Walk," please contact the numbers listed above or the American Cancer Society at 800-227-2345.

Please do not hesitate to contact my office for any issues or concerns.

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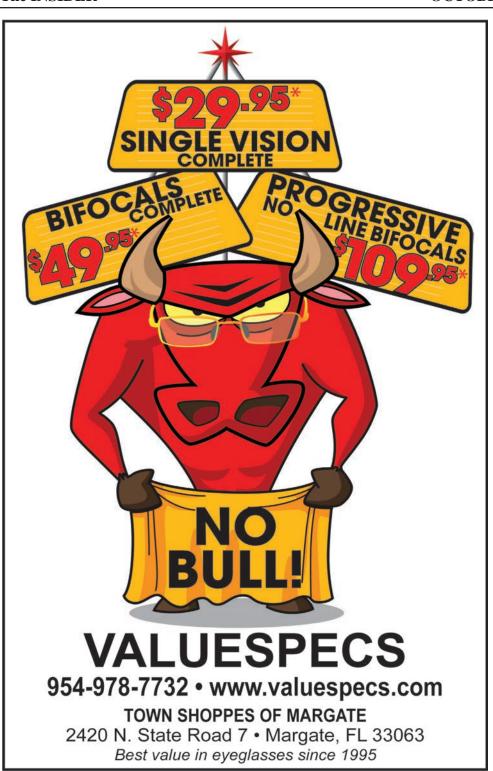
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Tuesday, August 13, 2019 • 6:30PM

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Dear Dr. Joy...

By Joy Berke Sanchez, PhD



Getting Out Of Your Comfort Zone

Some months ago, I wrote about change and how difficult it is for us to try something new. This could take the form of thinking, behaving, or any other modality that would open up new ways of being to us.

So, after writing that article, I started thinking about ways that I could also do this. What would be totally new and different for

me to tackle? Physically, I thought all bets were off. My body isn't what it once was and after a pretty tough year, health wise, I didn't want to hurt myself. So, I eliminated buying a bicycle or getting back on roller blades (which is what caused my current knee problem twenty years ago). I did try chair yoga and found that acceptable and useful but it wasn't as far out of my comfort zone as I wanted. Since I had done yoga before and rode a bicycle and hiked, etc., I looked for something really out there for me.

As I was thinking about this, I heard about an abstract art class that was starting through an organization I belonged to. Immediately, I knew that this was it. I had never worked with paint, canvases, brushes, etc. and I must say, I had no particular interest in doing so. This was the stretch I was looking for. I signed up and paid my money. There was no turning back. I received a list of supplies I would need and headed for the art supply store. I was definitely a fish out of water! I handed my list to the young girl working there and followed her around the store, completely bewildered. In a peculiar way, I was nervous and excited. Looking at all the items she was putting in my shopping cart, was both scary and thrilling. Would I even have the nerve to put the first blob of paint on my new canvas? The next day would be my first ever art class.

To make this more understandable, I have always been the kind of person who would assess my ability to do something before I tried to do it. I did a lot of what I knew I could do well. I started acting at about 4 years old because my Aunt belonged to a theater group and they needed a child. Her own daughter was too old so there I was. Since everyone thought I was so cute and I was able to read and learn lines, acting became something that never intimidated me. I have been in theater groups ever since, including Wynmoor's, "Actors on Stage Club." I have been writing since I was very young also. I studied psychology since I was 12 because I had a mentally ill cousin who I desperately wanted to "cure." Becoming a clinical psychologist was natural to me. But ART?

I took a deep breath as I entered the classroom. I knew the teacher and many of the students were warm and welcoming. Right at my station, was an easel. Oh boy! I was going to become an artist.

I won't bore you with the details but it was wonderful and amazing. I was in an entirely different universe. Being a mostly left-brained person, I was entering the world of the right-brain. Since the class was abstract, I didn't actually have to make anything recognizable which made it easier for me.

I had so much fun, not caring about how I was doing or what anyone would say about my work, including me. I'm so looking forward to next week.

So, this is what my article was referring to months back. I'm so glad that I followed my own advice and would like to give you a little shove in that direction as well. Open up new worlds where you are a bit out of your comfort zone. Try something new that makes you feel like a child again. Let me know what happens. Email me at JoyB212@aol.com



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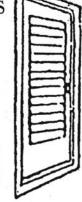
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The Big Easy Casino (Mardi Gras Casino) ~ Friday, October 11th ~ \$10

We will depart Tract 1000 at 10:00 AM. You'll receive a \$25 Voucher Card. All participants' Driver's License and/or ID is required at time of registration. Registration began September 5th.

Semi-Annual White Elephant Sale (Fall) ~ Friday, November 8th ~ \$10

Join us in the Grand Ballroom from 9:30 AM - 2:00 PM. Huge bargains! Unbelievable prices! Bric-A-Brac. Pictures, jewelry and MUCH more! Registration began September 12th. All those who participated in the Winter sale are eligible to register on Thursday, October 24th if space is available. One table per household.

The Wick And Costume World ~ Tuesday, November 12th ~ \$75

Enjoy the Roaring 20s Tour, Cabaret Show and Luncheon. Join us as we explore Suffragettes Prohibition, Broadway, and Erte. We will depart Tract 1000 at 9:45 AM. Registration is from Thursday, August 22nd - Tuesday, October 29th.

For more information, call Recreation at 954-978-2600, press 1. Register at the Recreation Office, Monday - Friday from 8:00 AM - 4:45 PM and in the Country Club Business Center Monday - Friday from 8:00 AM - 12:45 PM and from 2:00 PM - 5:00 PM. Trips include transportation. Residents are responsible to be ON TIME for each departure (to and from) venues. Recreation events and trips are subject to change or cancel.

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POETS and POETRY

Livin'

By Helen M. Smith

Each day I'm alive and still knowing
One day I'll be gone
But the world will keep going,
Others will come to take my place
Yet I hope that times will not erase
The wonderful moments I have given
Through the years I was here
And doing some livin'

The Birth Of A New Generation

By Lil Miller

The day has come when a grandma can say It is going to be cold in Florida this March day!

Ah! Grandma you're getting old!
Okay my grandson have it your way.
As dawn breaks for another day!
A morning call came my way,

To say hi grandma, my place was so warm last night,

I decided Florida is the place to stay on a Cold winters night of 40 degrees!

I forgot to cover my buns and legs
And nature's message to me was creaking
and groaning
To get out of bed that day!

It gave me delight for my grandson to say, I will take grandpa's old flannel bottoms any day!

Love you!



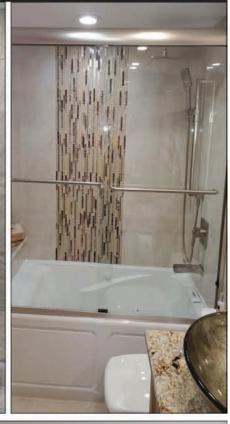
Canasta Tournament By Ann Elkin

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

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Thursdays - Tech Space: Digital Downloads Open House. Learn how to access and download the library's free books, music, magazines and movies to your devices. First come, first served. Check in at 2nd floor Information Desk for location.

Wednesday, October 2 - Knitting & Crocheting Circle. A great way to get yourself knitting more, and to meet other people who share your interest. All levels are welcome. 4:30 to 6 p.m. Rm. 154.

Saturday, October 5 - Tell Your Story in Words and Pictures. Participants may bring in additional photos showing major events in their lives. They will learn (1) how to observe the background and details in the photo, (2) describe the importance of the event in the photo and (3) write the story about the photo. Each participant will complete one chapter using a photo to show the major event in their life. Participants will share their stories if desired. 10:30 a.m. to 12 p.m. Rm. 226. Sponsored by Friends of North Regional/BC Library.

Saturday, October 5 - Celebrate Hispanic Heritage with internationally renowned violist, David Pedraza. Join us to hear the great, but rarely heard, classical music by Argentinian, Cuban, Mexican and Venezuelan composers. 3 to 4 p.m.

Rm. 154. Sponsored by Friends of North Regional/BC Library.

Tuesday, October 8 & 22 - Coffee & Conversation. An opportunity for friendly dialogue between library professionals and the community. Light refreshments served. 2:30 to 3:30 p.m. Rm. 226. Sponsored by Friends of North Regional/BC Library. Wednesday, October 9 - AARP Smart Driver TEK. Understand how the latest vehicle technology works and how it can make driving safer. This ninety minute workshop was developed jointly by AARP and The Hartford. Pre-registration required. **Call 1-877-805-0458 to register**. 11a.m. to 12:30 p.m. Room 154

Wednesday, October 9 - 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 Friends of North Regional/BC Library.

Wednesday, October 9 - Representatives from the North Broward Social Security office will be available to answer questions and provide information. 2 to 4 p.m. Lobby.

Saturday, October 12 - Medicare 101 - An educational workshop for those turning 65 or older, about how Medicare works and the options available. Presented by Paul C. Kopp. 10:30 to 11:30 a.m. Rm. 226.

Saturday, October 12 (Nov. 9, Dec. 14 & Jan. 11) - Always Write: How to create eBooks with Pressbooks Public. Are you interested in making your book available in digital formats? Whether you're an author with a completed book or manuscript, or you're just getting started writing, this session will show you how to create professional-quality eBooks with Broward County Library's free Pressbook Public tool. Learn how to create MOBI files for Kindle use, as well as ePub files for marketplaces like iBooks and Google Books, and even PDFs for those who might be interested in making their comic or graphic novel available digitally. 10:30 a.m. to 12 p.m. Computer Center.

Saturday, October 12 - Heck Yes! Heck No! Protest Poster-Making Workshop presented by Small Press Fair Fort Lauderdale. Space is limited. Registration Required. Call 954-201-2601. 1 to 4 p.m. Rm. 154.

Monday, October 14 - Movie & Discussion: "Gandhi." Gandhi's character is fully explained as a man of non-violence. Through his patience, he is able to drive the British out of the subcontinent, and the stubborn nature of Jinnah and his commitment toward Pakistan is portrayed. (1982), Rated PG. 2 to 5:30 p.m. Rm. 154.

Tuesday, October 15 - Adulting 101: Housekeeping Basics. Learn what it takes to keep your house clean. From creating a cleaning kit, establishing a routine, making your own cleaning supplies to how to clean each type of room. 2:30 to 4:30 p.m. Rm. 226

Wednesday, October 16 - Reading Round Table: "America Is Not the Heart" - by Elaine Castillo. Hero De Vera arrives in America haunted by the political upheaval in the Philippines and disowned by her parents. Her niece--the first Americanborn daughter in the family--can't resist asking Hero about her damaged hands. This is a sprawling, soulful debut about three generations of women in one family struggling to balance the promise of the American dream and the unshakeable grip of history. 1:30 to 2:30 p.m. Rm. 226.

Wednesday, October 16 - Foreign Film Series: Discussion & Commentary with Shelly Isaacs: "La Rafte." During World War II, France's Vichy government takes part in the collection of 13,000 French Jews and holds them in various venues, including an indoor cycling stadium, before shipping them off to their deaths. (2010). 2 to 4:30 p.m. Rm. 154. Sponsored by Friends of North Regional/BC Library.

Thursday, October 24 - Friends of North Regional/BC Library Cultural Gems present Grammy Award winning trumpeter Curtis Taylor. Free to Friends of North Regional/BC Library members and Broward College students. Fee for non-members is \$5 per program, or you can purchase an annual Friends of North Regional/BC Library membership for \$10. 2 to 3 p.m. Rm. 154.

Friday, October 25 - Representatives from the Broward County Property Appraiser Office will be available to answer questions. 10 to 11:30 a.m. Lobby.

Saturday, October 26 - An Evening of Paranormal - *Special Halloween Edition*. Bill Slevin, founder and lead investigator of The Paranormal Existence Research Society (P.E.R.S.) and his team will explain what a real paranormal investigator does and explain the difference between investigating real people's homes vs. public ghost hunting. He will also share experiences, show evidence and teach you about the equipment they use. 3 to 4 p.m. Rm. 154.

Monday, October 28 - Florida Licensing On Wheels. DMV offers a selection of services: First time licenses, convert out of state license, renewals, replacements, address/name change, ID cards, reinstatements, and emergency contact information. Fees are applied. 10:30 a.m. to 1:30 p.m. Lobby.

Thursday, October 31 - 100th Anniversary of National Prohibition. To commemorate this era, local author Sally J. Ling will host the WLRN documentary "Prohibition and the South Florida Connection" based upon her book Run the Rum In. This film looks at the prominent role South Florida played in bringing illegal booze into the U.S. In it, you'll discover rumrunners, moonshiners, pirates, and local speakeasies, each whom ran afoul of the law in one of America's most infamous eras. 1 to 2 p.m. Rm. 154. Sponsored by Friends of North Regional/BC Library.

Language Classes:

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

Saturdays - Citizenship Classes - Self-paced question and answer practices and drills for individuals preparing to take the U.S. citizenship exam. General information, sample test questions with answers and access to the citizenship application. Citizenship eligibility, fees and special cases will be discussed. 2 to 4 p.m. Rm. 226.



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OCTOBER COMPUTER CLASSES

Tuesdays, October 1st, 8th, 15th, 22nd, 29th from 6:00 PM - 8:00 PM: Creole class. Covers various computer subjects in Creole.

Wednesday, October 2nd, 2:00 PM - 4:00 PM: Introduction to Word, Part 5 of 6. This course focuses on the basics of creating Word documents. You'll learn how to navigate the Word window, add text and pictures with formatting, and the basics of tables, charts and text boxes. This course also covers the basics of preparing a document for publishing as a Word or PDF document, including proofing tools and an introduction to the powerful "Find and Replace" tools. You should have some experience with Windows and basic computer skills prior to taking this course.

Thursdays, October 3rd, 10th, 17th, 24th, 31st, 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, October 3rd, 2:00 PM - 4:00 PM: Meet the Computer. Ready to take that first step and learn about computers? This course will introduce the new user to computers, beginning with the components that make up a computer system and how to use a mouse and keyboard. This course also covers basic Windows 10 skills, including starting apps, the Start menu, and working with the desktop and windows.

Wednesday, October 9th, 2:00 PM - 4:00 PM: Introduction to Word, Part 6 of 6, This course teaches Microsoft Excel basics. Excel is a spreadsheet program that helps you manage mathematical information. It is frequently used in today's workplace. Once you begin to understand the basics, you will find it is an easy and fun application to use. For example, you can use Excel to budget your personal finances and keep track of your investments. You can also use Excel to follow loan repayments, compare different mortgages, and create invoices and more. Prior experience with the computer and an understanding of the Windows operating system is recommended.

Thursday, October 10th, 2:00 PM - 4:00 PM: Introduction to Computers with Windows 10.

Ready to take that first step and learn about computers? This course will introduce the new user to computers, beginning with the components that make up a computer system and how to use a mouse and keyboard. This course also covers basic Windows 10 skills including starting apps, the Start menu, and working with the desktop and windows.

Wednesday, October 16th, 2:00 PM - 4:00 PM: Introduction to **Excel, Part 1 of 6**. This course teaches Microsoft Excel basics. Excel is a spreadsheet program that helps you manage mathematical information. It is frequently used in today's workplace. Once you begin to understand the basics, you will find it is an easy and fun application to use. For example, you can use Excel to budget your personal finances and keep track of your investments. You can also use Excel to follow loan repayments, compare different mortgages, and create invoices and more. Prior experience with the computer and an understanding of the Windows operating system is recommended.

Thursday, October 17th, 2:00 PM - 4:00 PM: Buying & Selling on eBay. Buying and selling items online is a fun and easy way to shop and sell. eBay is the largest and most active auction site on the Internet, featuring everything from books to cars. This class will help you navigate your way through the ins and outs of eBay, whether you want to buy, sell or simply browse.

Wednesday, October 23rd, 2:00 PM - 4:00 PM: Introduction to Excel, Part 2 of 6. This course teaches Microsoft Excel basics. Excel is a spreadsheet program that helps you manage mathematical information. It is frequently used in today's workplace. Once you begin to understand the basics, you will find it is an easy and fun application to use. For example, you can use Excel to budget your personal finances and keep track of your investments. You can also use Excel to follow loan repayments, compare different mortgages, and create invoices and more. Prior experience with the computer and an understanding of the Windows operating system is recommended.

Thursday, October 24th, 2:00 PM - 4:00 PM: Exploring Google.

Come explore some of the most helpful apps that Google offers. This course will introduce you to storing and backing up your files in Google Drive, finding your way around and viewing the world in a new way with Google Maps, and keeping your personal and professional life scheduled in Google Calendar. These apps are all free to use and are available for both desktop and mobile devices. This class will introduce you to the desktop versions of each app.

Wednesday, October 30th, 2:00 PM - 4:00 PM: Introduction to Excel, Part 3 of 6. This course teaches Microsoft Excel basics. Excel is a spreadsheet program that helps you manage mathematical information. It is frequently used in today's workplace. Once you begin to understand the basics, you will find it is an easy and fun application to use. For example, you can use Excel to budget your personal finances and keep track of your investments. You can also use Excel to follow loan repayments, compare different mortgages, and create invoices and more. Prior experience with the computer and an understanding of the Windows operating system is recommended.

FREE ONLINE COMPUTER CLASSES

One-on-one training is available by appointment: (954) 201-2601

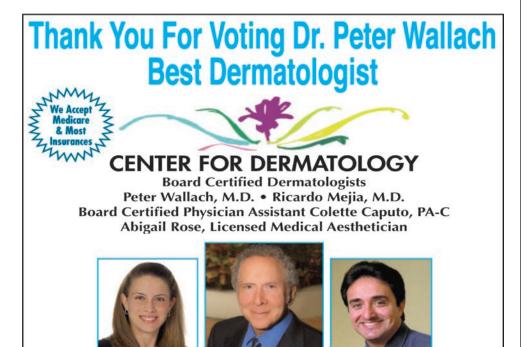
VOLUNTEERS NEEDED

The Magnet Program at Coconut Creek High School is looking for volunteers to help teachers and students achieve life skills, business skills and/or continuing education, which will prepare them for their future after graduating. If you are interested, call Tiffany at Coconut Creek High School at 954-322-0368 or Toby Gordon at 954-978-8911.









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We hope you enjoy these photos taken by some of our Wynmoor's photographers.



Pictured Above: Florida Sunset - Nancy Landman



Pictured Above: Grand Canyon - Adele Berenstein



Pictured to the Left: Dock In Rain - Peter Sertash







All qualified Florida residents are entitled to a Homestead Exemption on their homes, condominiums, co-op apartments, and certain mobile home lots. To qualify for Homestead Exemption, you must own and make the property your permanent residence as of January 1st in which you are applying for this valuable exemption. Pursuant to Florida Statute, all assessments and exemptions are based upon the status of the property on January 1st. If you purchased and/or made the property your permanent residence in 2019 and have not applied for Homestead Exemption, you can apply for 2020 exemptions at any time. There is no need to wait until 2020. You can easily apply online at www.bcpa.net or at one of our many outreach events. To view where our representatives will be assisting residents with filing for exemptions, please visit our event calendar at http://bcpa.net/Events.asp

If you purchased your home in 2019, the tax bill you will receive from the Broward County Tax Collector is for the 2019 tax year. If the previous owners of your new home were entitled to and received Homestead Exemption or any other exemption on January 1, 2019, you may have inherited their exemptions on your 2019 property tax bill. Florida Statutes require these exemptions be removed for 2020 and the "Save Our Homes Value" be brought up to the 2020 just value of your property. This will often result in an increase in your 2020 property taxes so it is important you apply for 2020 Homestead Exemption and any other exemptions you may qualify for.

Your new 2020 Homestead Exemption will be reflected next year on all 2020 property records, notices and tax bills. Should you have any questions regarding your new exemption, please contact our Customer Service and Exemption Department at 954-357-6830.

Broward County Tax Collector's Office to Mail Tax Bills in November:

The Property Appraiser's Office does not set or collect property taxes. We simply assess property and grant exemptions to qualified individuals. The Broward County Tax Collector's Office will mail the 2019 property tax bills by November 1, 2019. If your escrow company requests your tax bill, the Tax Collector will send you a courtesy copy of the bill in mid-November. All property tax bills are posted to their website at https://broward.countytaxes.com/public on November 1st. Should you have any questions for their office, please contact them at 954-831-4000.

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

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 fredm@wynmoorcc.org 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 a traffic fiasco.)

Fred will let us know who to call or email.



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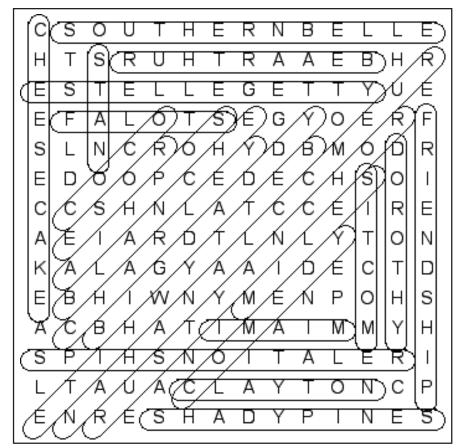
Puzzles and Sames

Solutions from page 26

Crossword Puzzle

S R Ρ R Εl R Ν N Ν Ε С S Η Ε R 0 В R Μ R R E N Е 0 Ε Ε Ρ 0

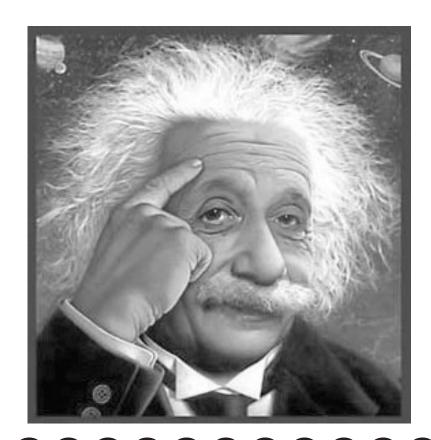
Golden Girls



The hidden phrase is: THE GOLDEN PALACE

Sudoku

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

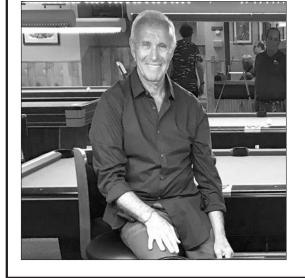


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