



The INSIDER

An Independent Newspaper

For Wynmoor Residents

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MARCH 2020

United States[®]
Census
2020

COMING

APRIL 1, 2020



EVERYONE COUNTS IN BROWARD

An Accurate 2020 Census Count in Broward County Will Have an Enormous Impact on the Health, Safety, and Welfare of All Broward Residents for the Next 10 Years

By Broward County Commissioner Mark Bogen

The 2020 Census is just around the corner, and the importance of getting an accurate count of all Broward residents cannot be overstated.

The U.S. Constitution requires a population count every ten years of each person living in the United States, regardless of citizenship status or how long a person has been living here. When filling out your census form, it's critical to count *every person* who is living in your household, even if that person is not a family member.

The 2020 Census count will impact the distribution of approximately \$1.5 trillion dollars of federal funding per year, over the next 10 years, to state and local governments across the country. The money supports vital federal assistance programs such as Medicare and Medicaid. It helps local governments determine where to build new parks, transportation infrastructure, hospitals, senior centers, and community projects that benefit people of all ages. In addition, the census count is used

to determine the number of elected officials in Congress representing our communities, as well as the boundaries for state legislative districts.

Between March 12th and 20th, most households will receive a postcard invitation in the mail with instructions on how to respond to the census online. If you do not wish to respond online, the postcard will contain a telephone number that you can call to respond over the phone or to request a paper form in the mail. Assistance on filling out your form or answering

any other questions will be available in 59 languages.

It is important to know that your responses to the 2020 Census are safe, secure, and protected by federal law. The Census Bureau is required by law to keep all your information confidential, and no law enforcement agency will have access to the information contained in your census form.

To learn more about the 2020 Census and why it matters for our community, visit Broward.org/census2020.



Lyons Road Will Be A Traffic Challenge

By Scotty Leamon, Public Safety Information Officer, Coconut Creek Police Department

The more than 11-million-dollar project includes a little over five miles of Lyons Road. It will also upgrade traffic signals, sidewalks, and drainage. It will, and already has, caused congestion and heavier traffic in the Wynmoor area. It's also not the only project that will be impacting traffic in Coconut Creek for the next several months.

The city is replacing water/sewer piping along Lyons Road southbound from Sample Road to Copans Road. This project is expected to last until September and is impacting the southbound lanes only. It will not affect northbound traffic. This is an important project, as it will help alleviate flooding concerns caused by sewer leaks like the ones the City of Fort Lauderdale has been dealing with over the past few months. So, in the long run, it'll have important benefits

for the city. But, in the short term, it will only add to the traffic headaches along the Lyons Road corridor.

The important thing to remember as far as safety during these trying times traffic-wise is to be patient. Give yourself extra time to get to where you are going. Know that it's not the driver's fault in front of you that they're moving so slowly. It's probably just traffic. Brake early when you need to stop. Remember that for every 10 mph you're traveling, you should be one car length distance away from the vehicle in front of you. In other words, if you're doing 30 mph, you should be a full three car lengths behind the vehicle in front of you. It's also very important to wear your seatbelt and eliminate distractions.

Keep in mind that texting and driving is now a primary traffic

offense in Florida, meaning that an officer can pull you over and issue you a summons for texting while driving. The bottom line is that this inconvenience won't last forever. You will be seeing a lot of orange barrels, heavy equipment, and hard workers on Lyons Road for a while but it's making the roadway safer for drivers, pedestrians, and bicyclists. Plus, in the case of the city pipeline project, it might prevent any stinky sewer water from flooding any of our neighborhoods. As we all know, progress can oftentimes come with some disruption.

The City and Police Department appreciate your patience during this ongoing construction. Please watch for updates regarding any changes as it relates to potential road closures or other traffic concerns as these very important projects move forward.



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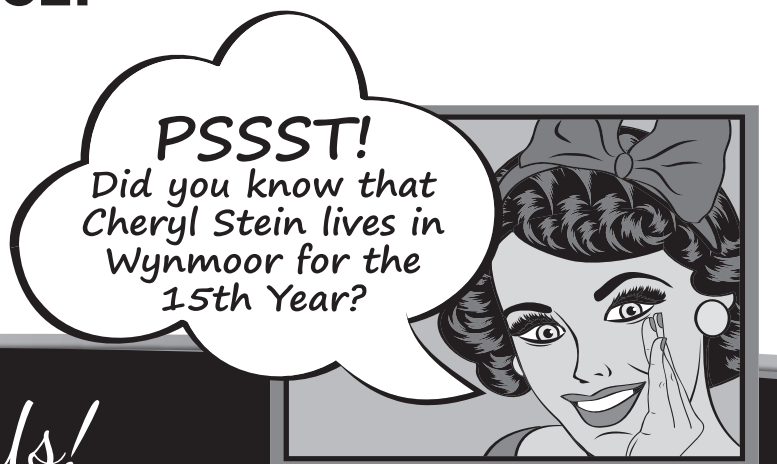
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- ARTICLES OF INTEREST 450 Maximum

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Security News

Dispatch: 954-978-2667

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

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- Coconut Creek Police, Non-Emergency: 954-973-6700

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- Theatre Complex: 7:00 AM - 11:00 PM
- (unless there is a specific approved event)

For Medical and Life/Health Threatening Emergencies, always dial 9-1-1 FIRST!

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pen to paper

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An Evening With Mathis

By Lawrence E. Correia

On November 22, 2019, my wife Lynn and I flew to Branson, Missouri for a three-day weekend of rest and entertainment. This was the first time either of us had ever been to Branson and it was lit up bigger than Vegas without the gambling casinos. From one end of a five-mile road to the other end, there were shows, rides, restaurants, museums enough to satisfy any one's dreams or desires.

There is so much to see and do that it staggers the imagination. Luckily days before departure, Lynn planned our itinerary so that on the first evening we would go to the Mansion Theater to see Johnny Mathis. I was both excited and intrigued about the show and wondered about what the program would be like, because one must remember Mr. Mathis is no spring chicken at 84 years old. Good grief! I am 76 years old and find it difficult to get up in the morning and to move around, so my concern about the coming performance was deemed justifiable.

That evening as we entered the mansion I was awed by the beauty and majesty of the theater, with its large staircase and foyer. The auditorium was large enough to hold several thousand guests, but what really struck me was the full orchestra tuning their instruments on stage. Normally I would expect three or four guitarists, a drummer and possibly a pianist, but not here. We were lucky to be seated in the third row in front of the stage. As 8:00 p.m. approached, the music conductor introduced Johnny Mathis to the audience. I was shocked to see how energetic, gracious and caring Mr. Mathis was as a performer but also how he introduced each section of the orchestra and his heartfelt feelings toward the audience. He treated us with two of his most enduring songs "It's Not For Me To Say" and "Chances Are" to begin the program. A portion of the program included other performers with Mr. Mathis but also included many other of his hit songs.

What really touched me more than anything else was his songs of Christmas. It was then that I closed my eyes to listen and dream because the music not only entered my ears, registered in my brain but continued into my very soul. It was if the man and his music were a time traveling device that transported me to a time and experience I had long forgotten. I could see myself sledding down Cleveland Street, taking a sleigh ride in the Berkshires, building a snowman in the backyard or an igloo on the sidewalk, and precious moments with the family. When the program ended and I opened my eyes, I again faced the real world and Mr. Mathis and his music took me on a trip to memory land. That night's entertainment had me humming and dreaming and all the anxieties of the day had vanished as we drove back to our condo. I can honestly say that the trip to the Mansion Theater and Johnny Mathis' performance made our visit to Branson worthwhile.

An Experience In Wo Hop That Adds Proof To The Butterfly Effect

By Herby and Linda R. Teicher

The Butterfly Effect is the theory that propounds that a small change can make much bigger things happen. (e.g. a butterfly flapping its wings in Madagascar will result in a cyclone in Indonesia).

Hence, this was our experience: My wife Linda and I were having lunch in the iconic New York Chinese restaurant, Wo Hop.

Sitting next to us was an attractive young lady ordering her lunch. We overheard her saying to the waiter, pointing to a woman near her, "I'll have what she is having!" Inquisitively, I asked her, "What is she eating?" Her reply was, "Chinese Eggplant with black bean sauce."

My wife blurted out, "I'll have what she is having!" (All of this repartee

Continued on page 10

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



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Will Your Money Last as Long as You Do?

What do your fellow citizens fear most? Almost half of them – 49% – are most afraid of running out of money during retirement, a higher percentage than the 44% whose chief concern is failing health, according to a recent survey by Aegon Center for Longevity and other groups.

What steps can you take to help ensure your money will last as long as you do? Here are a few suggestions:

- *Estimate your longevity.* None of us can say for sure how long we'll live. However, you can make some educated guesses based on your health and family history. And once you do have at least a ballpark figure, you can then determine about how much money you may need to last the rest of your lifetime. A word of caution: It's probably going to be more than you think. Health care costs alone can run into the hundreds of thousands, even with Medicare.

- *Determine when you'll retire.* Your retirement age will have a big impact on how long your money can last. The longer you work, the more you can contribute to your retirement plans, such as your IRA and 401(k). Plus, if you have health insurance through work, you should be able to cover some of the out of pocket health care costs you'd normally have to pay if you're retired.

- *Invest as much as you can in your retirement.* During your working years, contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. And every time you get a raise, try to increase the amount you put into your employer's plan.

- *Protect yourself from long-term care costs.* If you're fortunate, you'll never need any type of long-term care, such as an extended stay in a nursing home or the services of a home health care provider. Still, there are no guarantees, and long-term care expenses can be big enough to threaten your retirement

savings. The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to the insurance company Genworth. Medicare typically pays just a small portion of these amounts, so you may want to purchase a long-term care insurance policy that will pay for qualified long-term care costs. Or you might consider a "hybrid" policy, which combines long-term care protection with life insurance. So, if you never needed long-term care, your hybrid policy would pay a death benefit to your beneficiary, but if you did need the care, your policy would pay benefits toward those expenses.

- *Choose an appropriate withdrawal rate.* During your retirement, you'll need to withdraw money from your IRA, 401(k) and other retirement accounts. But you'll want to avoid taking out too much each year, especially during the early years of your retirement. It's important to establish an annual withdrawal rate that's appropriate for your needs, taking into account your age, sources of income, lifestyle and other factors.

The thought of running out of money during retirement is scary indeed – but by making smart choices, you can go a long way toward alleviating this fear and enjoying your life as a retiree.

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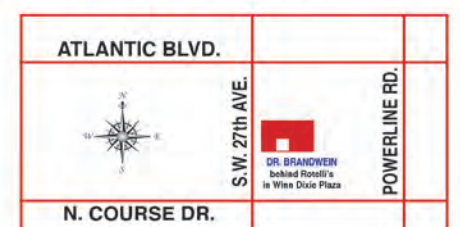
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By Mayda Coombs

The Pickleball Club is very passionate about fighting cancer as it has affected our close pickleball family. Chuck Milstein, President, Irwin Cohen, Treasurer, Pete Katzman, Association Liaisons, Barry Smith, Association Liaisons & Tim Coombs, Member at Large, presented Jackie Railey, a check for \$1,000 for Relay for Life.



Tennis Ladies Luncheon

By Arlene Eisenberger

The Tennis Ladies and guests enjoyed a nice afternoon at La Pizzeria.



Nature & Arts Club

By Linda Storfer

Wynmoor Nature and Arts Club visit Butterfly World in Coconut Creek.



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pen to paper

Pen to Paper continued from page 10

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all, it was for his daughter and three grandsons! I hope someday my own grandchildren will remember me as fondly.

Looking For Something Special To Read?

By Beverly Friend

I once read a book that I thought was so profound that I decided that I would use it to test the character of any man I might consider marrying. This horrified my mother. Nevertheless, this is exactly what I did. Each time I met a prospective husband – and there were many possibilities – I would sit him down and read the book to him – measuring his reaction along the way. Before I tell you more, let me assure you that the main men in my life – including Irv – passed with flying colors. All of them could see beyond externals, all of them were able to stop and smell the roses along life's path and share them with me.

This book, my favorite book, **THE LITTLE PRINCE**, by Antoine de Saint-Exupery, could measure character!

Initially it appears to be a children's book – and it is often found in the children's section of bookstores. While it could and is enjoyed by children, they will not gain all the insights until they reread it as adults. Saint-Exupery's book can be read by all ages, providing different revelations, depending where readers are in their own lives and maturity.

The story opens with a child drawing a picture of what appears to be a hat. He shows the picture to everyone, and no one is frightened because they only see the hat. He then draws what is inside and shows that the picture is actually of an elephant that has been swallowed by a boa constrictor. Rather than appreciate this, the “grownups” advise him to give up drawing at his tender age of 6 and take up more practical pursuits. The “grownups” have been unable to see what lies beneath the surface. They do not understand “matters of consequence” and cannot appreciate them.

The author continues: *Then I would never talk to that person about boa constrictors, or primeval forests, or stars. I would bring myself down to his level. I would talk to him about bridge, and golf, and politics, and neckties. And the grown-up would be greatly pleased to have met such a sensible man.*

The same message is repeated throughout.

He later explains: *When you tell them that you have made a new friend, they never ask you any questions about essential matters. They never say to you, “What does his voice sound like? What games does he love best? Does he collect butterflies?” Instead, they demand: “How old is he? How many brothers has he? How much does he weigh? How much money does his father make?” Only from these figures do they think they have learned anything about him.*

He also notes: *If you were to say to the grownups: “I saw a beautiful house made of rosy brick, with geraniums in the windows and doves on the roof,” they would not be able to get any idea of that house at all. You would have to say to them: “I saw a house that cost \$20,000.” Then they would exclaim: “Oh, what a pretty house that is!”*

As I noted earlier, this method of testing potential mates drove my mother to distraction. But it worked! It proved a valid measurement of all relationships. The men and women who have meant most to me understood the book – as do my children and grandchildren.

They also understood another message of the book -- how groups -- flowers, animals, and people -- can become generalized, indistinguishable until we make one unique: my flower, my pet, my friend – and the author illustrates this when describing a meeting between the narrator and a fox in the story. They meet and “tame” each other. This particular chapter impressed me so much I decided to request the that following words be written on my tombstone:

Forever responsible for those she tamed.

Saint-Exupery wrote: *It is only with the heart that one can see rightly; what is essential is invisible to the eye.* He was right! That is the vast, encompassing theme of this wonderful book. I cannot do justice to **The Little Prince** without simply quoting it in its entirety. You will have to read it for yourself. I would be happy to discuss it with you at any time!

Please Don't Be Gay

By Mobolaji Adedoyin

Phil was born in New York and he grew up in Long Island in a middle-class family. His father was a Supervisor with the Department of Parks and his mother was a teacher - she taught Mathematics (Math) in a private High School. Phil was the oldest of his parent's three children. Mark came after him and the youngest was a girl, Magen, five years younger than Phil. For many years, when they were younger, the children got along well and there was love and happiness at home. They ate, went to school and played together. As they grew up and became teenagers, they drifted apart and did not socialize with each other. Even the two brothers started to go their separate ways and joined different clubs at school.

At the age of twelve, Phil suspected he was gay. He never liked to talk to or be around girls at school or at a small church the family attended. He was attracted to boys, especially to boys older than him. Mark grew up to be “ladies’ man” even though he was not as handsome as Phil. Many girls tried to socialize with Mark with the hope of getting an opportunity to see, talk to or even date Phil.

Continued on page 14

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pen to paper

Pen to Paper continued from page 13

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Curtis grew up in New Jersey and he is two years older than Phil. Curtis also came from a middle-class family - his father was in the construction business and his mother worked for a big Supermarket as a Buyer. Curtis's root was Caribbean. He was born on a small, beautiful Caribbean Island. His parents and an older sister migrated to America when he was four years old. His family settled down in New Jersey and Curtis and his sister attended a very good public school. From the time Curtis started school he was above average student - very handsome and intelligent. In addition, he had an outgoing personality. He developed conversation with even girls easily but wouldn't ask them out on a date. His family began to wonder why he never dated girls from school or the church his family attended. On many occasions, his older sister, who was very outgoing too, tried to introduce Curtis to few friends. He usually got mad and would not talk to his sister for few days. Then he apologized that he just was not ready to date.

Both parents worked long hours and did not notice anything unusual or wrong with Curtis. They were only concerned about his grades in school and he never disappointed them. His average grade from the day he started school was never below 80 points in all subjects.

Phil and Curtis met at campaign headquarters for a candidate for Mayor of New York City. They both volunteered two nights a week, after work, to make telephone calls for their candidate. Nobody introduced them to each other. For over two months, they sat in the same room and never took notice of each other. They noticed and spoke to each other for the first time on a very cold night, when only four people, including them, showed up at the Call Center. Usually, the Call Center was very crowded, especially after work from 6:00 - 10:00 p.m. As volunteers arrived they were assigned tables and phone lines as quickly as possible - no time to look around and chat with anyone. On that very cold night, even the Coordinator at the Call Center did not show up. It was one of the coldest days in NYC in many years. For Phil and Curtis, that night turned out to be the beginning of their beautiful relationship. They met, talked and started to socialize together. In few months, they "came out of the closet" with each other and their relationship was in full swing as a gay couple.

After two years of courtship and lots of drama between both sides of their families accepting them as they were, Phil and Curtis got married privately. Since they were of the same philosophy and mental attitude to life, they decided to adopt and raise a child as a couple. Phil was gentle, soft spoken and caring in nature. He was a clean freak - their apartment was well organized and spotless. They wanted to adopt a girl but after three years of searching for the perfect daughter they settled for a son. They named him Michael, after Phil's grandfather. As everyone knows, kids grew up faster than parents wanted - Michael was no exception. Phil and Curtis were excellent parents

to their son. They give him everything he needed and Michael grew up smart and confident. While he was growing up, they tried not to show too much affection in front of their son. They did not want to influence his sexual preference in any way. They only slept together whenever Michael was away from home - whenever he spent weekends with either of their parents or other family members. Even though they were both gay, they always prayed and wanted their son to be "straight."

Four weeks after Michael started Junior High School, he came home with a beautiful girl, Lisa, he met at school. He introduced her and told his parents he would like to study Math with Lisa twice a week - Lisa was excellent in Math. Michael's parents welcomed Lisa with open hands and made her very comfortable. They were very happy because they assumed their son was attracted to girls. Unfortunately, their joy and happiness only lasted forty-five minutes. After Lisa left, they tried to put words into Michael's mouth and referred to Lisa as his girlfriend. That was when he told his parents in so many words that he was only attracted to boys. He told them he liked Lisa because she was beautiful and smart and he wanted to study with and learn from her. Michael grew up fast, was admitted to Columbia University on a scholarship with a major in Math and Statistics.

Dusting And Life

By Rhona Bennett

I'm not the best housekeeper. Years ago things were different, but now I'm old, well older than I used to be and I don't care about a few dust bunnies or some crumbs on the counter. I live alone and who do I need to please? Just me, and I'm fine with it.

Having said that, I periodically tackle a single project. Like one day it's clean the bathrooms. That's it, just the bathrooms and I do a wonderful job. Another day it'll be wash the kitchen floor and it would sparkle if it were that kind of floor, but it isn't. So this is my haphazard housekeeping style.

This morning I decided to dust all the things on my walls, mirrors, photos, paintings and believe me, it needed to be done. The layer of dust on the wooden frame of the landscape over my bed was disgusting! The back of that picture tells me that it is the property of the Art Gallery of Ontario. My late husband rented it from the gallery as part of their rent a painting program before I met him and he brought it into the marriage. He probably forgot it was on loan. I knew nothing at the time! Yes, I should give it back and I will, but seriously, if they haven't noticed it's gone by now, how much are they missing it?

I continued into the second bedroom which has framed photographs on the wall. Some are very old. There's my parents' wedding picture from 1940. And

Continued on page 23



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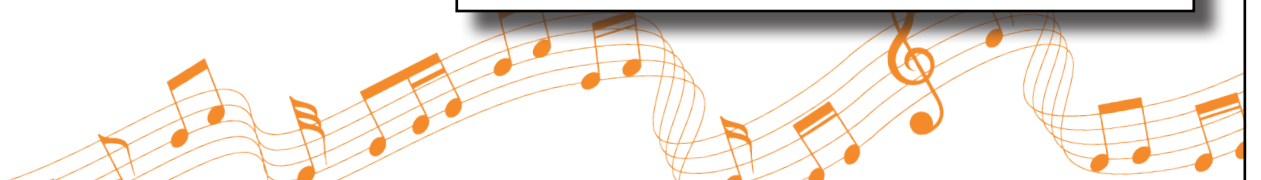
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Property owners who are 65 years or older may qualify for an additional exemption on their Homesteaded property. This additional exemption – which applies only to the county’s portion of the taxes and city taxes for residents of cities that have adopted this exemption – saves the average Broward senior nearly \$300 each year in taxes. To qualify for this valuable tax-saving exemption, an applicant must be 65 or older as of January 1, 2020 AND have a combined HOUSEHOLD adjusted gross income for 2019 not exceeding \$30,721. If you believe you qualify for this exemption, please click on this link for steps to ensure proper filing:

http://www.bcpa.net/senior_instructions.asp

Residents who received the Additional Senior Exemption in 2019 will receive a renewal card in the mail. If you still meet the income requirement, simply sign the renewal card and return it to our office by May 1st so we can ensure you receive this exemption for 2020. Rest assured there is no personal information listed on the renewal postcard. For questions regarding property tax exemptions, please call 954-357-6830.

2020 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2020 Save Our Homes cap at 2.3%. This cap limits increases to the Assessed/Save Our Homes Value for properties receiving Homestead Exemption to no more than 3% per year or

the increase in the Consumer Price Index (CPI) regardless of increases to the just value of the property. This cap results in considerable savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the assessed value of the property.

Important: The Save Our Homes cap begins the year after you receive Homestead Exemption and automatically renews each year. This cap does not cover new construction or construction that was not taxed before the “Save Our Homes” limit applied to a particular property. Many owners will face a significant increase in property taxes when they purchase a property as the previous owners’ exemptions will be removed and the Save Our Homes (SOH) value reset. Florida law requires the SOH value be brought up to the just value of the property when Homestead Exemption is added or removed from the property. For this reason, our office offers a New Homebuyer’s Tax Estimator on our website at www.bcpa.net. This estimator allows prospective buyers the ability to plan ahead when purchasing a new home.

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POETS *and* POETRY

If your poetry was not in this issue because of space, we will try to get it in the next issue. Our goal is to give everyone an opportunity to have their work published. All poetry will be printed as submitted.

Questions

By Mel Berenson

Can we create out of memories that which
has only been created once?
Can the pain of a great loss be mollified by
ones despair?
Are the fleeting moments of pleasure enough
to assuage
The reflections of such a loss?
Can we only live in the face of our own
mortality?
Accepting the unknown pittance that life
may have to offer?
What does one do when there is no golden
broom to sweep away the night?
No muted hues to shed the sands from lashes
of the darkness?
Are you afraid of the day and insensitive to
the night?
Were you born too late or perhaps too
early?
What does one do when to reach out is to
touch nothing?
What does one do when love is no more?
What does one do?

When I Met Wanda

AKA, A Fairy with a Wand.

By Larry Band

A fairy asked me what I wanted for a reward
And she did the same to Sheila, word for
word.
We asked her what that would be actually
for.
She said, for being married 59 years and
more.
Sheila sought a younger and handsomer
man, but still me, her Larry Band.
And poof, by magic, I presented as a
handsome, 82 years young Cary Grant.
For my wish I asked for an exact replica of
Sheila as I fully and wisely understood
That when you already have the very best,
then duplicating her, is twice as good.
Comment: Pass this on to weirdoes, nuts
and crazies, as they most likely will
believe in fairies.

Marilyn 4

By Mel Berenson

How far we've come from whence we started;
Eyes touching amidst countless traveling orbs,
And a sun ride in the blackened night.
Pebbles dropped into kaliedescope ponds;
Circles in concert reaching to infinity,
And water lilies to dance upon.
Ride the carousel and reach for the golden
ring;
Walk patiently through the thorn bushes,
And breathe the scent of the universal rose.
Trust not who you love, but love who you
trust;
Heartbeat Echos of an innocence once lost,
And magical sleigh rides on ocean waves.
Read me a poem, and I'll give you my life;
Tell me of Edens yet to come, and listen to
The sounds of a million tomorrows.
Walk gently with me, and take my hand;
Hopscotch and tag, dodging colored
raindrops,
And a box of dreams for my sandcastles.
Hold out your breast to me, so that I may
suckle of life.
Take me to heaven's gate, with passions
sounds;
Scream with the words of a thousand
yesterdays,
And sing to me a song of a thousand today's.
Open your arms and hold me in the mornings
light;
Let my fingers travel your untouched roads,
And let us go where we have never been.
Do what you will with my love, for it is only to
be used;
Cast away darkness, for the sun always shines
on lovers,
And for lovers, there is life eternal.
Dry your tears with my soul, bury your fears
in my smile;
Drink from the fountain of my veins, and race
With the new days tide to paradise.
Think not of love, just love.
Where we are going for we are there
WE ARE THERE.

A Weighty Matter...

My Stomach

By Larry Band

I am sadly, quite overweight
Because I've always overate.
Not just once or so, but incessantly.
And now, I stand here ashamedly.
Unable to tell if I have got my shoes on
Because I can't see past an obstruction.
Sometimes known as my stomach, or tummy,
My storage chamber, abdomen or huge belly.
But whatever you call it
Don't think for a minute,
That it is not a useful and important part of me.
I believe it is, as it sets an example for all to see.
That it is much better not to pig out or even to
eat a lot
Unless your devouring this message, as food for
thought.

Hope and Pray

By Larry Band

What is the difference you asked between 'to
pray' and 'to hope'?
This answer is given now, prior to any
consultation with the Pope.
But I have today consulted my clairvoyant
soothsayer
Who explained that the upshot of 'to pray' is a
prayer.
And a prayer is a humble request or entreaty
To an all-powerful and most beneficent deity.
Hope is the reasonable expectation that what
one prays for will come to be
And if it does, will for some, be proof enough of
the existence of their deity.
But what if, (as so often happens), prayers are
unanswered, and hopes are dashed?
Would that not reduce the deity to a figment of
an imagination that has crashed?
No, when one believes, he has no need for proof
that his deity exists
But if one acts only on proof, its absence creates
doubts that persists.
Neither are mistaken and none are fools.
They're just using different kinds of tools.
One is playing the odds
And the other, the Gods.



Supper Club

By Lynne List

Library every Monday and Wednesday afternoon from 2:00 - 4:00 p.m. until a week before the show, or until sold out. There are some Friday seats available but there are better choices on Thursday night. The tickets are only \$35 per person including tax and gratuity. Each table seats up to 9 people and you may purchase from 1 to 9 tickets.

Dinner is a plated served meal catered by Old Florida Catering. There will be a glass of wine to begin the evening (BYOB if you want more) a salad, a choice of salmon in dill sauce or chicken marsala, rice pilaf, baby carrots and an éclair for dessert. (A sugar free dessert is available if ordered in advance).

All of this takes place right here in Wynmoor in the West Wing. Many people travel distances to go to a professional show. However, *once a year Broadway comes to you* and you can see the show and enjoy dinner without leaving the grounds. So, take advantage of this once a year production. Don't miss out. You'll be sorry if you do.



Hurry! Hurry! Hurry! Only 2 more weeks before the Supper Club's Dinner Theater production of the

hilarious *Midlife-The Crisis Musical*. The show, with a seated plated dinner before it, will be presented on Thursday and Friday nights, March 19th and 20th. This is a show that will keep you rolling in the aisles as you watch the antics of men and women dealing with mid-life issues. There are situations we all encounter: mammograms, prostate problems, colonoscopies, hot flashes, and many more. The show takes you on a merry romp through the trials and tribulations of both men and women in middle age and pokes fun at everyone. The Curtain Call Playhouse, the professional troupe that produces the show, will be performing at various venues throughout Broward and Palm Beach Counties including the Willow Theater, Sunrise Theater, and the Pompano Beach Cultural Center.

If you haven't gotten a ticket yet they are being sold in the Country Club



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pen to paper

Pen to Paper continued from page 14

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there's a photo of my mother as a baby on her mother's lap, with her big sister, my aunt, leaning against her mother's knee and scowling into the camera... This formal family portrait was probably taken in a photographer's studio, judging by the backdrop of phony looking curtains. I look at my grandparents, my great grandparents and my great aunts and uncles with their children. The picture is a hundred years old. It was taken in Poland and carried to Canada by my grandmother to hold her family close. And now all of them are dead.

My eyes sweep across the wall to a very large picture of my daughter, age three. It's just head and shoulders with her arms crossed in front under her chin. Her expression is pensive, her lovely brown eyes wide open, wisps of blonde hair play around her forehead and her sweet cherub's mouth is deliciously pink and serious. We had enlarged this picture on the occasion of her Bat Mitzvah party and the borders of the photo are filled with messages written by her friends. "You were awesome, Rob! Love Keefra", "Congratulations, Robelah, Love Claudia." Some of her friends had heard me use that endearment and found it hilarious. Fortunately, she didn't, and never minded when anyone called her Robelah.

I read the signatures of these long ago guests and suddenly, Alexi, Claudia, Keefra, the Foster twins and more enter the room with a rush of memories. I see poor Marek, the only kid at the party no one came to collect. His divorced parents got their wires crossed and each one, thinking the other was getting him, had gone out. This was before cell phones, so we had no way to reach them. He was terribly embarrassed. First he had to tell us his family situation and then he had to call his grandmother and tell her we were driving him over to spend the night. What an ordeal for him! The pain in his eyes haunts me still. But only our family ever knew about this. My daughter never breathed a word to anyone at school.

Beside this oversized photo sits another picture of a blonde little girl, also three years old. She looks so much like Robyn, she could be her sister, but in fact, she is her daughter, my youngest grandchild, now seven. I dust this frame

very thoroughly and then sit down to enjoy my girls. I think that's enough dusting for today. I haven't even finished two rooms, but really with dusting, as with so much in life, it's not how much you get done, but how well you do it and the pleasure it brings.

How Many Times?

By Pete Hardis

If you are like me you also count how many times certain events or things happen to you during your lifetime. After you count I bet you also enter that number into your "How Many Times?" notebook just like I do. I have so much fun counting that I set aside a whole hour each day counting.

In order for you to get a better idea of what I'm talking about I will give you a few examples of some of the entries I have recently made in my "How Many Times?" notebook. I think that by the time you finish reading some of these examples you will rush out to get your very own "How Many Times?" notebook in order to enter how many times certain events or things happened in your life.

1- How Many Of My Students I Failed? As a high school Biology teacher in the South Bronx of NYC I found myself in the unenviable position of having to teach 10th grade regents Biology to students who could barely read on the 4th grade level. The reason for this was because the NYC school system had a policy known as 'Social Promotion'. As you can imagine teaching Biology to these students was an enormous challenge for me to do. However, because I was an excellent teacher I was able to meet this challenge head-on by failing just about every student I ever taught. One day my principal called me into her office. I thought that she was going to congratulate me because of the wonderful job I was doing. She said to me, "Mr. Hardis, it has come to my attention that you have been failing more than 90% of your students. I'm wondering if you can explain to me why you don't have the skills to get your

Continued on page 26

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*Id's required for all shows, dances and movies. All shows are subject to change. Guest show tickets available two (2) weeks prior to show. PLEASE NOTE: Children under the age of 15-years-old are not permitted in the Theatre. No shorts allowed in the Theatre after 6:00 PM (excluding movies).

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On The Tennis Courts

By Arlene Eisenberger

Tennis Color War was a huge success- the weather behaved, considering Florida had its coldest day with rain for three days prior to this event.

Four teams vied for First and Second places on the courts and off the courts.

RED TEAM: Dennis Levans, Carolyn Frankel, Edwin Napoleoni, Nora Yarieva, Mary Matarazzo, Joan Sommers, Edie Rubin, Mercedes Napoleoni and Rena Kreisler.

BLUE TEAM: Igor Kupershlak, Shelly Propper, Dennis Unger, Mona Margolin, Jim Halpin, Kristine Baker, Mike Baker, Carole Unger and Roni Senzon.

GREEN TEAM: Ron Sacoff Adele Lebowitz, Dave Perlstein, Maureen Phillips, Lenny Tattenbaum, Gladys Longobardi, Bill Bagwell, Everette Phillips, Joanne Sacoff and Howard Lebowitz.

WHITE TEAM: Sam Shapiro, Mary Heyach, Jeff Branch, Nicole Fauteux, Marvin Davidowitz, Patti McDonough, Maxine Cooper, Mark Kreisler, Barbara Branch and John Heymach.

Once again, Shelley and Barry Mark put on their Crazy Relay Races and puzzle games in between tennis matches.

Some of their timed Crazy games included:

1. Lining up according to height, then birthday.
2. Small Balloons to be blown up and stuffed into a pair of large pants.
3. Relay with a container of water on top of a tennis racket.
4. Water balloon toss.

Sounds easy- try this with 10 Seniors all trying to give directions at one time.

In between each of the Crazy Games, the tennis players played a first to 4 game set.

After the games we all converged at the Cove where there was a wonderful BBQ.

Almost forgot the winning teams: EVERYONE WAS A WINNER

Thanks goes out to all who worked hard to put this event together from shopping to cooking to setting up the area. Those who helped plan, set up and keep scores are: Bob Long, Shelley and Barry Mark, Mary Matarazzo and Joe Cirello, Jerry Krams, Shelly Propper, Dave Perlstein, Joan and Nelson Sommers, Sandy Zoccolillo, Sandy Goldberg, Mark Kreisler, Barbara Branch, John Heymach and Edwin Napoleoni.



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Pen to Paper continued from page 23

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students to learn?" I said to her, "I'm wondering why YOU don't have the skills to be able to figure out why I do that?" She said, "Mr. Hardis, you better change your ways or I'll make sure you won't be a teacher much longer." Lucky for me she retired that year. My "How Many Times?" notebook entry for, "How Many Students I Failed" over the span of my 30-year career was: 8,853 students.

2- How Many Times Was I Turned Down For A Date? I hope that you understand why I do not wish to share this number with you. It is not a number I'm particularly proud of. I'm just hoping that as I continue to try my luck at dating, I won't have to go back to my "How Many Times?" notebook and change this number higher than it already is. My "How Many Times?" notebook entry for how many times I was turned down for a date is: NONE OF YOUR BUSINESS!

3- How Many Times I Left The Toilet Seat Up? Very often in the middle of the night I would be startled awake by my wife screaming from the bathroom, "God damn him, he did it again! Why can't he ever remember to put the seat down!?" Whenever this happens I would always promise her that I will never do it again, but for some reason I just could never remember to put the seat down. Keep in mind that this went on for 48 years until she got crazy glue and glued the seat down. My "How Many Times?" notebook entry for how many times I left the toilet seat up is: 15,649.

4- How Many Times My Diapers Were Changed? My mother and I put our heads together on this "How Many Times?" and we were able to come up with a reasonably good estimate. Because of the fact that she couldn't afford a diaper service, my mother had to wash my diapers herself. As my mother explained to me, she just could not wash so many diapers because it was making her hands raw and that's why by the time I was 8 months old she began to change my diaper only twice a day no matter what my situation was. Because I wasn't toilet trained until I was 5, the number of diapers I required from the time I was born was getting too much for my mother to handle. That's why when I was 5 my mother told me, "Whatever you do in

your pants from now on is your business because I'm not changing any of your diapers anymore." Coincidentally, on that very day I taught myself how to become toilet trained. My "How Many Times?" notebook entry for how many times my diaper was changed is: 5,240.

I'm just hoping that at my advanced age I won't have to increase that number of "How Many Times My Diaper Was Changed", but some signs are already beginning to show up that it is highly likely that diapers will be a part of my life once again.

By now, you can see why I have so much fun counting things. I am certain that you will get many hours of enjoyment also when you start your own "How Many Times Notebook." If you need any help setting yourself up just give me a call. Be patient if I don't get back to you right away because there is a good chance that I will be busy changing my diaper.

The Chocolate Cake

By Marian Broder

The other night I had dinner at my daughter's mother-in-law's home. She is an extraordinary baker. She served delicious cakes and cookies made "from scratch" in her own kitchen, including my favorite, a chocolate babka. It made me reflect negatively on my own baking skills.

I am not a baker. I am the third generation of women in our family who do not bake. My grandmother did not bake. My mother and her sisters did not bake. Why? Because my grandfather was a baker. When my mother and her sisters were growing up in the 1910s, their father brought home from his bakery whatever baked goods they needed. As grown women, my mother and her sisters continued the habit of always buying their bread and cakes.

In our home there was one exception to the no-baking tradition – a short period of time when my sister baked chocolate cakes.

In the 1950s our neighborhood was "turning over." Mrs. Clayton, the elderly

Continued on page 29



Neighborly News

Andros 1705

By Marilyn Stahl

Another season almost gone. Some of our visitors are getting ready to leave. We wish them a safe trip but before you know it they will be back.

Our lunch bunch continues our monthly get-togethers. Gianni's was our last visit. Fun to hear the goings on in our building.

Marilyn and Bernie Horowitz visited Tampa and Bradenton where they saw

Marilyn's niece, her twin sister and her daughter. Bernie's granddaughter from South Carolina visited and all went to Port St. Lucie to visit Bernie's family.

If you see someone in our parking lot at midnight.. it is only our Director Angela checking to make sure that no one is there who does not belong. Thank you to Angel for the lights on the trees.

That's it for now but please continue to enjoy a healthy life here in this wonderful place called Wynmoor.

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So leave your worries behind and go out and have some fun!

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pen to paper

Pen to Paper continued from page 26

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grandmother who lived alone across the street, sold her house. A young couple, the Fines, with their four-year-old daughter moved in.

I idolized Mrs. Fine. She was twenty years younger than my mother and much more contemporary. Also she was a baker. She made a delicious two-layer chocolate cake that was high, moist, light and rich. It was covered with scrumptious chocolate fudge frosting.

My mother suggested that I ask her for her recipe. Mrs. Fine refused. She said that it was a family heirloom and she could not divulge it. I pestered her. I offered to copy it myself. She finally relented and I borrowed the recipe overnight.

My mother had a blue spiral notebook titled 'Recipes' with blank pages inside. She copied the recipe in her beautiful penmanship into the book. She told me that it was good that I got the original one to copy. She passed on some kitchen wisdom to me that borrowing recipes from other people is tricky business. She warned me that sometimes when people give you a recipe they omit a critical ingredient either by mistake or on purpose so that yours would never taste as good as theirs.

She said that, even worse, sometimes when you share one of your recipes with someone, they pass it on as their own and don't give you credit. She had been the victim of such unethical behavior. She had given a friend her brisket recipe typed on her personalized stationery with her name and address printed across the top. When the friend was asked for a recipe for the sisterhood cookbook, she cut off my mother's name and submitted it as hers. My mother was very upset.

When my older sister was in high school, she loved making Mrs. Fine's chocolate cake. Every single afternoon a group of her friends crowded into

our kitchen to bake and devour a chocolate cake. They didn't do a very good job of cleaning up. They left half-washed baking pans in the sink, smudges of chocolate on the counters and crumbs on the floor. Mother had to politely ask her friends to leave so she could get ready for dinner.

One morning my sister awoke covered in terrible hives – red, itchy, welts. Without calling the doctor, my mother immediately diagnosed it as a "chocolate allergy" and prescribed "no more chocolate cakes." My sister was so miserable that she did not protest. Mother was relieved to have the daily commotion and chaos out of her kitchen.

Fast forward to the 1990s. My mother passed away. It was time to get rid of her stuff. I was sorting through my mother's boxes. It was a slow process since I lovingly reminisced about each item. In one of the boxes was mother's blue spiral notebook titled "Recipes." I leafed through it and saw Mrs. Fine's Chocolate Cake recipe written in mother's handwriting.

I craved a piece of it. I stopped unpacking. I drove to the market and bought the necessary rich ingredients – Hershey's baking chocolate squares, butter, half and half and sugar. I made the cake. When I tasted it, I was disappointed. It was ordinary. It did not meet the expectations of my memories.

As I was cleaning up the counter, I glanced down at the wrapper for the bar of Unsweetened Chocolate Baking Squares. I was shocked. Ingredient by ingredient, it was identical to Mrs. Fine's. Mother was right. In borrowing that recipe, I'd been tricked. It wasn't her original family heirloom recipe after all! It was Hershey's. I felt diminished and disappointed that I had been lied to all those years ago.

My hand felt itchy. I looked down thinking I would see big red hives on my wrist but there were none there.

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INSPIRATION STATION

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

Food For Thought

Dear Reader,

If we truly are what we eat, what would you be RIGHT NOW based on your last meal or snack? A bag of chips? A salad? A cup of Java? Fortunately, our amazing bodies do not instantly morph into the very last bite or drink we just ingested, but over time, we are a living compilation of everything we have allowed into our systems. This includes not only our foods and drinks, but also our thoughts, beliefs and emotions. Our bodies are the magnificent physical representation of our genes and our lifestyles. Many of us are living very full, active lives. Feeding our families and ourselves often slips from being a priority to being a mild (or major!) inconvenience. We often look for short cuts to satisfy the hunger, the cravings and the very real need for nutrients that we require to function! I am regularly asked for ideas for meal planning quick and easy meals. But what I have discovered is that even with one thousand easy to follow, healthy, tasty recipes, *until* we shift our mindsets about food, we won't be inclined to even try the recipes. We are after all, creatures of habit. Let's take a moment to PAUSE and consider a few points.

1. Food is fuel to our bodies. It is essential that we refuel and stay hydrated to function. Waiting until we are famished (i.e. cranky, light-headed, overwhelmed!) to start thinking about what to eat is like trying to learn to swim while entering the ocean. It's too risky! You wouldn't dare take a long drive without putting gas into your car. Allow yourself to fuel up your body before you run out of energy! By making NOURISHING YOURSELF a priority you are recognizing that your health is the golden ticket to doing everything you want to do in this lifetime!

2. When we take time to actually plan our meals, we make healthier choices. By thinking ahead, we also can arrange to have the ingredients on hand required to make our meals. Some argue that they are too rushed to prepare food, so they go through the drive through or order meals to be picked up. Of course there are times when this just makes sense but as a *lifestyle*, it is actually more efficient, less expensive and healthier to take control of what we are putting into our bodies by choosing recipes that support our optimal health (unlike in restaurants where added salts, sugars and oils are the norm).

3. Preparing and offering high quality foods to our family is one of the most loving things we can do. We are literally feeding their bodies and their souls. When we present our spouse, children, parents or friends with food, we are in essence giving them the gift of life and love. When we eat together, free from technology and distractions, we are giving them the powerful message that they matter and eating matters and TOGETHERNESS MATTERS.

If you look around at any restaurant or perhaps even your own home, you will see families eating at the same table or in the same room, but not engaging with one another. Technology has come between us. But we have the power to shift this dynamic and allow mealtimes to become sacred, healing and fun.

Tips to allow FOOD TO TRULY NOURISH YOUR BODY AND SOUL:

1. Engage your family. Tell them you love them so much you want to make eating more delicious and fun! Ask what their favorite dishes are and tell them you plan to make them together. Trust me when they go to college, this tip alone will be invaluable to them!

2. Keep it simple at first. Serving fresh fruit is beautiful, healthy and easy!

3. Pack a cooler *every day* not just for trips! Every time you get into your car, consider where you are going and for how long. Then pack the drinks, snacks and even meals to power you through.

4. Make car meals delightful! When my daughter has dance lessons following play practice with only 40 minutes in between, we share a meal in my parked car complete with trays and napkins and CONVERSATION! Of course, when time allows, we find someplace pretty outdoors to eat, but when it is dark, we still eat together and enjoy warm, healthy meals.

5. Rituals and schedules guarantee results. Once you have created a new plan, even if it's just one new routine, such as making smoothies for breakfast – STICK WITH IT! There is much power in the credo, "PLAN YOUR WORK, WORK YOUR PLAN!"

Wishing you joyful, nourishing inspiration. 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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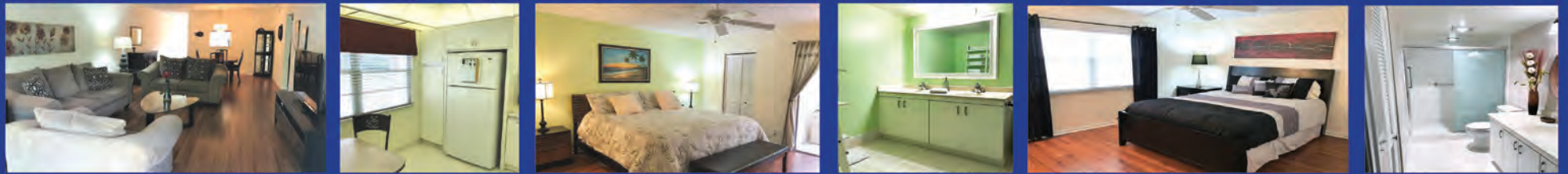
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"May your home always be too small to hold all your friends.." — Irish Proverb



Dear Dr. Joy...

By Joy Berke Sanchez, PhD

Do you have a comfort zone? Do you live in it? Is it a physical one, a mental one, an intellectual one, an emotional one, a spiritual one? I'd like to imagine this article being interactive and while you're reading it you are answering these questions. I would love for us to have a dialogue about this subject but since we can't do that I'll just ramble on with some observations and suggestions.

A couple of weeks ago I was in the Bistro having lunch with a friend. Next to us was a birthday party for a woman who just turned 100. A little while before that I met a woman, also on her way to her birthday party. She was 101. This is not an unusual sight in Wynmoor but it started me thinking about the maturing population of our community. Why are some eager for more life and living while others have very little wind left in their sails? Is there a commonality that runs through these two groups? Is it a chicken or egg question? Fate? Luck? I gave you a hint in my opening few lines as to what I think may be happening.

When was the last time you tried something new? If you did, why did you do it? What was it that called you? If you didn't, why didn't you? What held you back? I believe that what calls to us is our internal life force begging us to give it

an outlet and something to be excited about and that what holds us back is fear. Fear of looking silly, fear of failing, fear of anything. The young older people here have that internal drive to keep living. They want to feel that something is new so that they can feel new again. They want that excitement of being engaged in life. They want that life force constantly activated and bubbling with possibilities. It really doesn't matter what the draw is as long as it keeps you moving forward.

My friend Fran Goodman is an artist and an art teacher. She gives classes and has showings. Last year I laughingly suggested to her that I would like to take one of her classes if only I had a modicum of talent. She told me I was in luck because her classes were abstract, and I wouldn't have to paint anything recognizable. Well there went my excuse. I took the class. I loved it. The 2½ hours a week went so fast and my excitement level soared. I felt completely alive and completely engaged and the fun level was off the charts. I was definitely out of my comfort zone since I had never done anything artistic in that way before. While washing up after class one day one of the students asked me how old I felt just then. I said about 5 and so did she. We are kids again just enjoying being alive with a purpose that was nothing but pleasure.

I do a lot of things and most of them I do well but there was no greater excitement than doing something I hadn't done before and didn't care

about the outcome. Now in all honesty I won't step too far out of my zone in a physical sense. I might try car racing, but I could sit down for that. How about thinking of something new to try for yourself. See if it adds a more youthful zing to your outlook. There are certainly enough classes in Wynmoor to try your hand at something you never thought to do before. I'm rooting for you!

In an older article I once described retirement as coming in three different types. There are probably more, but these are the prevailing ones. Briefly they are: The one where you are so happy to be retired that you fill your bucket list and do everything you didn't have time for before. The one where you do the same things you did when you were getting paid for it but now you don't get paid and do it all on a voluntary basis. The one where you sit down and turn off. Maybe you read some, maybe watch some TV, do crosswords, play computer games, etc. Hopefully you're happy. If you're not this will diminish the life force faster than anything else. It becomes a quicksand trap. Last week I had a bad cold and cough. It was the second time in a month, and I decided I would spend a few days in bed and rest it out. It actually became harder and harder to get myself going again. It was comfy lying in bed with the TV remote, my tablet and a book. This morning I wanted to go to the Writers' Workshop meeting at 10:00 a.m. so I dragged myself up and into the shower and went. I'm so glad I turned my on button back on. It may take an act of determination to get started but I know you will feel so much better when you do.

You might even try my new workshop on self-esteem and spirituality. It's Saturday, March 14th from 1:00 – 5:00 p.m. You can write me at Joyb212@aol.com for more information.

A computer once beat me at chess, but it was no match for me at kick boxing.

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From The Other Side Of The Couch

By Merri Goldberg

LONELINESS...

After last month's article on my view of the other side off the couch I was asked some more interesting questions about what a therapist did and experienced. As I started to write my answers my eye caught the headline in an AARP Magazine and the topic of my article instantly shifted. The title of the article in the AARP magazine was "The Loneliness Epidemic: New Science, New Hope" "I feel that loneliness is indeed an epidemic, even here in Wynmoor with so much to do and so many people around. The topic needed to be addressed.

Most people don't talk about feeling lonely even with their close friends. Why? Maybe it's because they feel that it's a very private feeling or worst case it makes it seem like they are a loser, different, empty or there's something wrong with them. That is so not true. The first thing to do is realize you are not alone and that there are millions of others like you. Statistics show that 22% of Americans are constantly lonely. Most people feel intermittent loneliness. The numbers soar in the senior population. I feel that most of us are sometimes lonely even though again we, may be surrounded by people and activities. Which may make it even more confusing.

What is also confusing is that loneliness hurts, not only emotionally but physically. At those times we may feel like our bodies are really physically hurting and there are reasons why. It seems that loneliness acts on the same parts of the brain as physical hurt. Recent studies show that blood pressure goes up as the feelings continue, the immune system is weakened, and more inflammation is shown throughout the body when people experience loneliness. The risk of developing Alzheimer's disease, heart disease, diabetes, and arthritis increase. Often when we feel lonely, we increase fat and sweets intake, eat larger amounts of unhealthy comfort food, decrease exercise, and are more immobile. Turning to the emotional side, in addition to how bad it feels, recent studies show that there is decreased memory and a decrease in the ability to learn, particularly new material. Old pleasurable activities may just not feel as good and so they may be avoided, creating even more alone time. What can be done? Although people often come to therapists for answers, I would be the first to admit I don't have all the answers to this serious issue.

What I can share is some of what I've learned from clients and friends, my own thoughts and questions, and some of what I've read.

First consider slowing down. Feeling alone can lead to further isolation but it may also lead to running in double time to find new activities and groups to meet new people. Sometimes that works but when overdone can just leave you tired and worn out. It's not the number of acquaintances you have that keeps you from being lonely and that's why being surrounded by people is not the cure. Stop. Consider assessing your relationships. We need only a very few people who make us feel seen, who value us, hear us, are there when we need them, and show that they care. Interestingly, at times I have heard clients say that a special relationship with a therapist can provide some of that. I have recently been aware that one on one time with a friend or couple is so very special and, in a way, that a group can never be. Consider spending more alone time with the most important people you know and let them know you value the relationship.

A deep, profound and unexpected sense of loneliness or missing can come even years later, seemingly out of the blue, as we think about the loss of a spouse, family member, or close friend. At that time, we may ask ourselves why is this coming up now? Perhaps this was a person who really did make you feel seen and cared about and at this time in your life you are feeling the more of the need for that. Perhaps it is an anniversary time, or an event has triggered the thoughts. Perhaps they were in your life a very long time, with so many shared moments and life events. For me when I feel the loss of my husband or another very special person, I try to remember the special times and that I was lucky to have them and sometimes it helps even as I continue to miss them terribly.

As I was writing this, I first thought it would be a brief article with the solution being "If you feel lonely go out and meet new people," but as I wrote there was so much more to say. Why when you feel lonely isn't that the simple answer. In addition, as I asked close friends if they ever felt lonely and all answered yes with some interesting solutions. So... the need for more and a continuation next month. How do you the readers deal with loneliness? Let me know. Perhaps your answers can help others. As ever, I look forward to hearing from you.

Attention Friends and Neighbors: Saving On Medications

By Beverly Friend

When Walgreens wanted \$83 to fill my prescription (with my insurance), I decided to investigate further and discovered that I could buy the same medication at Publix for \$25.50 with the GoodRx coupon (without my insurance). This discovery --which I wish I had known earlier-- is a real money-saver. The next time you fill a prescription, compare the cost of your medicine with at least two sources: your regular pharmacy and GoodRx (www.goodrx.com/Official/Site) or a comparable discount program. This cost-saving effort might not work every time, but it is worth trying.



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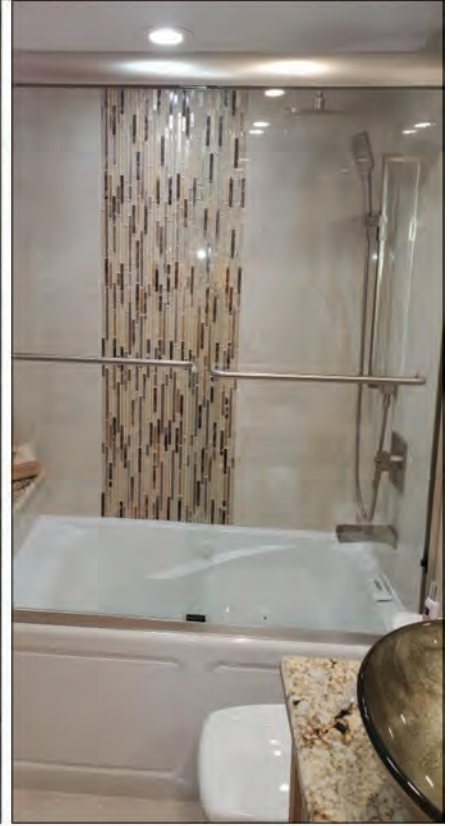
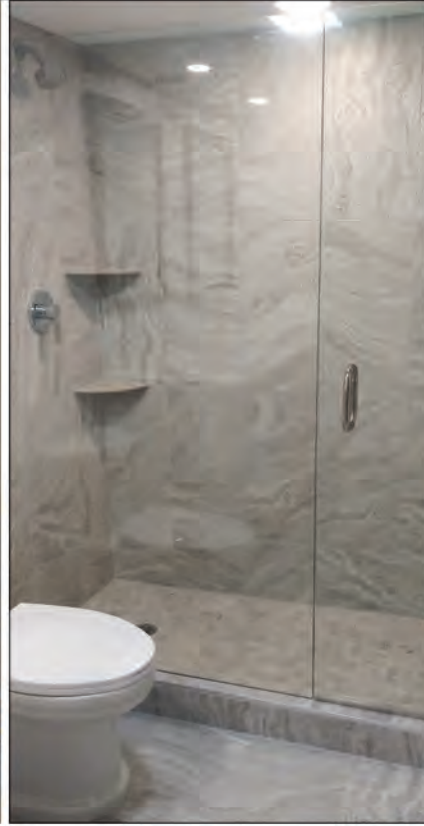


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Clubs and Activities

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 & Dance, Club Pool & Billiard Tournaments, and other social events.

Wynmoor Pool and Billiard Club activities are open only to Club members and their guests* Any resident can join for \$5 per year. 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 put your information, and dues, in an envelope which you can place in the locked mailbox located in the poolroom.

The next Pool & Billiard Club Meeting is Sunday, March 8th in the Multi-Purpose Room (next to Main Pool/Grills) at 10:00 a.m. Come meet & greet fellow Pool players. Bagels and coffee will be served. Cost \$1 for members, \$5 for non-members.

Wednesday Night Pool Tournaments: Join us every Wednesday night at 6:00 p.m. This Tournament is handicapped for all skill levels. All Pool & Billiard Club members and their guests* are welcome! Enjoy AC comfort while having fun and meeting new friends!!

Pool Lessons: Put your information, name & phone number, in the locked mailbox located in the Poolroom or email us at: Wynmoorpoolclub@gmail.com, to schedule lessons. Lessons are Free for Wynmoor Pool & Billiard Club Members only.

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. 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 a.m. to 12:00 Midnight.

Women's Pool Team The MzCues: Explore a new activity, make new friends and have fun in our AC Poolroom. This is for beginners and advanced players. Join us Tuesday's from 3:00 - 5:00 p.m. All Pool & Billiard Club Members and their guests* are welcome!

*All Events are Free only for Wynmoor Pool & Billiard Club Members and their guests. Guests must register and pay a guest fee. Non-members can join at any event for \$5 per year.

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Bocce

By Lucia Catone

The sport can be played several times a week - Tuesday afternoons from 3:00 - 6:00 p.m., Wednesday, Thursday and Saturday mornings from 8:00 a.m. - 12:00 p.m. If you are interested, it's very easy to play. We supply FREE lessons, balls and lots of fun!

COME and JOIN us at the Bocce Court; it's only \$5.00 annual membership. If you have any questions, contact our President, Shane Moore.

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Bookies

By Rhoda Becker

There are a few changes to be aware of: We will meet on Tuesday, March 3rd at 7:00 p.m., not our usual 7:30 p.m. Our March meeting will be held at a members' home. We welcome a new moderator, Myrna Greenberg. Please call Myrna at 754-231-6368 for the meeting address. Our choice book for March is Firefly Lane by Kristin Hannah. We are a compatible group which could surely add to your reading enjoyment. We sincerely wish to thank Laura Kirschner for the many years she devotedly led Bookies.

.....

Bridge

By

There are many options for playing bridge at Wynmoor each week. There are ACBL sanctioned games on Monday and Wednesdays at 7:00 p.m. There is a Friday game at 12:30 p.m. in the West Wing. Plan to bring lunch and join others for an informal question and answer session with the director from 11:30 a.m. - 12:15 p.m. The Saturday afternoon games have 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 p.m. in the East Wing. There is a Bridge lesson on Fridays at noon. Two notes: For a partner call Ruth Barry at 954-970-3456. Also, please remember to arrive fifteen minutes before game time to help the director organize the game.

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 a club member's newsletter, "The Focus," that will display club member's photos, club activities, and informative articles.

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

Yearly membership is \$10 per person, \$15 for married couples. New to the club? First meeting is FREE! 2019 - 2020 Season we meet the 2nd & 4th Tuesdays of the month from 3:30-5:30 p.m. in the Lecture Hall at the Clubhouse. Come join us! For more information, call Nancy Landman at 954-979-9894.

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Ceramic Club

By Maralyn Deieso

There will be a Ceramic Club meeting March 18th in Ballroom C at the Clubhouse. We will introduce our new Board Members at the meeting, followed by Brunch. Our menu is at the desk. You can make your choice and see Diane Temblay, Maralyn Deieso, Sharon Schlanger or Mollie Abraham about the cost. We would like to see all our members at this meeting. Also in March we participate in Wynmoor's Arts & Crafts weekend. This occasion is in the Clubhouse. You can see the beautiful work done by the members of the clubs of Wynmoor. All residents are welcome to stop at the Ceramic Club and get a tour of our Studio by one of our Librarians on duty. We do this Monday through Thursday from 9:00 a.m. - 12:00 p.m. If you are interested, you can sign up and you will receive a phone call to tell you when the next class will start.

Our next meeting will be October 14th in Clubroom A at 9:00 a.m. Please mark your calendar. For those leaving us for the summer, have a safe trip and see you when you return. "Keep Smiling."

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Chess Club Welcomes New and Returning Players

By Hillel Cohen

The chess club meets every Tuesday from 6:30-9:00 p.m. in Card Room 1 at the Clubhouse. All levels of players are welcome. There are no membership dues and no entrance fees — just friendly games with friendly people. Boards and pieces are provided and everyone who wants to play will get a chance. It's never too late to get back into the game and you can consider it fun exercise — for the brain.

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Clay Sculpture Club

By Batya D. Winger

Come play in the clay with us! We're a group of clay sculpture artists, from beginner to professional and all newcomers are welcome. We'll even provide you with your first piece of clay for free while it lasts. No experience necessary. There's usually someone in the Studio on Tuesday from about 11:00 a.m. to 1:00 or 2:00 p.m.; also Friday Saturday at about the same time, or contact Batya at batdarl@gmail.com or 561-558-3229. The Studio is at the back of the Main Clubhouse, behind the Billiard Room. Dues are \$10 per year. Hope to see you there.

.....

Computer Club

By Beverly Friend

Location change to Ballroom A for March Meeting only! Learn all about Home Automation on Wednesday, March 18th at 9:00 a.m. in Ballroom A. The lecture/demonstration by Club Officers Ed Berkowitz and Adele Berenstein will include information on Door and Security Cameras, Smart Speakers, Google Minis and Alexa, Smart Lights, and much more. All are welcome. Join us to learn the latest information, share troubleshooting, and enjoy refreshments. For updates on our meetings, see our site at www.wyncomputerclub.com

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Conservative Club

By Perri Cohen

Our speaker for the March meeting is an attorney by the name of Scott

Clubs and Activities

Continued from page 39

Newmark. Scott was born in Boston Mass and has spent the past 30 years residing in South Florida, practicing law and serving the community. Scott has always had a keen interest in political matters preceding the years he spent at University of Miami Law School. This is the very motivation which led Mr. Newmark to form the Americans for Trump Organization, based in Broward County. As the president and founder of Americans for Trump Organization, Mr. Newmark's key objective of which he built the organization on, steadily focuses is to KEEP AMERICA GREAT!

The Conservative Club, here in Wynmoor, is pleased, excited and honored to have Scott spend an evening with us to share his thoughts.

He will speak on current events, issues including the issues of impeachment.

Please, plan on attending March 17th at 7:30 p.m. in ballroom A.

Remember ALL are welcome to attend no matter what your political affiliation. Refreshments are served, a 50/50 raffle is just part of the fun!

If anyone has any questions, please feel free to call me at 954-579-3118.

Contract Bridge at Wynmoor

By Phillip Cummins

There are many options for playing duplicate bridge at Wynmoor each week. In Duplicate Bridge, a bridge hand is preserved in a holding board, so that the same hand can be played multiple times. This allows for comparative scoring and so it rewards good play rather than just luck. Otherwise, Duplicate Bridge is just Contract Bridge, a familiar and very popular card game.

There are two kinds of duplicate games held at Wynmoor. First, there are ACBL sanctioned games on Mondays and Wednesdays at 6:45 p.m. (please arrive by 6:30 p.m.) and Fridays at 12:45 p.m. (12:30 p.m., please). Second, there are social duplicate games on Tuesdays and Fridays at 12:30 p.m. (12:15 p.m., please). Both kinds of Duplicate Bridge games are held in the East Wing and are organized by the Wynmoor Bridge Club. For help finding a partner, contact Ruth Berry at 954-970-3456. Remember that arriving a bit early helps the director organize the game. Also, please note that currently there is Supervised Play for newer players on Friday mornings at 10:00 a.m. Special Note: Membership meeting, lunch and game, Friday, March 6th at 11:30 a.m. Members \$10 for lunch and game. Non-members \$12. Save the date.

Current Events Club

By Daisy Sheridan

Come to our weekly meetings where we discuss the current events of our times. We meet every Tuesday morning from 11:00 a.m. until 12:00 noon in the Multi-Purpose Room, which is conveniently located near the entrance to the Main Pool. You may stay a little longer if you wish. Most of us go out to a nice lunch as a group after the meeting. May we see you next Tuesday?

Democratic Club

By Stan Grossman

The Democratic Club of Wynmoor meets on the first Tuesday of the month in the Clubhouse Ballroom at 2:00 p.m. Please come and join us. We have very interesting speakers, discussions and sometimes, debates.

Our next meeting will be on March 3rd, at which Parkland Mayor Karen Hunschofsky will be the guest speaker. She will address the issue of gun control, particularly banning assault weapons. She will also discuss the tragic incident at the Marjory Stoneman Douglas school. She has a very interesting background and will be a compelling speaker.

Our speaker for this past February was political consultant David Brown, who addressed the issue of impeachment and also the recent caucus primary in Iowa. It was a very informative discussion.

Documentary and Discussion Club

By Enid Wolf-Schein

The Wynmoor Short Film Festival is returning with two opportunities to see a range of delightful films plus go to a fun reception wearing your "Red Carpet" finery.

The Premier will be the evening of Friday, March 27th starting at 7:00 p.m. in the Wynmoor Country Club Lecture Hall with the Reception following in the Ballroom just across from the Lecture Hall at 8:30 p.m. featuring wine and popcorn.

For those who prefer an afternoon there will be an encore in the Lecture Hall on Sunday, April 5th at 2:00 p.m. in the afternoon with the Reception following in the Ballroom featuring iced tea, lemonade and something sweet.

For a list of the films see our poster on page _____. These are all original films and you will have a chance to meet the directors and casts at the

Reception. This is a "dress-up" event. No shorts, (men or women). Tickets are \$3 for the evening and \$2 for the afternoon.

Eastern European Club

By Antol Nisen

We are happy to announce that the Eastern European Club will be meeting every 2nd Sunday of the month in Grand Ballroom A. Join us for some fun, dancing, happy times, and new-found friends. We are calling all Wynmoor residents from the former Soviet Union, etc. to come and party together. All of our meetings are conducted in Russian. Membership dues are \$10, annually. We are happy that so many new residents decided to join our club. Call for information 954-975-8176 or email easteuroclub@gmail.com.

Fishing Club

By Eddie Kopple

WANTED: new members. If you like to fish or have never fished before come join us. This is not only a men's club as ladies are welcome to join us. Bagels and coffee served at 8:30 a.m. and meetings start a 9:00 a.m. and are over by 10:00 or 10:30 a.m. Come and enjoy fish stories. Meetings are held on the 1st and 3rd Monday of each month in Ball Room C. Any questions, call me at 215-429-6138. Before you leave message use code word fishing. (photos)

Fun With Friends

By Lou Kravitz

Our March 23rd dance features Cachet Band who everyone has loved over the years. They play great music which you can listen or dance to. Remember, we are not professional dancers, we dance ballroom and line dancing just to have fun. We also give free dance lessons from 7:45 - 8:15 p.m. The cost is \$10 for members or \$15 for non-members. It costs \$10 to join the club. Checks only can be dropped off to Howard Cohn, 1502 Cayman Way, Apartment E2. Doors open at 7:30 p.m. at Ballrooms A & B. Checks must be in by March 20th at 12:00 noon. Any questions call Lou Kravitz at 646-864-7568.

Hadassah

By Toby Gordon

Hurry, now is the time to think about our Spring Luncheon. It is filling up fast! This might be the last time that you will see some of your Hadassah friends till next season. Form your tables and contact Beverly Alexander at 954-969-1701 or Anita Waldman at 854-975-6445 with your reservation. The flyers can be found on the carousel in the Library.

Our next general meeting is March 4th in the West Wing. The doors will open at 12:00 noon so that we may enjoy a snack and schmooze with our friends. The business part of our meeting will be called to order by our President, Bernice Riback at 12:30 p.m., followed by an interesting discussion by Rayna Harris who wrote the book, "Bronx Heart - Jerusalem Soul" based on the Six Day War.

SAVE THESE DATES: Our next Card Party is June 3rd. Natalie Gorelick at 954-984-1673 can be contacted for further information or find our flyer on the carousel outside of the business office. Better yet - form your table and let Natalie know to reserve one in your name when you call. The cost of an afternoon of food, fun, and of course, your favorite game is still \$18 and this includes your dairy box lunch.

REMINDER: Please support Hadassah by purchasing certificates for any occasion from Bernice Riback. She can be reached by calling 954-984-1703. Trees for any occasion may be purchased through Beverly Alexander who can be reached 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 & Wellness Club

By Hope Myers

Support our club and become a member for \$10 per season. The guest fee is \$3 per meeting. For further 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, March 25th in Grand Ballroom A. Doors open at 6:00 p.m. Keyboard/Vocalist Bob Boudreau will entertain 7:00 - 8:00 p.m. for your dancing and listening pleasure. Karaoke begins at 8:00 p.m. Please TEXT 2 songs with your name 2-3 days before Karaoke day if possible to 954-994-4476, and please limit

Clubs and Activities

songs to UNDER 4 minutes each. Singers, please CHECK IN with Robin when you arrive. Refreshments permitted. Residents must show Wynmoor ID. Admission is \$2 per person. We look forward to seeing you there!

Ladies Circle

By Jo Bakalar

Do you like "Sing-A-Longs?" Then come join us on Thursday, March 26th at 11:30 a.m. in Ballroom A to hear the John Knox Noteables! This is an amazing group of senior singers from ages 65-101, (yes, 101!). Under the direction of Elaine McNamara, these talented singers from John Knox Village, perform in churches and senior centers around Florida. Their repertoire includes songs from the 1900s to the present, and also some silly fun songs. Don't miss this program!

Helpers and Bakers are needed for our annual Bake Sale named in honor of Norma Levine. It will be held on Thursday, March 5th from 8:00 a.m. – 1:00 p.m. at the Cove. Please contact Gerry Stoloff at 954-973-4899 ASAP.

Sip and Shop is scheduled for our April meeting. Contact our President Harriet Lopez at 954-960-5411 for further information about the Ladies Circle.

Latin Women's Club

By Minerva Nazario

The Latin Women's Club meets the last Tuesday of each month from 2:00-4:00 p.m. in Classroom 4 of the East Wing. Our dues are \$15 per year. Refreshments served. All our meetings are held in the Spanish language.

For those celebrating a birthday or anniversary this month, we wish you good health, peace & love, and many more years to celebrate. For more information about the club please call Ms. Minerva Nazario at 954-532-3156. (photo)

Live Love Laugh Moor

By Charles Lindquist

We begin in March with a cruise on the Celebrity Edge. We round out March with two more movies on the on the 2nd and 4th Friday and twelfth annual picnic on March 15th. Join our email list to stay informed of all of our activities. Information: LiveLoveLaughMOOR@hotmail.com

Monday Night Dance Club

By Tamara Tresniowski

Happy St Patrick's Day, Happy Spring... wow I can't believe it is March already. Dancing, lessons and fun continue. March 2nd is Hawaiian Night and we'll see a Hula demonstration and Learn the Foxtrot from Nancy Price. March 9th To Be Announced. March 16th is our celebration of St. Patrick's Day so wear green. The Lesson will be New York New York taught by Sarah. March 23rd is Baseball Cap Night and the lesson will be The Chilly Cha Cha Line Dance taught by Tamara. Last but not least, March 30th is a super special night. It is our Senior Prom so dress up and dance to our live band, Street Talk. (There will be no lesson this night) Don't forget to check our board each week for announcements on lessons. As always coffee and dessert will be served. All Wynmoor residents are invited. Yearly membership is \$5. Each week members \$1 and Guests \$3.

Nature and Arts Club

By Elinor Weinstein

The next exciting trip for the Nature and Arts Club is on Friday, March 20th to the Norton Museum of Art in West Palm Beach. The museum is newly renovated, and details will follow about the exhibit in March. Please note this will be a bus trip on a Friday (March 20th) instead of our usual Thursday departures. The cost to our members is \$22 per person.

Next General Meeting is Thursday, March 5th where we will have an interesting program in the Wynmoor Ballroom.

A reminder to those who want to return to the Mounts Botanical Gardens in Palm Beach or weren't able to join us on this beautiful and interesting trip, the Ribbit exhibit displaying 25 fanciful frogs will be at the Gardens until May 31st.

Nature and Arts Club...Breakfast Meetings...Exciting Monthly Programs... Interesting Trips...

I look forward to hearing from you. Nancy Moskowitz, President at laughlady55@aol.com or 954-973-2181.

Needlework Click

By Barbara Bilello

Our March meetings are the 10th and 24th, the second and fourth Tuesday of each month. We meet in the West Wing from 1:00 - 4:00 p.m. We serve coffee, tea and yummy snacks. If you are new to Wynmoor and looking to make friends and meeting new ones come and check us out. We are a friendly group of ladies who enjoy sharing our projects and patterns.

Remember if you have yarn that you're not needing anymore, give us a call and will be happy to pick it up. Call 754-222-6375. Thank you, Barbara Bilello

Pennsylvania Club

By Marilyn Stoloff

We had 6 new people joining us at the February meeting with three full tables. We ran a raffle, 3 tickets for a dollar, giving away a sandwich maker. We are lucky to have important opportunities to learn about something important to seniors and have free good entertainment as well.

Our March gathering will be Sunday, March 1st at 10:00 a.m. in the West Wing. It is open to all Wynmoorites. Our guest is Rachel Klein, who performs at many retirement communities located in Broward and Palm Beach, including ours. See you soon.

Pickleball Club

By Mayda Coombs

The Pickleball Club has been in full swing. We've held our 2nd Tournament of the season, another BYO Dance and Color Wars all in the month of February. Everyone is having a lot of fun and laughs.

March is going to be another fun filled month. The March tournament will be held March 28th. Come out and cheer on the players. There will be a luncheon to follow held in the Grand Ballroom A. The cost for members is \$10 and \$15 for guests. You don't have to play to attend the luncheon, so sign up and drop off your envelope with your name and monies off at the PB suggestion box located in the Racket Center Pavilion. Please specify what money is for.

We will have our dinner dance on March 13th. Check out our bulletin boards in the Racket Center Pavilion for information on upcoming events.

We give FREE lessons on Mondays, 3:00 - 5:00 p.m. for anyone that would like to learn how to play Pickleball. We supply the rackets and balls.

If you'd like to join the Pickleball Club the dues are only \$10 per person for the year. Come on down to see what all the talk is about! Our members are very friendly and will answer any questions you have.

Pottery Club

By Bob Simco

This year's upcoming class offerings include a New Member Orientation with Donna Kozlowski, a full day workshop entitled "Treasures of the Clay Studio", Basics of Wheel Throwing taught by Susan Vladeck, Teapots Constructed with Slabs taught by Carmen Martins, Construction of Handles, Handles and More Handles taught by Dan Listwan, Tessellation (repeat patterns for surface decoration) taught by Jan Miller and Soft Slab Boxes taught by Diane Karmioli.

If these opportunities peak your interest and you like the idea of getting your hands covered with cool, wet clay you may want to contact our membership chairman Bob Simco via email at BobSimco@Simpatico.ca. Bob will happily answer your questions on prospective membership.

We are a friendly, welcoming group of potters at all levels of experience. Often it is our own experienced members that teach and nurture those new to working with clay.

Shuffleboard Club

By Michele Epstein

The club hours are Monday and Saturdays at 10:00 a.m. and Thursdays at 7:00 p.m. We're glad that we will be seeing our new and returning members. Dues for the 2020 season have remained the same at \$5 for the year. See Marion Ridley about getting a new membership form and then turn it in with the \$5 Dues.

Stone Sculpture Club

By Gilbert Savitzky

We welcome our new members and look forward to a busy and productive season. We are offering classes of two sessions, 2 hours each to get you started on your adventure in stone. Anyone interested in trying their hand carving stone, please contact Gil Savitzky at 954-979-0774. Explore the ancient art of stone carving and meet some of the most talented neighbors you will ever have.

Clubs and Activities

Continued from page 41

Be sure to view our display in the glass showcase at the clubhouse, opposite the Medical Office. These are just some examples of the talented artists working in marble, alabaster, soapstone, etc. We meet on Wednesdays at 10:00 a.m., and the room is available to members on other days as well.

Tennis Club

By Shelly Propper

We have a full season ready for your enjoyment. Join us for the upcoming tournaments, lessons, breakfasts on Wednesday mornings and of course our regular round robins on Monday, Wednesday and Friday mornings at 8:00 a.m. We still have an Active Night Tennis Group on Monday, Tuesday and Thursday evenings beginning at 6:30 p.m. We are so happy to see the courts buzzing again. We will play tennis first, then meet where we will serve coffee and don't forget dues are due. It's only \$12 for the season.

US Club

By Rita Margolin

WOW – What a finale to a great US Club season! Tuesday evening March 3rd at 7:30 p.m. in the Ballroom. Doors open at 6:30 p.m. Come see a Master of Mentalism. His high energy performance will leave you scratching your head with his incredible display of mindreading and illusion. And that's not all. Join in the fun of Karaoke along with coffee and dessert. 2020 paid members \$5, guests \$9 at the door. RSVP the phone squad.

Video & Film Club

By Phil Guterman

We meet the third Thursday of every month at 10:00 a.m. in the Video Room located opposite the West Wing. We are always ready to tape a short script that you may have which involves 3 or 4 actors maximum. We're also prepared to tape any of your club's activities. We are preparing to videotape Marcia Maron's dance troupe in March. We can also help if you've taken video on your cell phone and would like to put it on our computer and use our sophisticated editing system where we can add music, narration, sound effects and color correct any over or under exposure.

Woodshop

By Ernest Fleury

Special interest courses for members will begin in January. Red Badge, pen making, cutting boards/chess boards and introduction to bowl turning will be offered either at 8:00-10:00 a.m. or 6:00-8:00 p.m. Classes meet 3 sessions, size is limited to 3-5 members. Sign-up sheet and cost per course are available in the shop. The cost of the wood for the cutting-board classes is included in the cost of the course.

Wynmoor Amateur Radio Club

By Gerry Stoloff

We meet every Friday morning at 9:00 a.m. in the Multi-Purpose Room all year round. At 10:00 a.m., we move to the "Ham Shack" located in Room 118 on the west end of the Administration Building, so that we can conduct our "on-the-air" Snowbird Net – keeping our seasonal members current on Wynmoor activities.

Big changes are going on in our radio room: Thanks to Rob Leiden K1UI who's brought a complete station from his collection on Cape Cod: An ICOM 7800 transceiver, Ameritron solid-state linear amplifier, and all the accessories for emergency communications, competitive contesting, or communicating around the world! He's also taken the time and effort to cable and install a new antenna patch panel with lightning protection, allowing safe and easy switching between our multiple antennas and both left & right operating positions.

Our next project will be wiring the "Shack" for higher speed Internet to feed the two HP desktop PCs donated as surplus by Wynmoor Council, replacing our outdated (1990's) Gateway tower units.

Visiting Amateur operators are welcome to operate from our station, just bring a copy of your "ticket" (license) along with you. Of course, we welcome you to join WARC – no dues charged, and you get your own key to the Shack! For further information, please contact Gerry Stoloff WA3HDI at 954-973-4899.

Wynmoor Golf Association

By Rich D'Alessandris

Hello everyone, this is a list of events scheduled for March: On March 11th the WGA will have a Wine and Dine Event – nine holes of Golf and dinner at the Bistro 19. Starting time and dinner information will be posted at the Golf Shop.

On March 20th there will be an Awards Dinner for the Club Championship. It will be in the Main Ballroom at Wynmoor, catered by the Bistro 19. More information will follow to be posted in the Golf Shop.

October 27-29th will be our outing to the Marriott Hutchinson Island Hotel. Information and sign-up sheet will be available in the Golf Shop.

As always, we welcome new members. For more information please call or stop by the Pro Shop.

Wynmoor High Roller Bowling League

By Angela Hirshenson

We meet at AMF Bowling Alley, State Road 7, Margate. We are a senior league and bowl for 32 weeks on Tuesdays. Come join us and have some fun. All Wynmoor residents are welcome. For more information, contact Angela Hirshenson at 954-917-6961.

Wynmoor Hurricane Emergency Net

By Gerry Stoloff

OK, everyone, this is the time you've been waiting for: Please turn in your radios at the Security Office, any weekday between 9:00 a.m. – 12:00 p.m., from now until Tax Day, April 15th. This is so that members of the Wynmoor Amateur Radio Club can thoroughly test & tune all radios for the coming hurricane season. We've had some issues with members who couldn't be heard clearly; that's why we're taking extra time to test and repair/remove units that don't pass a complete check.

In past years, we've had some members who've kept their units in their cars and forgotten to get them tested – NOT THIS YEAR! For the 2020 season, if your unit has not been tested, we don't want to hear any complaints about not being received by Net Control – and don't be surprised if we call you out at the June kickoff meeting, or even stop by your apartment! Remember, these units are property of the Wynmoor Council, and we need to know if we will need to purchase additional radios for this season.

So, everyone, please give Sue a present soon, by turning in your radio to Security! If you're unable to do so, please contact Gerry Stoloff at 954-973-4899. Thanks again for participating, and we'll see you at the June kickoff breakfast meeting.

Wynmoor Ladies Golf Association WLGA

By Karen Beckman

The awards dinner is scheduled for March 20th. If you are a lady golfer and interested in our league, please check in at the Golf Pro Shop for information. We welcome new members! What are the four worst words you could hear during a game of golf? "IT'S STILL YOUR TURN!"



FREE POOL LESSONS

By Bob Horowitz

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

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

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1 Hr. 58 Mins. - Rated R

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Monday	Mar.	2	8 PM
Tuesday	Mar.	3	8 PM
Wed.	Mar.	4	2 PM*



1917

1 Hr. 50 Mins. - Rated R

Sunday	Mar.	22	2 & 8* PM
Monday	Mar.	23	8 PM
Tuesday	Mar.	24	8 PM
Wed.	Mar.	25	2 PM*



LIKE A BOSS

1 Hr. 23 Mins. - Rated R

Sunday	Mar.	8	2 & 8* PM
Monday	Mar.	9	8 PM
Tuesday	Mar.	10	8 PM
Wed.	Mar.	11	2 PM*



JUST MERCY

2 Hrs. 16 Mins. - Rated PG-13

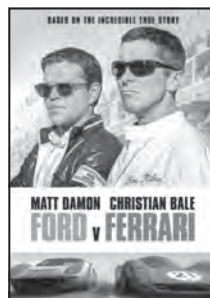
Sunday	Mar.	29	2 & 8* PM
Monday	Mar.	30	8 PM
Tuesday	Mar.	31	8 PM
Wed.	Apr.	1	No Movie



FORD V. FERRARI

2 Hrs. 32 Mins. - Rated PG-13

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Monday	Mar.	16	8 PM
Tuesday	Mar.	17	8 PM
Wed.	Mar.	18	2 PM*



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By Sheriff Gregory Tony

Honoring The Women of BSO

My aunt was a police officer for the city of Philadelphia. I didn't know it then, but she was a trailblazer: a proud woman in a job historically carried out by men. There have been many brave women in law enforcement who have paved the way toward progress, and we are still moving forward.

The Broward Sheriff's Office employs many women who have dedicated their lives to making a significant impact both on and off duty. I am proud of these women and the countless contributions they make to our communities every day.

As we celebrate National Women's History Month, I'd like to introduce just a few of the women who serve within BSO.

Colonel Nichole Anderson is a woman of many firsts. The Fort Lauderdale native graduated from Dillard High School in the top 10 percent of her class and has been a fixture in our community ever since. She joined BSO in 1996 and rose through the ranks. In 2011, she became the first African-American female **district chief**. In 2018, she became the first female BSO law enforcement deputy to attend and graduate from the FBI National Academy in Quantico, Virginia - graduating from the 274th session. In January 2019, I had the distinct pleasure of promoting her as the agency's first ever female **colonel** and, most recently, she was promoted to serve as the **undersheriff**, which marks the first time a female has held this position in the agency's 105-year history. Colonel Anderson's commitment to selfless service and integrity allowed her to succeed in what was traditionally a male-dominated profession. It's an honor to have her serve as second in command.

It's also an honor to work with individuals such as **Deputy Kelli Covet**. Along with her trusted canine partner, **Macie**, the dynamic duo has dedicated countless hours to search for and locate missing and endangered people, including children and the elderly. Aside from being a certified bloodhound, in June 2019, K9 Macie became the agency's first ever certified therapy dog. The work Deputy Covet and K9 Macie do each and every day makes a significant difference in the lives of people throughout the community. Aside from their daily first-responder duties, they regularly attend countywide events to build lasting connections with the community and assist people who may be experiencing crisis, tragedy, trauma or who are having a difficult time in life.



Detention Deputy Judie Nance is a woman with a variety of hidden talents. Her daily responsibilities are to provide for the care, custody and control of inmates in our jail system; however, in her spare time, she is an author. Her first children's book, "Short and Virtuous Bed-time Stories for Children," helps parents introduce children to the essentials of good moral character: responsibility, courage, honesty, perseverance, faith and friendship. Her second book, "Enlightened," teaches young girls to stand up for what is right. Both in and outside of work, Deputy Nance demonstrates compassion and commitment for all that she does.

Fire Prevention Officer (FPO) Cindy Taffel is the epitome of determination and perseverance. She loves her job, but she also loves to express herself through food. A three-time cancer survivor, Cindy understands that life is too short not to do what you love. She not only loves cooking but is an award-winning prodigy. With no formal training, Cindy took home the World Food Championship in seafood and later won the \$15,000 prize on the Food Network show *Cooks vs. Cons*, where she beat out a formally trained chef. FPO Taffel is an inspiration to us all.

Claudine Carter Pereira, the **director** of the BSO Crime Lab, proves you can be and do anything you want if you put your mind to it. The 21-year BSO veteran leads an internationally accredited crime lab that processes approximately 25,000 cases each year. But she's known to her co-workers as the "Forensic Ballerina." A former professional dancer with both a ballet and modern contemporary company, Director Pereira studied at the premier Joffrey Ballet in New York City. When's she's not helping solve cases or dancing on her own, she serves as a dance instructor to local children and adults.

As you can see, BSO is comprised of some very unique, talented women. I want to thank all the women of BSO for their service and dedication to keeping our communities safe. Their special talents both in and outside of work are truly commendable. We all owe a debt of gratitude for everything they do.



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WPGA Annual Luncheon and Fashion Show

By Karen Beckman

The season is in full swing, with February Championships behind us and the League Banquet to look forward to! In January we enjoyed a wonderful luncheon at Lighthouse Point Yacht Club and a lovely fashion show. Models from our membership were delighted to show off the new colors and style of J.Jill's Spring Collection. It was a big event, and everyone sends their appreciation to Kathy Seaton and her two "right hands" Nicole Roy and Shelley Mark. With great spring weather to look forward to, we invite all lady golfers to consider joining our "sisterhood," experience a beautiful, well maintained course, and build new friendships! Contact the Golf Pro Shop for information. GOLF GRIN: If there is a ball in the fringe and a ball in the bunker, YOUR ball is in the bunker!



Monday Night Dance Club

By Tamara Tresniowski

Happy Chinese New Year 4718!

On January 20th the Monday Night Dance Club celebrated Chinese New Year, "Year of the Rat." "Year of the Rat" consists of the following characteristics for those who were born in one of the 12-year cycles (i.e. 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020): "You are bright, sociable and highly ambitious, a true opportunist to reach your goals. You are passionate and good to those you love. Yet you like to grumble and lavish money." A great time was had by all.



Conservative Club

By Jack Mendelson

On February 18th, our guest speaker, Attorney Peter Feaman, addressed 150 members of the Wynmoor Conservative Club and received a standing ovation. He spoke about the development in the United States from the 1620's to present, and how we have had our political highs and lows, including the vital involvement of the presidents in getting our country to where we are today.



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1901 BERMUDA F-2	Lovely 1 Bed/1 Ba. Move-in, walk to pool	\$ 59,000
1903 BERMUDA B2	2 Bed/2 Ba. Lake views, furnished, turn-key, move-in condition	\$ 125,000
3401 BIMINI B2	Lovely 2 Bed/2 Ba. Overlooking golf course, W/D, enclosed terrace for more space	\$ 125,000
2803 VICTORIA C-4	2 Bed/2 Ba. Gorgeous, totally remodeled, quiet garden view	\$ 186,000
1705 ANDROS K-1	2 Bed/2 Ba. Totally remodeled, impact window and door, lake/fountain view, W/D	\$ 259,000
2102 LUCAYA A-3	Huge 2 Bed/2 Ba. Corner, Lots of windows for more light, garden view	\$ 110,000
2402 ANTIGUA F-3	2 Bed/2 Ba. Turn-key, pool view	\$ 139,000
1905 BERMUDA	2 Bed/2 Ba. Turn-key, lake view	\$ 95,000
2002 GRANADA J-4	1 Bed/1-1/2 Ba. Washer & dryer inside. turn-key, new A/C	\$ 95,000

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HISTORY CORNER

By Philip Edwards

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It seemed like a good idea. Walk across Antarctica, and add another star in the crown for British exploration. What could go wrong? There was no plan B. Unfortunately, when things went horribly wrong, there was no other choice, attempt the impossible or die.

The Imperial Trans-Antarctic Expedition sailed from London on August 1, 1914, to the whaling station on South Georgia Island in the southernmost part of the Atlantic Ocean. In December, the crew of the Endurance first encountered ice in the Weddell Sea just off the coast of Antarctica. By mid-January, ice-packs locked the Endurance in a death grip. For nine months of winter with no sun, the crew waited using up their supplies. By October, the ice pressed so hard against the Endurance, the ship splintered, cracked, shattered into pieces, and sank below the ice.

The crew removed three lifeboats, the remaining supplies, and fitted them with sleds, which the seamen and dogs drug over jagged sea ice. For the next three months, they drifted on an ice floe until it broke up, forcing them into the boats. Their destination became the uninhabited Elephant Island, which is one of the furthest islands of the Antarctica coast.

Travel was perilous because there was no internet, no global positioning systems, or cell phones. A year and eight months passed, and no one has heard from them, and no one knew where they were. Once on Elephant Island, Shackleton, the expedition's leader, decides that the only hope of rescue is sail 800 miles to a whaling station on St. Georgia Island.

The crew modified the sturdiest lifeboat with extra ballast, reinforced ribbing, oil, paint, and seal's blood to withstand one of the most treacherous stretches of water on the planet. Shackleton and five others climbed into a 23ft 6in lifeboat named the James Caird and prayerfully set out for St. Georgia Island 800 miles away. Frank Worsley, the captain of the Endurance, had only a sextant to guide them. With only a few precious patches of sunlight that allowed for reading, he needed two seamen to help hold him upright as waves crashed against the boat.

One can only imagine how cramped and uncomfortable the six wet, freezing men were in a 23-foot open boat. Toilet conditions must have been a chore and extremely unpleasant. They were wet, cold, and miserable as they navigated through 60-foot waves that nearly capsized them several times. A foot of ice attached to the outside of the boat, slowing her progress to almost a standstill. The crew had to hammer constantly at the boat's frame to knock off the accumulated ice. After 17 wet, soaked, and freezing days, they reached the southern end of St. Georgia Island. Their ordeal was hardly over. The whaling station was on the north side of the island, and the boat by now was not seaworthy. There were twenty-two miles of ice and a 4500-foot mountain range to cross. One of the men was sick and could not move, so two men stayed with him as Shackleton and two others made the track to the whaling station.

After reaching the station, Shackleton arranged for a whaler to pick up the three still with the James Caird. Things don't go well. Shackleton made three attempts to rescue his men on Elephant Island, and three times their ship was turned back because of wind, waves, and ice. The Chilean government loaned Shackleton a steam tug that finally reached Elephant Island and the stranded crew from the Endurance. The Voyage of the James Caird facing hurricane winds, crashing 60-foot waves, pelting rain, hardening ice on the boat, and continual overcasting skies is considered one the most magnificent sea rescues ever attempted. Once back in England, I doubt if any of the crew complained about the rainy English weather.



Be a good Neighbor. Look out for each other!



Ralph Trapper Memorial Post 170

Ralph Trapper Memorial Post 170 will be meeting on March 9th in the Wynmoor West Wing at 7:30 p.m. We request all American Legion members and veterans living in our area and Wynmoor to join us at our meeting. Please contact Milt Brent, Adjutant, at 516-606-2388 if you're interested or need information about our Post and its activities.

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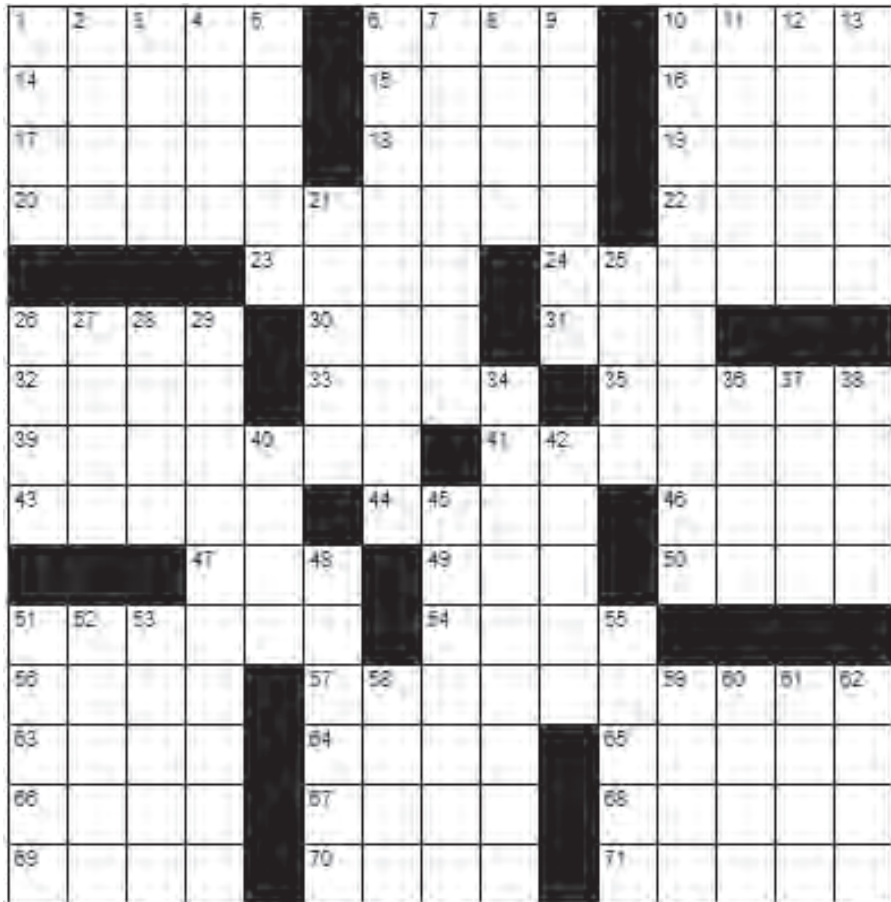
Broward 94-7595-tmx

Palm Beach U-21461

Puzzles and Games

Solutions on page 62

Crossword Puzzle



ACROSS

- 1. Cognizant
- 6. Palm starch
- 10. Killer whale
- 14. A green fabric mixture
- 15. Affirm
- 16. Spring
- 17. Turf
- 18. Mortgage
- 19. Brusque
- 20. Exotic dancer
- 22. Ancient Peruvian
- 23. At one time (archaic)
- 24. Naval steering mechanism
- 26. Radar signal
- 30. Since
- 31. South southeast
- 32. Emanation
- 33. Calamitous
- 35. Follow as a result
- 39. Lithesome
- 41. Great skillfulness
- 43. Raw fish wrapped in seaweed
- 44. Laboratories
- 46. Backside
- 47. One or more
- 49. Faucet

50. Its symbol is Pb

- 51. Projection for attaching
- 54. Trigonometry (abbrev.)
- 56. Piecrust ingredient
- 57. Ask an unreasonable price
- 63. By mouth
- 64. Mother
- 65. Complies
- 66. Monster
- 67. Austrian peaks
- 68. Closes violently
- 69. Lion sound
- 70. Catches
- 71. Breviloquent

DOWN

- 1. "Oh my!"
- 2. Herbaceous plant
- 3. Affirm
- 4. Hindu princess
- 5. French for "Storehouse"
- 6. A woman salesperson
- 7. Flyer
- 8. "Comes and ____"
- 9. Possessors
- 10. Not oriental
- 11. Not square
- 12. "Odyssey" sorceress
- 13. Communion table
- 21. Exchange
- 25. Applications
- 26. Low in pitch
- 27. Humdinger
- 28. Angers
- 29. Beggar
- 34. Abash
- 36. Arid
- 37. Celestial bear
- 38. Gave the once-over
- 40. Little dent
- 42. Savory jelly
- 45. Try
- 48. Bodyguard
- 51. Not the ceiling
- 52. Very slow in tempo
- 53. A kind of macaw
- 55. Specter
- 58. Sheltered spot
- 59. Skilled
- 60. Back
- 61. School athletic centers
- 62. To be, in old Rome

Sudoku



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.

Spring

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



- ALLERGIES
- FROGS
- RAIN
- APRIL
- GOLF
- RENEWAL
- BASEBALL
- GRASS
- ROBINS
- BEES
- GREEN
- SEASON
- CROCUSES
- GROWTH
- SNOWMELT
- CYCLAMENS
- IRISES
- SOFTBALL
- DAFFODILS
- LILIES
- SPRING BREAK
- DANDELIONS
- MARCH
- SPRING CLEANING
- EASTER
- MAY
- TULIPS
- EQUINOX
- NEW LEAVES
- WARMER
- FLOWERS
- PLANTING
- WET

a WORD or Two

Word: allege

Definition: to assert without proof or before proving

Example: The lawsuit *alleges* that the company knew about the faulty switches but sold the product anyway.

Word: allege

Definition: characterized by steady, earnest, and energetic effort: **painstaking**

Example: After many hours of *diligent* research, the students were ready to compile their results.

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Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

By Leading Back Pain Expert, Todd James



Do you, or someone you love, suffer with back pain? Does the pain get worse when you stand or walk? Do you experience pain, numbness or tingling into your butt or down your leg? Do you have pain when you sit for long periods or drive? Are you afraid your pain will get worse if you don't do anything about it? Has the pain gotten so bad, that you avoid many activities that you used to enjoy?

If you are 55+ and answered YES to any of these questions, then please read on because I have some special information about relief of your back pain.

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

If you or someone you love is experiencing back pain and are wondering if you are doing the right things for your back, I would like to

offer a free guide I have created to answer those questions. In this guide, **Erasing Back Pain: How to Avoid the 9 Most Painful Mistakes and What You Should Be Doing Instead**, you will find information about what will not help ease your back pain and how to make the right choices to get you out of back pain and on the road to enjoying an active, healthy lifestyle again.

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2 decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

If you are currently held back from getting a good night's sleep, being able to walk with friends, getting out on the golf course, or playing with the grand-kids, I invite you to visit www.coconutcreektherapy.com/backpain to claim your free guide. If you prefer, give us a call at 954-972-1200 and we'll be happy to assist you.

Don't let back pain take the joy out of your life. Get started on your path to a pain free active life!

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WYNNMOOR Golf and Tips

By Kevin Battersby, PGA

Golf Is A Difficult Game!

Many will agree golf is quite difficult and even harder when one takes up the game as a senior golfer.

My best advice if your struggling with your game is to start closer to the hole and practice putts of 5 feet, 10 feet, and 25 feet. Learning to make solid contact with direction and distance at these distances builds success patterns that then carry over to your chipping.

Chipping would be your next task. Learning to strike a descending blow to lift the ball high enough to go over the fringe and roll like a putt. On to pitching now.

Practicing your short pitch shots maintaining solid contact with a bit more speed as your wrists hinge leads you into hitting your short and middle irons.

So next time you're at the range take some time to review your short game shots. It can carry over to your longest clubs if you can maintain the solid contact you achieved on your chipping and pitching. Remember with more speed and a longer club the contact and accuracy is more difficult to attain so those success patterns of the shorter shots will come in handy.

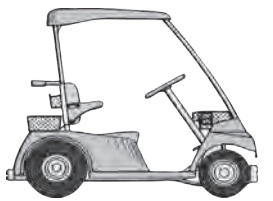
Kevin Battersby PGA

954-444-1031

Private lessons by appointment

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Complimentary classes - see notices at Pro Shop



Helene Godbout and her putting partner Valerie Owen.



Dr. Werner and Dr. Weinstein assessing the break during Complimentary Class.



Complimentary Class – Putting.



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MARCH CLASSES

Monday

AARP: Monday & Wednesday, March 2nd & 4th from 9:00 a.m. - 12:00 p.m.; Two days; \$15-\$20

Art: Painting (DeRosa): Begins March 2nd from 1:00 - 3:00 p.m. for 5 weeks; \$50

Chair Yoga (Charland): Begins March 2nd from 1:00 - 2:00 p.m. for 5 weeks; \$35

Jewelry (Maron): Begins March 2nd from 7:00 - 9:00 p.m. for 2 weeks; \$30

Jewelry (Maron): Begins March 23rd from 7:00 - 9:00 p.m. for 2 weeks; \$30

Tuesday

2nd Avenue Comes to Wynmoor (Herman): March 10th & 17th from 7:00 - 9:00 p.m. for 2 weeks; \$6

Line Dancing (Levitan): Begins March 3rd from 10:00 - 11:00 a.m. for 5 weeks; \$35

Stained Glass - Evening (Zannini): Begins March 3rd from 6:30 - 9:30 p.m. for 4 weeks; \$72

Jewelry (Maron): Begins March 3rd from 7:00 - 9:00 p.m. for 2 weeks; \$30

Jewelry (Maron): Begins March 24th from 7:00 - 9:00 p.m. for 2 weeks; \$30

Mixed Media (Tishman): Begins March 3rd from 1:00 - 3:00 p.m. for 5 weeks; \$62.50

Wednesday

Art: Painting (DeRosa): Begins March 4th from 10:00 a.m. - 12:00 p.m. for 4 weeks; \$40

Ballroom Dancing: Fox Trot (Price): Begins March 4th from 7:00 - 8:00 p.m. for 4 weeks; \$32

Beginners Tap Class (Jankelevich): Begins March 4th from 9:00 - 10:00 a.m. for 4 weeks; \$32

Thursday

Canasta (Levitan): Begins March 5th from 3:30 - 5:30 p.m. for 4 weeks; \$36

Mah Jongg (Levitan): Begins March 5th from 1:00 - 3:00 p.m. for 4 weeks; \$36

Paper Tole (Katz): Begins March 5th from 10:00 a.m. - 12:00 p.m. for 4 weeks; \$40

Stone Sculpture (Savitzky): Begins March 5th from 9:00 - 11:00 a.m. for 2 weeks; \$30

Friday

American Presidents & The Jews (Kavon): Begins March 6th from 10:00 - 11:45 a.m. for 4 weeks; \$32

Saturday

Yoga (Charland): Begins March 7th from 9:00 - 10:00 a.m. for 4 weeks; \$28

Private Lessons

Golf Lessons (Battersby): Private Sessions available. Tennis Lessons (Long) Private Sessions available.

Wynmoor Personal Trainer (Anderson): Private Sessions available (Free Demos, Tuesday/Wednesday 5:00 - 7:00 p.m.)

Wynmoor Personal Trainer (Hamburger): Private Sessions available (Free Demos, Monday/Thursday 1:00 - 2:00 p.m.)

Wynmoor Personal Trainer (Walbert): Private Sessions available (Free Demos, Tuesday 5:00 - 7:00 p.m.)

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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Upcoming Library Events...

North Regional/Broward College Library

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MARCH

Thursdays - Digital Downloads Open House. Learn how to access and download the library's free books, music, magazines and movies to your device. First come, first served. Noon to 1 p.m. Rm. 226.

Fridays & Saturdays - Tax Preparation by VITA: Free Income Tax Assistance. Income requirement is \$54,000.00 or less, taxes are filed electronically. Must bring: Original Social Security Cards for you, your spouse and/or dependents or social security number verification letter issued by SSA, government issued photo identification for you and your spouse, form W-2, W-2G, 1099-R from all employers, Interest and dividend statements from banks (Form 1099), day care expenses with the providers' EIN and amount paid (if applicable), bank routing numbers and account numbers for direct deposit, blank check, a copy of last year's tax return, any other relevant information about income and expenses, health insurance documents: 1095A, 1095B or 1095C. If you qualified for an exemption through the Health Insurance Marketplace, bring the Exemption Certificate Number (ECN). **Fridays - 8 a.m. to 2:30 p.m., Saturdays-10:30 a.m. to 4p.m.** First come, first served.

Wednesday, March 4 - Knitting & Crocheting Circle. Join our monthly knitting & crocheting circle. A great way to get yourself knitting more, and to meet other people who share your interest. All levels welcome. 4:30 to 6 p.m. Rm. 226.

Thursday, March 5 - Portrait of a Bubby by Humorist Ellyn Laub, whose columns appear in the Jewish Journal and Forum newspapers. In this presentation, Ellyn shares stories of her grandmother and her influences. 1 to 2 p.m. Rm. 226

Tuesday, March 10 & 24 - Coffee & Conversation. An opportunity for friendly dialogue between library professionals and community members. Light refreshments served. 2:30 to 3:30 p.m. Rm. 226. *Sponsored by Friends of North Regional/BC Library.*

Wednesday, March 11 - The Yiddish Book Center's "Coming to America" Reading Groups for Public Libraries presents a discussion of "*Enemies, A Love Story*" by Isaac Bashevis Singer. Herman Broder survives WWII and the Nazis, only to find himself navigating an unfamiliar NYC whilst juggling three wives. 1 to 2 p.m. Rm. 235.

Wednesday, March 11 - Join us for 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 that are natural and organic, 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, March 11 - The Ruth E. Cohan Jewish Book Review: "Kaddish.com" by Nathan Englander. Sharp, irreverent, hilarious, and wholly irresistible, a tale of a son who make a diabolical compromise ingeniously captures the tensions between tradition and modernity. 2 to 3 p.m. Rm. 235.

Wednesday, March 11 - Representatives from the North Broward Social Security office will be available to answer your questions and provide information. 2 to 4 p.m. Lobby.

Wednesday, March 18 - Reading Roundtable: "Zahra's Paradise" by Amir Soltani & Khalil Bendib. A young protestor has vanished amidst the backdrop of tumultuous aftermath of Iran's fraudulent 2009 elections. A graphic novel showcasing the grit and guts of a mother, who refuses to surrender her son to fate. 1:30 to 2:30 p.m. Rm. 226.

Thursday, March 19 - Friends of North Regional/BC Library present Cultural Gems 2020: Mystery on the Menu. A one- woman interactive murder mystery featuring Barbara Fox and several members of the audience who will read the parts of the different characters. Everyone gets to examine clues and help solve the crime. You will have the "crime" of your life! Program is free to Friends of North Regional/BC Library and Broward College students. Fee for non-members is \$5. Light refreshments served. 2 to 3 p.m. Rm. 154.

Friday, March 20 - Smart Driver TEK. Smart Driver TEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about blind-spot detection systems, front-collision warning systems and more—and it's free! Registration required at www.aarp.org/findaworkshop10 or call 1-877-805-4115. 10 a.m. to 1 p.m. Rm. 226.

Tuesday, March 24 - Thursday, March 26 - Broward College North Campus will present its Thirty-Second annual wRites of Spring Literary Festival. Featuring special guest author Nichole Dennis-Benn, Tuesday, March 24th through Thursday, March 26, 2019. Ms. Dennis-Benn, an award-winning Jamaican writer of such works as *Here Comes the Sun* and *Patsy*, will give readings at 12:30pm on Wednesday and Thursday. All readings, plus panel discussions and presentations, will be held in the North Regional Broward College Library auditorium, room 154. On Tuesday, there will be other activities including an open mic session, a student art exhibit, the Human Library from 1:00 to 3:00, and a film screening and discussion related to themes of the author's books from 6:30 to 9:00. The Human Library features people from the college and community as "living-books" conversing on topics related to human rights issues experienced by African-American, international, immigrant, refugee, veteran, LGBTQ, and disabled persons. All events are free and open to the public. To participate as a book in the Human Library, or for further information, call 954-201-2253.

Friday, March 27 - Representatives from the Broward County Property Appraiser office will be available to answer questions. 10 a.m. to Noon. Lobby.

Saturday, March 28 - Russian Culture Club. Monthly culture club for those interested in learning about the Russian culture and the language. 11 a.m. to 12:30 p.m. Rm. 226.

Saturday, March 28 - Heartfulness Relaxation & Meditation Workshop. Heartfulness is a simple and practical way to experience the heart's unlimited resources. Join us for this free workshop. All participants must be 15 years and older. 1 to 2 p.m. Rm. 226.

Monday, March 30 - Movie & Discussion. (2019), Rated PG-13. 2 to 4:30 p.m. Rm 154. Call 954-201-2601 for movie title.

Adult Literacy 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.

Coming Soon:

Saturday, April 25 - Poetry Workshop. An interactive and inspirational workshop for those who want to learn about poetry as an art form. 2 to 3 p.m. Rm. 226.

Saturday, April 18 - 72 Years of Perseverance: The March to the 19th Amendment. The League of Women's Voters shares the story of the Suffrage Movement to win women the right to vote through the colorful women of the 72-year-long movement. 3 to 4 p.m. Rm. 154.

ALWAYS!

March 2020 Computer & Digital Training North Regional/Broward College Library

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MARCH COMPUTER CLASSES

Tuesdays, March 3, 10, 17, 24, 31, 6:00 - 8:00 p.m. – Creole class. Covers various computer subjects in Creole.

Wednesday, March 4, 2:00 - 4:00 p.m. Introduction to Word, Part 4 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, March 5, 12, 19, 26, 12:00 - 1:00 p.m. – Digital Downloads Open House (Room 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, March 5, 2:00 - 4:00 p.m. – Resumes & Cover Letters. Looking for a job can be a frightening experience, especially for older adults. This course is about preparation and planning, finding your interests and skills, and the computer skills you need to succeed in finding a job in today's environment. This course will introduce students to the realities of online

searches, email communication, social media networking, and cleaning up public social media accounts that might prove embarrassing as a job applicant.

Wednesday, March 11, 2:00 - 4:00 p.m. – Introduction to Word, Part 5 of 6. (See Wednesday, March 4 for information)

Thursday, March 12, 2:00 - 4:00 p.m. – The Complete Job Search. Looking for a job can be a frightening experience, especially for older adults. This course is about preparation and planning, finding your interests and skills, and the computer skills you need to succeed in finding a job in today's environment. This course will introduce students to the realities of online searches, email communication, social media networking, and cleaning up public social media accounts that might prove embarrassing as a job applicant.

Wednesday, March 18, 2:00 - 4:00 p.m. – Introduction to Word, Part 6 of 6. (See Wednesday, March 4 for information)

Thursday, March 19, 2:00 - 4:00 p.m. – Safety First: Privacy & Safety Online. Safety Online is one of our most popular and important classes. The Internet and all of technology is an unfamiliar world for many seniors and new users, but even savvy users can use a refresher now and then. This course will help you learn to recognize danger signals and avoid phishing attempts and Internet scams.

Free online computer classes

www.broward.org/library>Online Resources>Education & Jobs>Universal Class

www.broward.org/library>Jobs & Business>Training Resources>Lynda.com

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



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.

Joe Kupferberg: A Most Remarkable Man

By The Pickleball Club of Wynmoor

We would like to tell you about someone who lives in Wynmoor. Believe us when we tell you why we all think he is so very special, why we all love him, and why we all consider him to be quite remarkable. We are also sure that you will come to agree with us after reading about Joe.

Joe Kupferberg, who is an all year resident in Wynmoor, is a businessman. He owns and operates a business in New York State.

"Big deal! You will have to tell me a lot more about this guy to impress me!" Okay, then what about this? Joe Kupferberg is married to a very wonderful and beautiful woman.

"So what? So am I! I need much more before you can convince me that this Joe of yours is so special!" Okay, let's try this. Joe Kupferberg has 3 children, 5 grandchildren and 6 great grandchildren.

"Oh boy, now this whole thing is getting on my nerves. I know a lot of people who do also. You better get to the point about why you think Joe is a 'Remarkable Man' before I stop reading this nonsense!" Okay! Okay! Then let's combine all that you read so far with what's to come next. We are warning you to hold onto your seat!

Joe Kupferberg plays Pickleball year round, just about every single day. He makes his appearance usually at 8:00 in the morning. He shows up whether

the courts are wet or dry, and whether it's chilly or the feel-like temperature is 105 degrees or even higher. He is good enough, and competitive enough to play in games with Wynmoor's best players, but he also plays with those who are just average, and besides all that he helps the new players so they are able to improve their skills. He consistently is a winner no matter the level of play he is involved in. Then after playing his heart out for nearly 3 hours he heads to the Main Pool for a swim.

So why do we think that Joe Kupferberg is such a most remarkable man and why we are certain you will have no choice but to agree with us? Here is why!

**JOE KUPFERBERG JUST TURNED 93!
JOE, WHAT A MOST REMARKABLE MAN
YOU TRULY ARE!
HAPPY BIRTHDAY!**

And Joe, please never forget that we not only have a tremendous amount of affection for you, but we also love you very much! We all want to wish you good health and happiness for the very many years you have ahead of you!

From the ENTIRE Pickleball Club of Wynmoor along with all the very many dear friends you have here, there, and everywhere.

Come Home To Your New Spiritual Home - Temple Beth Am

By Linda Storfer

When you were working it was hard to find the time to take classes and really appreciate learning. Now that you're retired and enjoy physical and social activities it's time to take a bite out of the Tree of Knowledge and enjoy learning. Temple Beth Am is offering an outstanding course entitled *Crossroads In Jewish History* taught by Rabbi Samuel Kieffer, Senior Rabbi of Temple Beth Am. The course, which begins on Tuesday, March 10th runs for five weeks.



FIND OUT WHAT'S HAPPENING IN WYNMOOR!

Come to the Management Meetings every Tuesday morning at 9:00 AM in the Multi-Purpose Room, located by the Main Pool.

Comments and questions are welcome during Good and Welfare.

Uninsured Motorist Coverage: Get It Now!

By Martin Zevin, Attorney

Yogi Berra used to say in a commercial: "That's the insurance when you don't have it, that's when you need it." He was definitely right when it comes to uninsured motorist car insurance coverage.

In Florida, only two types of coverage are required: personal injury protection (PIP) and property damage liability. It is estimated that one out of three drivers in Florida only have the minimum required coverage. It is important that you be fully protected in the event one of those drivers injures you due to a rear-end collision or other accident which is not your fault.

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

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

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



had to turn people away who were seriously injured through no fault of their own but did not have U.M. coverage and where the negligent party did not have bodily injury liability coverage. Trying to go after an individual driver in Florida is an exercise in futility since it will be virtually impossible to collect even if you go to trial and get a judgment against that person. If you do make an uninsured motorist claim with your own company, this should not affect your premium since you were not at fault.

Your uninsured motorist coverage follows you wherever you go. You can make an uninsured motorist claim if you are driving a rental car, driving someone else's car, a passenger, a pedestrian, a bicyclist, or injured in another state. This coverage provides you the maximum protection to ensure that you will be compensated fully for your injuries if someone else is at fault.

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

My website is www.martinzevinpa.com and my e-mail address is martinzevin@netzero.com.

Wrap My Kitchen

By Patrick Henri

Wrap My Kitchen branched into the US market with its first state-side store at 1249 Stirling Road in Dania Beach.

Originating in Canada, the popular business decided to bring its custom cabinet refacing wraps to Dania Beach's Stirling Road design district after owner and CEO Patrick Henri, toured countless locations throughout Florida with the help of the Canada-Florida Chamber of Commerce.

With Wrap My Kitchen's patented Smart Wrap™ and Dura Wrap™ technologies, there is now an innovative solution to makeover smooth front kitchen, office, bathroom, garage, or boat cabinets for a fraction of the cost.

According to Wrap My Kitchen, the company has designed an easy-to-install adhesive wrap offered in 30 different wood grain and textured finishes to conceal the imperfections of aging and outdated cabinets. Designed initially for the kitchen and bathroom environment, Wrap My Kitchen resists steam, heat and humidity and is easy to maintain.

The patented SmartWrap™ technology prevents bubble formation when the wrap is applied to a smooth surface. The result is no bubbles or folds, just a beautiful appearance. In addition, the company stands by its technology and offers a five-year warranty against fading and/or yellowing if you allow them to install it.

The SmartWrap™ adhesive is activated by the evacuation of air between the refaced surface and the wrap upon installation. Full adhesion is reached after a few hours. And for those renting a property, the wrap can be easily removed without leaving adhesive or residue on the original cabinet's surface so that the cabinet can be returned to its original state.

"Redesigning your kitchen starts with your cabinets and in the past that created the base for the rest of your home's style for the next 20 years or more, which meant that whatever style cabinet-look you went for, you were stuck with indefinitely because of the huge financial investment you had made," Henri said.

Costs to change kitchen cabinets can start at \$6,000 and rise.

"With our products we change your kitchen's look and raise the value of your home for just around \$600, or around \$1500 with our qualified installation," Henri said.

If the doors of your cabinets do not have a smooth surface, the doors can be replaced, leaving the original cabinets intact. Wrap My Kitchen also

offers a variety of styles to create a unique kitchen back-splash.

Henri says that Wrap My Kitchen.com proudly takes the guesswork out of how much material is needed to complete a project. With the simple quote process, customers and DIYers simply need to submit a photo of their cabinets or project via www.wrapmykitchen.com and they will receive a quote within 24 to 48 hours or, they can order a Sample Swatch Kit of the 30 finishes or a Trial Kit complete with two samples of 20-inch by 48-inch

Wrap MK and all of the tools needed.

Once the color or finish is decided and the quote is approved, simply send in the overall dimensions of the space and place the final order. Wrap my Kitchen.com Florida Inc. determines the exact amount of materials needed and each order includes edge banding and all of the needed tools.

"We love making an affordable product that allows our customers to express themselves through their own style while also exploring trends and growing with the changing area," Henri said.



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Horsing Around

By Bob Simco

Horses are beautiful, magnificent animals. I see them appearing in books, on TV and in newspaper articles and wonder what it would be like to actually get a chance to spend some time with one. Being a city boy, the chance doesn't come often (like it did when our milkman passed by on his daily route, his wagon drawn by a horse, a horse who knew the route so well that the milkman let me drive him sometimes).

Like many of us here in Wynmoor I am active in a few clubs, I read and do some stuff on my own, but I realized that I also wanted to do something more constructive. I decided that volunteering would be a good outlet for some of my energy. After a very short search for volunteer possibilities near to Wynmoor I was delighted to discover a chance to work with those horses that so intrigued me. Jackpot!

I found a facility that uses horses for therapeutic programs for kids and adults with special needs. I have seen kids as young as 4 years old and "old hands" that are in their twenties. It's amazing to see them riding and in some cases controlling the horses totally on their own.

I have only been volunteering there since December but I have already taken orientation classes in walking the kids on the horses, in leading the horses during the training, in grooming them and in putting on their bridles and saddles. I have never felt so welcome in any facility as I do here. After only 2 or 3 visits all the staff I had contact with knew my name while I was still trying to remember theirs.

Walking up to those beautiful horses and grooming them – awesome. Walking the kids on their horses to protect them is also great, especially if you are into kids, and even if you are not into them so much. But you get to choose where you prefer to help. You can even help with administrative stuff in the offices, but I prefer being outdoors.

Equine-Assisted Therapies of South Florida (EATSF) is just off of Sample, on the north side of Tradewinds Park, (3600 Sample Road) only a 15-minute drive for me and as a bonus, both Costco and Festival Flea Market are just minutes away. I have committed to a minimum of 2 hours, twice a week but am often there longer. If you would like to join me there, just drop by or call Teyla, Volunteer Coordinator at 954-974-2007 or email her at teyla@equineatsf.org.



Helpful Hint for Residents

By Philip Edwards

We live on the ground floor and concrete chunks began falling from above. The chunks landed by our outside door. We tried calling the property manager several times but were told our messages were not received. Other residents say they have the same problem with voicemails not being picked up. To address this, we acquired the email address for our property manager and have had a more positive response. This seems to have rectified the situation and we now have our emails to keep as a paper trail.

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Wynmoor's Women Pool Team The "MzCues"

Join us for friendship, join for fun! Every Tuesday at 3:00 - 5:00 p.m. at the Pool & Billiard Room, in the Country Club. This event is free only to Wynmoor Pool & Billiard Club members and their guests*. Non-members can join the club for \$5/year at any event.

Week 43 - Joann just returned from New Jersey and played some great Pool. Bunny, as usual, also played some great Pool. They went into a playoff game with Bunny taking the win by a slight margin. Great job ladies!

Week 44- Winners where Bunny (1st place), Lois (2nd place) and Barbara (3rd place).

Week 45- Winners 1-21-2020 are Amy (1st place) and Lois (2nd place) Congratulations to Lois for being our most improved player of the month!

* Guests must register and pay a guest fee.



Week 43; Photo L-R: Bunny & Joann



Week 44; Photo L-R: Barbara, Lois, Bunny



Week 45; Photo L-R: Amy-1st Place Lois-2nd Place

Wednesday Night Pool Tournaments

Join us every Wednesday night at 6:00 p.m. This Tournament is handicapped for all skill levels. All Residents and their guests* are welcome! Enjoy AC comfort while having fun and meeting new friends!



Weekly Winners:

Week 45- Mo was the winner. Terry (2 handicap) was second with Jon and Ralph (not pictured) tied for third.

Week 46- The game was 9 Ball. The winner was Joe (2 handicap) with Mo second and Rich in third place.

Week 47- Tonight the game was nine Ball. Amy (2 handicap) and Julio (2 handicap) came it first. In second place was Johnny, his first time playing in the Wednesday Night tournament, and third was Lonnie.

Week 48 - 9 Ball was the night's game. Fred D was the winner, Joe came in 2nd while Andre (pictured) tied with Bob H and three others.

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



Week 45; Photo L-R: Terri, Jon, Mo



Week 46; Photos L-R: Mo, Joe, Rich



Week 47; Photo L-R: Amy & Julio



Week 48: Andre (pictured)

Breakfast For One Dollar!

Come join us Sunday March 8th for the Pool & Billiard Clubs Breakfast meeting. The location is the MPR (Multipurpose Room) next to Main Pool from 10:00 a.m. - 12:00 p.m. Menu: Bagels, cream cheese, butter, coffee or tea. The cost is \$1 to members, \$5 non-members. Cost to join club: \$5/year. Come make new friends! You must RSVP: wynmoorpoolclub@gmail.com



Photo on right: 2019 Annual Club BBQ at the Cove.



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Kevin Rader

State Senator, District 29



Dear Friends,

The 2020 Legislative Session is scheduled to end on Friday, March 13th. As usual, the limited time that we have in Tallahassee goes quickly with so much to get done. So far, I've had several bills move through their committees and hopefully will become law later this year. More recently, there has been the usual shift to local appropriation projects and the Florida State Budget. Below are some of the "hot topics" that were discussed this Session.

HB 607-HEALTH CARE PRACTITIONERS

Although this bill does not have a Senate companion, it has managed to become controversial. As filed in past years, House Bill 607, if passed, would authorize advanced practice registered nurses (APRNs) to practice advanced or specialized nursing without a supervising physician, acting as a patient's primary care provider. Under current law, APRNs can only practice under an agreement with a supervising physician. Overall, it has become a contentious issue during this Session and, should it pass the House of Representatives, could be voted on in the Senate.

SB 404-ABORTION (PREVIOUSLY NAMED PARENTAL CONSENT)

This bill brought back similar legislation from 1988, which was later overturned by the Florida Supreme Court and found to be unconstitutional. At its core, this bill would now expand Parental Notification of a minor seeking an abortion to Parental Consent. Most notably, it would no longer give the minor any say in whether they keep or abort the fetus, solely relying on their parent's or guardian's decision. The questions and debate on SB 404 also included the topic of the judicial waiver, which allows the minor to petition the courts to get an abortion. The judicial waiver would benefit young girls that either do not have a guardian or those that were victims of abuse. There were over 30 amendments proposed to try to modify the final bill, yet they all failed. After much contentious debate and opposition, it passed the Florida Senate by a vote of 23 to 17, sending it to the House of Representatives for consideration.

As always, my office is here to help, so please contact us with any issues or concerns.

District:
5301 N. Federal Highway
Suite 135
Boca Raton, FL 33487
561-443-8170
Email: Rader.Kevin.web@flsenate.gov

Tallahassee:
222 Senate Office Building
404 South Monroe Street
Tallahassee, FL 33344
850-487-5029

IMPORTANT NOTICE

All construction done inside your dwelling needs Wynmoor approval first. Then permits from the Coconut Creek Building Department must be pulled.

Do It Right The First Time!

Saving a little money at first, can cost you a lot of money in the long run!

SPECIAL EVENTS

38th Annual Festival of the Arts - Saturday, March 14th and Sunday, March 15th. This is a Free Event! From 10:00 a.m. - 4:00 p.m. in the Grand Ballroom

Wynmoor's residents are unbelievably talented! If you are one of them then register for the 38th Annual Festival of the Arts beginning Wednesday, January 8th in the Country Club Library. Make sure to tell your friends and neighbors and join us to marvel at all the artwork that will be displayed.

Miss Saigon at The Adrienne Arsht Center - Sunday, April 12th - Show Time: 7:30 p.m. - \$98

It is based on Giacomo Puccini's Madame Butterfly, and similarly tells the tragic tale of a doomed romance involving an Asian woman abandoned by her American lover. Your seats will be located in the Orchestra Circle. Two tickets per household. The bus will depart Tract 1000 at 5:30 p.m. Registration began Thursday, January 9th at the Main Pool Recreation Office.

★ ★ ★

Come From Away at The Broward Center - Sunday, April 19th - Show Time: 1:00 p.m. - \$77

This story takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town of Newfoundland that welcomes them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. Your seats will be located in the Main Rear Orchestra. Two tickets per household. The bus will depart Tract 1000 at 11:30 a.m. Registration began Thursday, January 9th at the Main Pool Recreation Office.

★ ★ ★

For more information, call Recreation: 954-978-2600, press 1. Register at the Recreation Office Monday - Friday from 8:00 a.m. - 4:45 p.m. and in the Country Club Business Center Monday - Friday from 8:00 a.m. - 12:45 p.m. & 2:00-5:00 p.m. All Recreation trips include transportation. Residents are responsible to be on time for each departure (to and from) venues. Recreation events/trips are subject to change/cancellation. The events/trips listed above may be sold out by the time this publication is printed.

ARE YOU INTERESTED IN STARTING A NEW DISCUSSION GROUP?

By Dorothy Kornheiser

Do you have either your adult children or parents living with you? Would you like to connect with others who are also not living alone? I would like to form a group that will discuss any topic that has affected our lives. Call Dorothy 954-956-7600.

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From Another Side Of The Couch

By Lynne List

After reading Merri Goldberg's article in the February issue I was amazed at how similar our sides of the couch were. Let's look at Merri's questions and answers and compare them to mine. Though we were both therapists our fields were completely different.

Why Did You Become A Therapist? I, too, had an unexpected turn in my life while I was pursuing a Master's Degree. I was fortunate enough to have a brilliant Professor who inspired me to be more than a classroom teacher. He introduced me to the field of Reading and Learning Disabilities. Under his tutelage I spent a year in a clinic internship, working from 9:00 to 5:00, 5 days a week, learning how to assess children's intellectual, psychological, physical, and modality strengths and weaknesses. I never worked so hard, I felt like I was in a medical residency, but the more I learned the more hooked I became. I loved the field. My future was determined.

When You Meet Someone For The First Time And They Ask What You Did For A Living Do You Ever Get A Strange Response? Oh yes. Most people say, "So, you're a teacher." Yes, but a specialized one. In my field one must be able to determine "How" to teach the child. Is he visually oriented? Tactile? An oral learner? The average teacher has not been trained in procedures to analyze a problem or to know what to do to maximize the child's learning potential. Whether a student is 6 or 26 teaching a reading or learning-disabled individual requires using specific procedures unique to each child.

Many years ago, I was invited to lecture at a college in New York City. I discussed a number of approaches to teaching the Learning Disabled. At that time, I was the New York State Supervisor for a new procedure called ITA. It was a good program but died out when federal funding stopped. However, following the lecture I was approached by a gentleman who asked if I would teach at Sing Sing. He explained that a majority of the inmates were illiterate. It is not just children who need help.

As Merri said, a good therapist should be a good listener, non-judgmental, caring and empathic. Many years ago, my granddaughter required reading tutoring. She could read all the words but her comprehension was poor. My daughter hired a reading teacher and asked her to speak with me on the phone, since I was an educator, and explain what she planned to do. The young woman called me, gave me all the test results and proceeded to explain her teaching plan. I asked her what she was basing her teaching approach on. She said she was following the procedures in the List-Lerner text book. I said, that's great, because I'm List. She nearly fainted but I was happy she was doing the right thing and I was delighted to know that I was able to improve the teaching ability of many educators.

Of course, on finding out what your field is, there always are those who want advice because their child, cousin, or friend's child is having problems. I commonly got, "Could you just test my son?"

Therapists Seem To Really Care. Is That Real Or An Act? Reading and Learning Disabilities Teachers truly care. They want to help the child. They recognize the frustrations the child has. They try to build the child's self esteem and give the child the feeling that they CAN do it. The problem is that sometimes they care too much.

That is, they become emotionally involved. I have known Reading teachers who have given up their lunch hour to give a child more instruction. A good therapist is dedicated. A therapist I knew was working with a 15-year-old boy and got so emotionally involved (calling the boy at home, meeting him outside of the clinic, etc.) that she had to be removed from his case. So, do therapists, care? Yes, sometimes too much.

Don't Therapists Burn Out? Of course they do. But every case is different. No two children are the same and each requires his or her own instruction. However, after a number of years I began to feel that I wasn't doing enough. I had worked successfully with many children but I felt that if teachers were trained they would be able to affect many more students. So, I went on to get my PhD and taught in the graduate department of 4 different colleges and Universities. I trained many teachers and hopefully they are reaching out to many many children. The satisfaction that I have is tremendous.

Why Don't Therapists Say More And Give Advice Or Answers? Every parent wants a definitive answer to how far his/her child will progress. Every parent wants to know the child's IQ. There is no simple answer. Some children, even with less intellectual ability, are over achievers and will accomplish what we never expect. Others, who are very bright, do not have the drive, they are underachievers. Some children are poor test takers and we cannot rely on their written tests results. There are psychological factors involved also. So, because of all the factors involved, and there are many more, therapists are truly unable to give definitive answers.

Would You Choose The Same Career Again? Yes, definitely.

White Swan

By Dale Moritz

I took the attached photos of a white swan on Friday, January 24th, at Wynmoor. This was my first sighting of a white swan since living here for the last 9 years.



Puzzles and Games

Solutions from page 52

Crossword Puzzle

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

Spring

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

The hidden message is: APRIL SHOWERS BRING MAY FLOWERS

Sudoku

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



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