



# The INSIDER

An Independent Newspaper  
*For Wynmoor Residents*

VOL. 5 NO. 2

FEBRUARY 2021

## March City Election Will Affect *All Wynmoor Residents*

By Insider Staff

**O**n March 9, 2021, a city election will be held that will affect all Wynmoor residents. Voters will have the chance to elect three candidates who oppose expansion of the landfill as well as the expansion of the turnpike.

**ISSUE ONE:** The State of Florida has stated their interest in expanding the turnpike, which would put the turnpike wall five feet from the Wynmoor property line. During the past four years our city commissioners, including Josh Rydell and Sandra Welch, have opposed such expansion. Wynmoor President, Jackie Railey also worked with city, county and state officials opposing the expansion since it will adversely affect the quality of life for Wynmoor residents.

**ISSUE TWO:** For more than two decades, the City of Coconut Creek has opposed the expansion of the landfill. City Commissioners Josh Rydell and Sandra Welch are two of the Commissioners who have led this opposition. Wynmoor President, Jackie Railey has also opposed this expansion.

You will have the opportunity to elect three different commissioners. The three candidates who have publicly announced their opposition to the expansion of the landfill and turnpike are:

**SEAT 1  
JACKIE RAILEY**

Jackie Railey, the President of Wynmoor Community Council will be seeking to fill the District

B seat. Ms. Railey opposes the expansion of the landfill and also opposes the expansion of the turnpike. During the past 20 years, Wynmoor has had one of its residents sitting on the City Commission. Jackie has committed to fight against the expansion of the landfill as well as against the expansion of the turnpike.

**SEAT 2  
JOSH RYDELL**

Josh Rydell has served as Coconut Creek City Commissioner for five years. Rydell has worked with Wynmoor management and County Commissioner Bogen to fight the expansion of the landfill. Rydell has also worked with county and state officials opposing the expansion of the turnpike. As Wynmoor residents

are aware, the state plans to expand the turnpike, which would put the turnpike wall only five feet from Wynmoor property. As of this date, our city, county and state elected officials have been able to hold off this expansion. Commissioner Rydell has spoken publicly about continuing the fight against the landfill and turnpike expansion.

**SEAT 3  
SANDRA WELCH**

Commissioner Welch has also publicly opposed the expansion of the landfill and the expansion of the turnpike. Commissioner Welch has worked with her city commissioners and county and state representatives in the fight against these expansions.

*Continued on page 24*

**THERE WILL BE  
NO EARLY VOTING!**

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**OR  
IN PERSON  
ON MARCH 9TH**



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4501 Martinique • Enclosed Patio, Panoramic Water View, Just Painted	\$99,000
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## ALL CLUBS, CLASSES and EVENTS HAVE BEEN

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## Before going out to a class, club or planned event, CALL FIRST!

At the time this paper went to press,  
it was unclear which events were being cancelled.

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Marinated grilled chicken, feta cheese, romaine, tomato, red onion, cucumber, pepperoncini, Kalamata olives, crisp romaine and Greek dressing.

#### BLAZING BUFFALO

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#### THAI CHICKEN

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#### TUSCANY CHICKEN

Marinated grilled chicken, artichoke hearts, Cheddar jack cheese, lettuce, tomato, onion and balsamic dressing

### SPECIALTY SANDWICHES \$13.50

Served with choice of homemade salad or French fries and a pickle.

#### TURKEY CLUB

Triple decker with fresh cut turkey, loaded with bacon, lettuce and tomato

#### REUBEN

Corned beef, melted Swiss, sauerkraut and Russian dressing on grilled rye bread (Rachel same as above except with pastrami) (Turkey Reuben same as above except with Turkey)

#### TURKEY PESTO

Grilled honey maple turkey breast, provolone cheese, lettuce, tomato, roasted peppers on kaiser with basil pesto sauce

#### TURKEY IN PARADISE

Grilled honey maple turkey, provolone cheese, lettuce, tomato, sun-dried tomatoes, sprouts and honey mustard on grilled kaiser roll

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Add Bacon .....\$1.50

2 slices of thick bacon

CHICKEN WINGS (6) & FRIES .....\$7.99

PHILLY CHEESESTEAK...\$13.50

With peppers, onions, & mushrooms. Served with fries.

#### TURKEY BURGER ....\$11.45

Made in house ground turkey burger.

#### 1/4 LB. HEBREW NATIONAL FRANK .....\$6.99

Add kraut on request. Add fries \$1.00

#### CHICKEN TENDERS .....\$8.99

#### GRILLED CHEESE .....\$6.99

Add bacon \$1.50. Add tomato \$1.00



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# pen to paper

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## Catskills Revisited

By Nancy Heller Moskowitz ©2020

A few Sunday nights ago, I was surfing channels and realized that "Dirty Dancing" was available. I can't resist watching this classic. This nostalgic movie of a simpler time circa late 1950's - early 1960's calls to me over and over again because it reminds me of my family's summers at the Bonnie View Hotel in Pine Hill, NY.

This small family-owned hotel was owned by my parents' friend, Fritz Berger and her two brothers. They all lived in a large 3 family attached house. Only a door would separate each family. It was quite interesting when we visited one of them since you could hear the others on the other side of the wall. That is a true example of a close family.

The main building housed the front desk and offices, two large dining rooms, a large living room like area for hanging out waiting to go to the dining rooms or shopping in the few stores doing business on the premises. Sleeping quarters for the guests were on a few floors above.

Like "Dirty Dancing," fathers came up Thursday night and went back to the city early Monday morning and moms stayed with the kids enjoying the country air, sun, and fun. Activities like dance classes, beauty demonstrations, day camp, bingo, etc. along with summer romances were among the many happenings from late June until Labor Day. It was a wonderful time in my life.

My brothers and I along with the other younger guests attended day camp where we swam, hiked and picked blueberries on "Blueberry Hill," and had a full arts and crafts program to keep us busy all week. The many fields allowed us to play softball, basketball, or volleyball. On special nights we would go to the social hall to watch a movie. All the kids would lie on the floor with a pillow under our heads while our parents sat on chairs sharing a cozy activity. There was always something to do day or night.

Since we went year after year like many others, it was home away from

home. This was the Borsht Belt, the nickname for the Catskill Mountains. It hosted mostly Jewish families seeking refuge from the hot streets of the city. Among other things, it was known for its 3 meals a day. Kids would eat earlier than their parents in a section of one of the two dining rooms. We'd have play time while our parents mingled and enjoyed adult only meals. Everything was supervised and it was safe and comfortable.

Life as we knew it changed on the weekend when the men returned. The pool became a place to congregate. Ladies played mah jongg and canasta like every other day and the men played gin rummy or pinochle. We swam and "horsed around" since there was no day camp on the weekend. We made our own fun. Occasionally, there would be a water volleyball game or some races. Nothing worried us, so different from today.

On weekends, we all got dressed up for dinner, showing off our new outfits bought just for the summer. Friday night was services before dinner and Saturday, just like at Wynmoor, was show night. There were always two shows on Saturday. One, like the movie, featured dancing before the entertainment and the 2nd show was after hours, the lounge act. This was strictly for the adult crowd, often R rated in today's parlance. Many of the show people were Jewish and treated well. Comedians like Jackie Mason, Myron Cohen, Mal Z. Lawrence and Freddie Roman starred in the larger hotels and would come over to the Bonnie View because they knew Fritz's brothers.

We also had a young singer (16 years old) who would serenade the girls at the pool. He was dating one of our friend's daughters. His grandmother had a boarding house in town. It was a small town so he was able to visit often. I didn't think his voice was that good but what did I know, I was a kid. What I did know was that the teenagers thought he was cute and talented. Eventually he did make it big. His name is Neil Diamond.

We continued to go to the Bonnie View even after my brother, Lee and I started sleep away camp. Our baby brother didn't come with us for two years. The best part was knowing that our parents would pick us up on the last day of

camp and drive directly to the hotel where we stayed until Labor Day. By this time, I was like "Baby." I was a teenager and we weren't supposed to flirt with the waiters, but we did. So I continue to watch "Dirty Dancing" and think about my first crush.

As Edith and Archie Bunker, in "All in the Family" sang every week, THOSE WERE THE DAYS!

## From Adolescence To Senescence

By Beverly Friend

Beginning in my teens and continuing to today, wherever I am -- at 3:30 p.m. in Lincolnwood, Illinois, or at 7:30 p.m. in Coconut Creek, Florida -- I stop everything and run to the TV. This is the sacrosanct time for Jeopardy.

How wonderful to abandon other tasks and sit or -- even more likely -- lie down and get ready to enjoy the tasteful charm of Alex Trebek and the often-brilliant erudition of the contestants such as Ken Jennings and James Holzhauer.

Preceding or directly following this program -- depending on time and location -- might be another stimulating show: Wheel of Fortune. While I never aspired to appear on Jeopardy, I longed to be a contestant on Wheel -- especially if I could have appeared as part of a parent-and-child team with a daughter in tow to provide all the newest info (and spelling of) -- the names of songs, popular singers, TV and movie characters, screenwriters, and stars. I thought that either daughter was more up to scratch than I was on popular culture. We might have a chance on Wheel—but not on Jeopardy.

In fact, Wheel came to Chicago and held a day of tryouts at Hawthorne Racetrack. I couldn't miss that! Six thousand eager beavers exited from their cars in the parking lot and milled around, pushing and shoving in long lines and filling out 3x5 cards with

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personal information. We turned in these cards as we entered in groups of 2,000. After we were seated, a minuscule group of 15-20 people were called to a makeshift stage, briefly interviewed, and set up to try the game. A mere five or so were selected. Then – shockingly -- we were all dismissed to make room for the next 2,000 hopefuls. Being chosen was hopeless, even if we had tried to sneak in with the next group.

Jeopardy, on the other hand, offers tests. These originally were held in specific cities and now can be taken online. This, is not a gain. Wheel is more equal opportunity for a native speaker of English, especially an English professor who knows such secrets as what lies in the words ETAION SHRDLU. This was the name of a character in a very funny book called “Barefoot Boy with Cheek,” written by humorist Max Shulman in 1944 (and still in print), which I read and enjoyed eons ago in my college days. What was unique about the name is that is an acronym for remembering the letters of the English alphabet in the order in which they occur. The vowels are not so important, but a contestant on Wheel would be ahead if he realized that T should be the first consonant selected followed by choosing N S H R D and L. Those who open by picking such letters as P or Q just don't deserve to be there!

Jeopardy, in contrast to Wheel requires specific factual knowledge rather than the ability to solve linguistic puzzles. I am comfortable with topics such as literature, crossword clues, and body parts, but dreadful on math, sports, math, geography, opera, math, and a host of other subjects.

However, as there are a variety of possible topics and questions on each, watching the program need not be a total wipe out. Being right in perhaps 10 or so times during the half hour, out of possible 60 choices (two sets of six categories with five scoring questions in each list) could gratify ego some.

Not anymore.

If ever there were a way to measure mental deterioration, aging, memory

loss and a burgeoning senility, it is watching Jeopardy.

It has been a gradual but unremittingly downhill experience.

First, I lost speed. Oh, I knew the answer. Of course, I knew that book. I had studied it in college, written papers on it, assigned it to students and graded their papers. Sometimes I could even picture the book cover. No use. My answer came out too late – after both the buzzer and the contestant had responded.

Next, I lost, clarity. I would shout out an answer which sounds almost right. Just today, for example, after completing the first draft of this essay, I watched Jeopardy and answered Macademia for Macaroon. Who knows what will happen tomorrow? Sometimes the first letter is right. Sometimes it is the last letter. It might even have the first and the last letter – but not the middle. Today I had the first four letters right – Maca. Wrong answers are unacceptable. Even if I say the right last name of a famous person – the first name is far too often wrong.

And now, I am losing it all – I vaguely recognize a reference. Perhaps with more time (like a day or a maybe a week) I could think of the answer. I believe I could almost spell it out correctly. However, it is gone. Now, when it is ultimately revealed, my scale of response moves from “I know that,” to “I think I knew that once,” to “I never knew that.”

Worst of all. Whether at 3:30 in the afternoon or 7:30 in the evening, or even – now with the ability to tape the programs – watching at any time of the day or night, I do not last through the final, suspenseful thirty minutes. I am lulled to sleep during the long commercial break before the culminating highlight -- Final Jeopardy!

“Who? Who won? What was the final question?” I missed it all.

“Oh, it is OK,” I fallaciously comfort my aging self. “I am sure I would have gotten it right!”

*Continued on page 8*



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Home sales continue to side-step the Covid-19 economy. Sales of existing single-family homes, townhomes and condos have grown in the last year. Sales are 10% higher than last year at this time.

**So what's going on here?**

**The answer is easy:** The Covid shut down this year, left everyone stuck in their apartments and homes in the Northeast. Even with the virus, Floridians are able to walk outside, swim, go to the beach and enjoy our wonderful weather, lifestyle and still stay active while keeping themselves safe. Purchases have soared across all price ranges, including homes & condos. So the question and answer is this Wynmoor Residents, If you are planning or thinking of selling your property **NOW IS THE TIME TO LIST.** Please give me the opportunity to market and sell your property. Prices at Wynmoor have remained optimistically consistent and **SALES are STRONG.** Looking forward to hearing from you. Stay Well, Stay safe, and be Kind.

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# pen to paper

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## Pray And Eat? No – Eat Well

By Mobolaji Adedoyin

Recently, I had discussions with a religious lady about how to eat well and stay healthy. She said, "I just pray and eat anything." I don't think our grand-children and great-grand-children should just pray and eat. They have to form a good habit to find out about what they eat or should be eating daily. It is advisable that they start eating well to stay healthy and avoid most of the illnesses that are from several foods we consume daily. They already have enough medical conditions caused by grandpa and grandma's negligence and bad habits they will definitely inherit.

It is becoming more difficult to know what to eat, how much to eat and when to eat if you want to stay healthy. It gets more complicated because you also have to know where what you eat comes from and how the food is planted, harvested, produced or manufactured. In addition, you must know the ingredients in various foods, fresh, processed or prepared. There are confusing sources of information on what to eat - most of them are not reliable or trustworthy. Some nutritionists have sold their soul to various food companies and industries trade associations because they are paid to say what those companies want them to say about their products. There are also nutritionists that try to be politically correct and in doing so they say practically nothing beneficial on what to eat.

People should be asking questions on the sources of what we buy to cook and eat. Is farm raised fish healthy? What kind of chemicals do they use to feed those fish? What does fish "caught locally" mean? Are they caught from chemically polluted local waters? Which brands of chicken are raised naturally without chemicals or antibiotics that are not healthy or good for humans? What do kosher meals really mean? Is it healthy to eat beef raised with hormones? Are organic foods really organic? Can we trust organic foods from China?

Should we be drinking milk from cows or goats raised with chemicals? Is drinking a glass of red wine a day good for our body?

Recently, diseases in cows and chickens are now found in humans. Grand-children and great-grandchildren should not follow or adopt grand-parents' bad habits for many years. I know grandpa or grandma grew up eating everything on land and sea and they still drink at eighty (80) years of age. First, the foods they grew up with did not have as many chemicals and preservatives as those available presently. Eggs grandparents ate probably came from chickens raised without chemicals or antibiotics. Secondly, grand-children may not know that grandpa and grandma take six different medications daily to control illnesses inside their bodies.

Religious books give some advice on what to eat, but they do not tell believers how those foods must be grown, made or cooked - those books are not cook books. As the population of the world grew, humans had to start producing food at a faster pace to feed people. Large farmers started to use chemicals to raise chicken, beef and pigs faster - they were not interested in peoples' health.

Decisions on where to buy or eat prepared food are also difficult. Even if you are at a very expensive restaurant or hotel, in most cases waiters and waitresses don't even know where the food they serve to customers come from - I know that is not their job.

Here is the bottom line. Grand and great-grandchildren, you are the only one that can research and determine what you should eat and what is good for your body. You have to pay attention to your body and determine what agrees with the chemistry in your body. For example, you have to find out whether drinking a glass of red wine daily is really good for you. Many years ago, I listened to the experts, I started to drink a glass of red wine daily. I found out very quickly that it is not meant for me - whenever I drank a glass

Continued on page 10



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# pen to paper

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I had an upset stomach - so I stopped.

I believe diet is like religion, you have to practice it every day. You have to watch and count your calories intake and stay away from too much salt, sugar, saturated fats and cholesterol daily. It is the food people eat that causes all kind of illnesses and diseases in humans. The only way to reduce those illnesses, including cancers is to drastically improve the quality of our food supplies.

## The Good, the Bad and the Ugly of Covid-19

By Richard Horn

2020 was a tough year. It was deadly for some, heart breaking for others, and a scary inconvenience for most. Because of an enemy we could not see and had previously never heard of we were forced to alter the way we lived. My initial snowbird plans to head north in early May were moved to June, then July and, as of this writing (mid-January), I am still here behind the walls of Wynmoor.

With the initial shut down in March, life changed very abruptly. It was as though a swarm of tornados had hit the entire world all at once and while we hunkered down in our storm cellars the outside world was changing in ways that we could not imagine. The Covid-19 virus had hit the Wynmoor wall.

We humans are social beings. We need human contact, both physically and mentally, to survive and grow. My partner in crime and I moved to Wynmoor because of all the activities that the community provided and now because of the novel corona virus our growth in Wynmoor was being stunted. In an instant all shows, movies, clubs, dances, etc. were gone. No golf, bocce, tennis or pickle ball permitted. Use of the swimming pools verboten! Guests from outside Wynmoor were no longer allowed to enter the community gates. We

were all both alone and together at the same time.

For the first time in my life I decided to have my groceries delivered out of fear of the unknown, but because I am a planner by nature I began stocking up on dry goods three weeks before the shutdown. By March 24th I had 96 rolls of toilet paper in my storage cage and lots of canned goods, rice and pasta but we needed fresh fruit, veggies, bread, etc. so, like many of my neighbors, I ordered online and sanitized everything that came through the front door.

As snowbirds, 2019 was to be our second season in Florida and we had begun to assimilate in Wynmoor. Because of Covid-19, however, we had to avoid all human contact to be on the safe side. We hated it. We were shunned by our neighbors. Hugs, handshakes and kisses were crossed off of our to do lists and instead of living in the now we reverted to remembering the past. Then something happened.

People stopped driving and those that continued to drive did so less often which caused fuel prices to drop worldwide and, because the virus affected the entire globe, air quality improved. People on people crime dropped because cities were deserted and home burglaries declined because homes were occupied 24/7. However, in Wynmoor our personal lives began to improve in spite of the virus and we began to make new friends. (The Bright Side of Life) We experienced a sort of rebirth.

The pools were closed but when Wynmoor reopened the satellite pools something unusual occurred. There were people there. In the past, in the Cayman pool, there were never more than 3 or 4 people in the pool at any given moment. Now, however, there were many people from all 3 buildings using the pool and we met them. We actually met neighbors from the other buildings. We talked to them and we learned their names and we danced into the night. Well not really but we really did make new friends and continue to do so in the pool as of this writing.

Also, through Facebook, I have forged new friendships that would have



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never happened if not for the Covid-19 shut down. Moi Sherri and I attend the karaoke nights at the Bistro 19 with wonderful new friends and with other wonderful new friends we have a weekly brunch at the Bistro 19.

Because we are unable to travel or spend money on entertainment safely, our joint checking account is bulging so we will be upgrading our condo in 2021. Hopefully, when we are able to travel again it will be with some of our new friends.

Tomorrow, however, will be different. Our lives have always changed continuously but not for everyone at the same time. We had to put our heads on the shoulders of friends while they in turn put their heads on ours. As any good scientist could tell you, chaos is the natural order of things in the universe and normal and calm is the unusual. The new normal though will take getting used to. Daycare centers that were no longer needed during the shutdown may never open because work that is being done online at home can continue to be done at home thus reducing the need for office space. Restaurants that were there will not be there anymore. Small businesses that were just barely hanging on will vanish if they haven't done so already and large chains that were struggling will finally succumb to the inevitable. However, there will be opportunities for new businesses because landlords will be eager to rent out the empty restaurants and vacant stores to willing entrepreneurs. Joe's Pizza may not be there but Sal's will.

In the end it boils down to the fact that people that are able to accept change and move on and survive. The other's keep looking for Joe's Pizza.

## God Punished Me

By Pete Hardis

For the first sixty seven years of my life I was a content, happy-go-lucky, easy-going person who never did much thinking, analyzing, questioning or

wondering about anything.

I think that all my thoughtlessness was a blessing for me. It certainly did not prevent me from enjoying rewarding relationships along with doing well in all the endeavors I chose to undertake. That's the way it was for me until December 31, 2010.

On that date, while lying in my cozy bed watching a re-run of "The Golden Girls," a violent storm with blinding lightning and deafening claps of thunder suddenly began raging outside. The curtains in my bedroom began to blow in every direction even though the windows in my bedroom were closed. I was terrified. I didn't know where to run or hide. I pulled the covers over my head and hoped for the best. Then, as quickly as the storm began, it stopped. I peeked out from under my covers and saw a ghost-like figure standing at the foot of my bed. It was staring down at me with eyes as bright as search lights. "Peter, I didn't mean to scare you. I am God and I came here to talk to you about something that has been bothering me.

Don't you realize that it was only because of me that you had such a wonderful, happy, and successful life? The problem is that in return you never gave me one thought to thank me for all that I have given you. Why is it that people with so much less than you have, thank me?

The only time I see you in synagogue is for someone's bar mitzvah, and when you are there I see that you are fast asleep. Can you tell me why you have been such a jerk for all these years?"

I was terrified. I said, "God, can you please understand that this is something I never thought about." That's when she got red in the face and started trembling. I thought that she was going to have a stroke. I said, "You must sit down and relax. Here's water and I'll get you a bag to breathe in so you won't hyperventilate." "Peter, you stupid, stupid non-thinking fool! Because of your thoughtlessness I must punish you. For the next ten years I am going

*Continued on page 13*

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



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# Safety Solutions

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

## The Number One Scam Prevention Rule



My number one rule in scam prevention is “never send money up front.”

If you can keep to that rule, you will have significantly decreased your chances of ever falling victim to a scam.

We have seen what the violation of this rule can do several times recently. Not long ago, a Wynmoor resident lost thousands of dollars

after giving some scammers money up front in order to fix a supposed problem with his computer. The only thing was there was no issue with his computer and the bad guys he was talking to on the phone weren't really from a computer security company.

We've also recently investigated cases where a Creek woman sent nearly \$10,000 up front for a car that didn't actually exist. There have also been several cases where folks have sent money up front to scammers using on-line marketplace applications. They can always tell it's a scam when the people who they thought they were doing business with suddenly stop returning their phone calls after they received the money.

The goal of the bad guys is to get you so focused on what you want that you

forget what you are doing. Let me give you an example of what I mean by that: How many times have you walked into Publix, strolled straight up to one of the cashiers, and just handed them 50 bucks? You didn't make any trips through the aisles. You didn't stop to check if they had a “bogo” deal on your favorite ice cream. You just walked in and gave them the money. You paid up front.

I'm willing to bet nobody has ever paid up front at the grocery store. So why would you do it with anything else? While I understand that nowadays stores like Walmart will allow you to order your groceries on-line and then either have them delivered or go pick them up. But that's Walmart. Not “Harry,” the guy who wants to sell you his gold coins after you just met him on Facebook.

They get you going with promises of a sweet deal. Or they try to scare you by telling you that you need to take care of something right away so you rush to a store and buy them gift cards. They want to keep you busy. They might want to make you scared. They might even count on your greed. But understand that everything they are trying is with the purposeful goal of getting you to do something you know you shouldn't do, only you do it anyway because you are distracted to such a degree that you literally forget what's good for you.

I'm no rocket scientist. And I'm not a member of Mensa. I have to keep it simple. That's why my number one scam prevention rule is “never send money up front.” If I can remember that, I stand a much better chance of never forgetting what's best for me no matter how hard the bad guys try. I don't want you forgetting what's good for you either.

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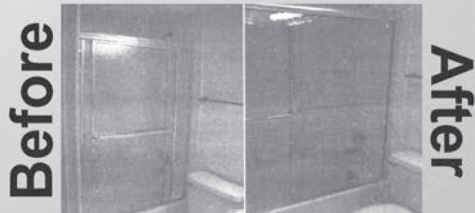
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# pen to paper

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to turn you into an over-thinker. I will only lift his curse if I am convinced that you learned your lesson.”

At that moment she vanished from my bedroom.

I must tell you that being transformed from a non-thinker into an over-thinker has turned my life completely upside down and has been very painful.

Let me give you two examples of the thousands I have endured to demonstrate to you the devastating impact this curse has had on my life:

Recently I received a wedding invitation. My cousin Sharon's daughter was getting married. The invitation indicated, 'Black Tie Optional'. I thought to myself, how am I going to handle this? I began by thinking should I wear my tuxedo? I thought that if maybe I wear my regular dark suit and buy a black tie that would be good enough. But then I thought, what if all the men were wearing tuxedos and I wasn't. If that happened, I thought that I would look out of place. Then I thought, what if none of the men were wearing tuxedos and I was the only one? I thought if that happened then I might be upstaging the wedding party, and they would be angry with me. Then I thought, after all this thinking, it just might be best if I didn't attend the wedding. That's when I sent back the reply card with my regrets.

A few days after the wedding my cousin called to tell me she was furious with me because I didn't attend. I told her that my thinking about what I should wear was complicated by her invitation saying 'Black Tie Optional'. I was so confused by it that I thought it would be best if I didn't attend. I thought that would make you happy.

“This is how happy you made me.” She slammed the phone down.

Here is one more example of how this overthinking has played havoc with my life.

Whenever I leave my house, I head down to my car. Just as I'm in the car the thought occurs to me, did I lock the front door? I run back upstairs to check. As I am checking the door, the thought occurs to me, did I shut off the toaster

oven? I run back into the house to see. All of the sudden the thought occurs to me that I must have left the car engine running, so I run back downstairs. Then I say to myself, uh-oh, did I forget to lock the front door, again. This time I make sure I shut off the car engine and I run back upstairs. By this time I have to go to the bathroom. As I am doing that, I say to myself, “I better check to see if I shut off the coffee maker.” As I approach the door to leave for the third or fourth time, I begin to think that I left the water running in the bathroom. Then, did I put the milk away? Did I shut off the tv? By this time I'm so knocked out that I decide to stay home after all that running around.

My life has been a horrible, unbearable existence since God punished me almost ten years ago. That's why, every minute of every day I thank God for the good life she gave me. In my prayers to her I promise that I will never be thoughtless and non-thinking ever again.

The good news is that January 1, 2021 this will finally come to an end. I'm just praying that over all this time God didn't turn into a non-thinker herself. If that ever happened there's a good chance she will non-think to lift my terrible curse.

After all, she's only God, you know!

## Mandelbread Failures Won't Spoil My Happiness

By Irv Kaplan

**PART I** - Christmas was nearing and two of my granddaughters would arrive in town with their boyfriends. It looks as if they are serious. I dream of future weddings.

These girls are the children of my middle son Michael and his wife Carole. Their daughters live out west and don't come into town very often. The

Continued on page 17

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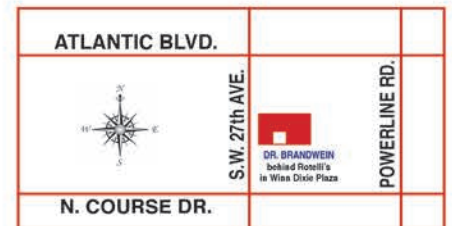
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## with the Medicare Lady

By Darlene Swaffar

Welcome to the monthly Editorial from Darlene Swaffar aka The Medicare Lady and Owner of Sunshine Insurance

Associates located in Deerfield Beach, FL for Wynmoor Residents.

**Each month I will choose between one or two questions to answer.**

Here is this month's question regarding Special Election Periods

**Question:** "When can I change my Medicare Insurance Plan?"

**Answer:** If you have a **Medicare Supplement Plan** you can change it at any time. However, unless you are within your Initial Enrollment Period, which is when you first became eligible for Medicare, you may have to answer Medical Questions. Medicare Supplement is an "Insurance Policy" not health insurance, and automatic acceptance only happens when you are within 6 months of first becoming eligible for Part B. Another time where there is automatic acceptance, is when you are in a plan that is ending/cancelling through no fault of your own. When applying outside of these periods, you will be required to answer medical questions, and may be accepted or denied coverage.

If you have a **Medicare Advantage Plan**, you can make one change during the Open Enrollment Period (OEP) which is from January 1st through March 31st. During the OEP you can change from one Medicare Advantage Plan to another Medicare Advantage Plan. The effective date would be on the first of the next month. For example, if you completed an application on February 15th, then the effective date would be March 1st and that would be your Medicare Insurance Plan for the rest of the year.

If you did not have a chance to change your plan during the Annual Election Period, or found out that doctors no longer take your plan, you can use the

OEP to change into a plan that would better suit your needs.

You can also use the OEP to disenroll from a Medicare Advantage Plan and return to Original Medicare and enroll in a Medicare Prescription Drug Plan and/or Medicare Supplement Plan.

Throughout the year there are other Special Election Periods such as:

- Moving from one county to another, or one state to another
- Transitioning from Group Insurance onto Medicare
- Qualifying for Medicaid under the Medicare Savings Program
- Qualifying for LIS Extra Help with Prescription Drug Costs
- Having a Chronic Condition such as Diabetes or Heart Disease
- Going into or out of an Institutionalized Rehab or Nursing Home Facility
- Enrolling into a 5 Star Plan
- Annual Election Period (AEP) from October 15th through December 7th

These are just some examples, and there are many more. When in doubt, ask The Medicare Lady™.

If you have a question that you would like answered for the March edition, please email me at [darleneswaffar@gmail.com](mailto:darleneswaffar@gmail.com) or call our office at 754-444-2782.

Always remember to Live Every Moment!

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*Darlene Swaffar*  
 aka The Medicare Lady TM





# pen to paper

Continued from page 13

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youngest, Jenna, flew in yesterday from Salt Lake City with her partner Brock, and there were only 17 people on a plane that could hold 250. Her older sister, Lauren, drove in with Carlos from Denver. They passed many trucks that had slipped to the side of the road because of snowy weather conditions. I am glad they all got here safe and sound.

Like all my grandchildren, these granddaughters love my Mandelbread, so I set aside the last few days to bake up some batches. I followed all the usual, successful steps, but when I went to switch top and bottom oven trays, I found that the oven wasn't hot. I had to dump the whole lot. I felt terrible.

Michael came to my rescue when he told me that he had had the same trouble with his stove, and he could easily fix mine. He ordered the needed part; it came in yesterday and he brought it over to my condo. He took apart the oven and was horrified to discover that they had sent the wrong item. This was not what he had ordered. Now, he has ordered the right part, but it will not arrive until next week.

When I saw the girls – very carefully -- I sat in my car, masked, and they stood at a distance from me. I was so happy to see them but sad that I couldn't give them my usual treat and show off my skills for their boyfriends.

If all goes well, I might be able to bake before they go back home and better yet, I hope to bake even more if and when they plan their weddings.

**PART II** - Two weeks have passed and the new – the right -- part has arrived. Michael has installed it. My oven works. I began again. I mix the batter and

set the Mandelbread to bake at 350-degrees in the oven. What could possibly go wrong?

Much to my dismay, the new batch fails! It is too dry. It is overcooked. It crumbles when I cut it into small pieces. It might be delicious on top of ice cream, but right now we cannot eat it without coughing and risking our teeth.

What could have gone wrong? Could it have been the new brand of flour I am trying because Costco was out of the old one?

I am going to blame the new flour. However, just to be on the safe side, I am not only trying to return to the original brand but also going to invest in an oven temperature thermometer – for the first time.

Currently, my granddaughters, back in the wild west, are waiting at their mailboxes. I hope I have not lost my touch.

STAY TUNED...

## What Is A Grandson?

By Lil Miller

One who calls on a lonely day – Hi Grandma, how's your day? Knowing the virus stress is running all over the place and far away – I went fishing today and caught a shark! The sound of his voice in this time and day made everything disappear for another day!

Appreciate this gift! God hears your heart!

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# Service Equals Reward

By Sheriff Gregory Tony

## Prepared and Ready to Respond

Three years have passed since the tragedy at Marjory Stoneman Douglas High School. The memories of the 17 innocent lives taken from us on that terrible day live on in our hearts and our actions. Never again. Those two words gain more importance as time passes. As the freshman class from that year graduates and moves on to new and exciting endeavors, our work to safeguard our schools continues.

Training and preparedness are vital to that mission. As one of the nation's largest sheriff's offices, we strive to be the best equipped and most prepared organization in the country. Today, I am happy to say that we are exceeding standards and continuously raising the bar.

After a thorough, critical and honest self-evaluation, we have introduced numerous improvements and initiatives to strengthen our training and readiness. The Broward Sheriff's Office is the first agency in Florida to have a nationally certified active shooter training unit. In collaboration with our federal partners, BSO has certified instructors in Active Shooter and Basic Tactical Medical Response, the FBI ALERRT Program and Incident Command Structure. And for the first time in BSO history, we have broken ground on a state-of-the-art training center.

These changes are significantly contributing to safer schools and safer communities. But it's just the beginning. I am excited to share some details about BSO's new Department of Preparedness and Response, a critical evolution that better addresses today's public safety challenges and enhances operational readiness.

Established in June 2020, the department centralizes our agency's training efforts and the deployment of our special operations units to maximize response capabilities. Previously, training had been fragmented, leading to inconsistency and lack of continuity in training protocols. By putting training under one umbrella, we optimize our capabilities, resulting in superior service to Broward County. The new department also provides for greater accountability. Whereas previous training records would only show someone attended training, each person is now independently evaluated on course performance objectives.

Another aspect of the department is the new Threat Intervention Tactics



Analytics Network (TITAN). This intelligence-led policing unit works to mitigate terrorism and acts of violence throughout Broward County. Comprised of an eight-person full-time SWAT team — the first in BSO history — the unit provides high visibility and tactical security in critical infrastructure locations, including airports and seaports, throughout the county. Should there be a critical, mass casualty incident, this highly trained unit will facilitate an immediate tactical deployment.

TITAN personnel also work to mentor others throughout BSO. TITAN responds to any incident that requires four or more deputies. The team reinforces training and helps establish proper procedures and protocols during small-scale

incidents, so deputies are better prepared and ready to respond appropriately during more critical events.

"Establishing Incident Command is vital during critical incidents," said Colonel Steve Robson, who leads the Department of Preparedness and Response. "The onsite training provides deputies with the opportunity to experience the type of response necessary should we have another incident like Marjory Stoneman Douglas. Everyone knows what to do and can perform as expected."

The department is also ensuring our first responders have what they need to perform their jobs. As other public safety agencies, government entities and healthcare systems scrambled to procure critical personal protective equipment (PPE) during the COVID-19 pandemic, the Department of Preparedness and Response, in partnership with the county, is establishing a strategic stockpile of PPE for all first responders in Broward. This is another first-time preparedness initiative created by BSO. As the county's lead public safety agency, we should never rely on state or federal partners to provide the equipment necessary to ensure our community's safety.

The department is aligned to ensure preparedness and accountability to address today's public safety threats. Their structure draws attention as a flagship model for other public safety agencies around the country looking to implement similar changes. I am proud of our efforts and will always work toward implementing best practices to safeguard this community.

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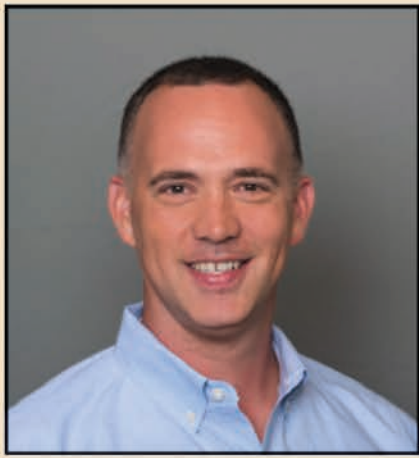
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# Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

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](http://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.

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1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

### Answers To Quiz:

1. Boxing.
2. Niagara Falls... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Asparagus and rhubarb.
4. Strawberry.
5. It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Dwarf, dwell and dwindle.
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

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# From The Other Side Of The Couch

By Merri Goldberg, LCSW-C, BCD, FASGPP

## A Special Salute to Wynmoor and the Time in Between

Before I begin this article I would like to make a special salute to Wynmoor and Mark Bogan, for the way the entire

vaccine process has been handled so far. The process seemed to run so smoothly. I know that didn't happen by magic and I can only imagine the amount of time and personal effort that went into making this happen so quickly. I personally felt that I was given the information I needed to make a decision about the vaccine, was kept informed along the way, had a phone number to reach for more questions if necessary, arrived at an easy to reach and well known site so that there was no additional anxiety about finding the destination, and had little wait when I got there. The administrative, security and medical staff were very professional and caring, despite the size of the crowd. Every media station told stories about difficulties getting the vaccine out to the most people speedily and safely. In addition, as I spoke to more and more friends in other states, and listened to their difficulties in getting inoculated I was prouder and prouder that I live in Wynmoor and so grateful to all involved for your Herculean efforts. A grand salute.

The second part of this column has to do with something very different, although it is for the February Insider it is being written on January 13th, during the incident at the Capital and is very much a product of the time and date as well as what follows in the month of February.

I was speaking to a friend, Sherry Gilroy, the other day and she remarked that we were beginning to move out of the darkness into the light. That casual remark triggered, for me, a slew of memories of one of my favorite TV shows (currently available at 12:30 a.m. on channel 209). Think about this in your best sci-fi mode. Moving between the darkness and the light you may find yourself somewhere in between. It is a place where anything is

possible. A place where truth and reality as you know it may be just a little different. Any TV sci-fi aficionado can tell you - you have just entered the Twilight Zone.

As I think more about it, what does this mean for me, and as we move into the light why do I still feel less motivated and more lethargic than I would have expected. The last year has been a constant bombardment of news of a global pandemic that has left millions dead and for a long time little relief in sight. Information about the pandemic was often incomplete, embellished or false and it became frightening to know what to believe and how to respond. At any time of the day and night I could find media news of racial unrest, demonstrations, marches and riots, violence, police brutality, businesses closing, economic swings, people hungry, homeless, and needing help, schools in crisis and on and on. And finally the pre-elections and election news covering the airways. Were things finally calming down? The last few days at the Capital answer that question with a resounding no! No wonder so many of us are tired, frightened, unsure about what to believe, and certainly unclear about what comes next and about the future. For me I am also not surprised by much anymore and at times just tired out. What I propose is that we are not yet moving from darkness into light but perhaps moving into a much needed time in between, a sort of twilight zone, as we rest a little and wait. But this is not sci-fi. During the last year we also saw the incredible, almost unimaginable out pouring of kindness, dedication, bravery, love and hope shown by so many. That is key. We wait. What will 2021 bring?

I too look forward with hope.

And the "New Normal." Does anyone really know what that means? There have been so many surprises this past year that we cannot be sure exactly what to expect.

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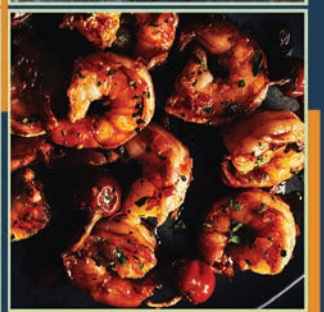


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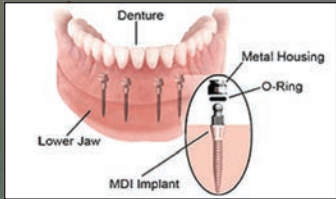
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# March City Election Will Affect All Wynmoor Residents

*Continued from front cover*

During the past twenty years, the two most important issues that have affected and will likely affect the quality of life for all Wynmoor residents involves the expansion of the turnpike at the Coconut Creek exit and the expansion of the landfill. The candidates, Jackie Railey, Josh Rydell and Sandra Welch have all publicly announced their positions.

For Commissioner District B - Nikitress Vachon Lewis announced that she will be running for this seat. She will be opposing Jackie Railey. For District C - Patricia Louise Duaybes and Wesner St. Vil announced they will be running for this seat opposing Commissioner Sandra Welch. For District E - Lauren Linville announced that she will be running for this seat opposing Josh Rydell. As of the date this article is being written, we have not received the positions from any of these candidates on the issues of the landfill or the turnpike.

## Update December 8, 2020

Please note under Association Pools where it correctly states: "pools DO NOT permit guests."

- The hours for all outside recreational facilities have been extended, effective tomorrow (Wednesday, December 9th). The Pickleball, Tennis, Shuffleboard, Bocce, and Horseshoes facilities will now be open from 8:00 a.m. to 4:00 p.m. daily.

- Broward County Commissioner Mark Bogen has announced that the COVID-19 vaccine will be available to Wynmoor residents in February 2021. More details coming soon.

## Wynmoor Covid-19 Protocols Revised On December 8, 2020

**Association Properties:** As required by Broward County Emergency Order, masks **MUST be worn on association property at all times, even if social distancing.** That includes, but not limited to, the parking lot, catwalks, stairs, elevator, laundry rooms, and storage rooms.

**Council Properties:** No guests are permitted to use the outside facilities, except for walking and biking the Circle. Masks should be worn when not able to social distance.

- Maximum capacity for Pickleball and Tennis courts is 32 people each.
- Outside recreational facilities are open from 8:00 a.m. to 4:00 p.m.
- Maximum capacity for seating at The Cove is two people per table.

**Village Swimming Pools: Masks are not required on the pool deck if from the same household or if they are able to maintain proper social distancing.**

- Abaco, Antigua I, Antigua II, Cayman, Granada, Lucaya I, Lucaya II, Martinique, Nassau, Portofino I, Portofino II, and Victoria village swimming pools DO NOT permit guests. Residents should have ID's available to show upon request.

- Andros swimming pool is currently closed for renovations. Andros residents are permitted to use the Eleuthera swimming pool.

- Aruba swimming pool is permitting residents from Bimini buildings 3401-3405 while Bimini swimming pool is renovated.

- Bahama swimming pool is currently closed for renovations.

- Bermuda swimming pool is permitting residents from Bimini buildings 3501-3502 while Bimini swimming pool is renovated.

- Eleuthera's swimming pool is permitting residents from Andros while Andros swimming pool is renovated.

**Construction:** Unit renovations are permitted Monday through Friday from 8:00 a.m. to 5:00 p.m. **ONLY.** Work in the units cannot be done on weekends and nationally recognized holidays. The only exceptions are the emergency installation of air conditioning units, hot water heaters, and remediation of water leaks. Contractors must wear masks **AT ALL TIMES** while on common property. **IT IS THE RESIDENT'S RESPONSIBILITY TO MAKE SURE YOUR CONTRACTOR OR VENDOR IS IN COMPLIANCE.**

**Move-In, Move-Out:** Residents are permitted to move-in and move-out from 7:00 a.m. to 7:00 p.m. seven days a week. Movers must wear masks **AT ALL TIMES** while on common property.





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# INSPIRATION STATION

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

## Triple AAA Nurturing - Attention/Affection/Appreciation

Dear Reader,

Allow me to mother you a bit today! I can see you are growing weary of the uncertainty of everything. Let's pause for a few moments to review what we know for sure. 2020 was an extremely challenging year for most of us. 2021 does not seem to be swinging quickly in the opposite direction. It can appear that we are **waiting** for something good to happen! Please do not look to the news for this inspiration. Instead, let's sit down and have some tea. Take off your shoes, get comfy and yes, go ahead and grab the quilt to cover yourself a bit. Now, there, do you feel a bit better just getting yourself situated? I hope so. Close your eyes for a moment and with your inner vision, scan your body. What does your body want? Are you hungry? Let me get you a little snack! Perhaps you're sleepy? Let's take some time to let your body know we are listening intently. What does your body need from you?

As a mom of six (three from my womb and three from my groom, otherwise known as a blended family), I can tell you with great certainty, that we cannot grow a powerful nation with weak individuals, just as we can't have a strong family unit without healthy, strong family members. We must start by nurturing ourselves and one another. How do we do this? With **Triple AAA Nurturing**.

**ATTENTION** – When we direct our focus, we allow our consciousness to flow towards the object of our attention. When you or someone you love is hurting in anyway, please STOP and allow your full attention to go towards the discomfort. This works whether the symptoms are physical or emotional. Just notice the sensation if its within you. If it's somebody else, ask them with a gentle voice to tell you where it hurts. Be soothing and soft as you ask and listen with your whole self. Healing begins the moment suffering is even acknowledged. Our willingness to just accept pain's full expression is so helpful. After one symptom is shared, ask what else is hurting. Perform a full momma medical/emotional intake simply by asking questions sweetly and listening with your full attention.

**AFFECTION** – once you have acknowledged the sufferings of yourself or loved one, now we offer affection. Think of it as tender, gentle strokes of healing grace. Whether I am comforting my child or my husband, I consciously visualize my heart radiating bright healing love. I send this love directly into their being even if I don't speak of it. Mostly, I am quiet except for a few reassuring words. "Let me rub your head. Lay down next to me. I

can help you." And then I gently use my fingertips to softly stroke the area that requires soothing. Lately I've noticed we are all getting too much into our heads – overthinking can really be draining and can cause headaches. By putting gentle pressure on the temples and going upwards into the hairline and caressing the scalp, this pressure is released. If a tummy is upset, first rub your hands together briskly a few times to generate heat, then place your open palms directly on the abdomen. Our digestive tracts hold our emotions. So, find out if the issue needs releasing or slowing down. To stimulate a release, gently massage in a clockwise circular direction. For an over-active digestive tract, one that is not holding down its contents, gently use your fingertips in a counterclockwise direction. These simple moves can really bring relief. If you're unsure, ask for feedback such as "honey, is this helping?". If you simply **just hold on** to yourself or your loved one, healing will begin. If you're the one needing affection and you are by yourself, get into the fetal position as best you can. This is done by laying on your side with your hands under your head for comfort and with ease bring your knees up as close to your tummy as you can. This is the position we were all once in as we developed in our momma's womb.

**APPRECIATION** – this vital aspect of nurturing can take place at any and all times throughout the healing process. It's important to express how much we cherish our beloveds. To hear how much we are loved and appreciated helps us heal. It's also beneficial to express gratitude to each part of ourselves and others. Especially the parts that are hurting. You can say "tummy, I know you've trying hard to settle down. And I appreciate you! I believe in you! I am here for you." This may sound silly, but it is effective whether you are doing self-healing or tending to someone you love.

It's funny how often we get critical of a part of ourselves or someone else who is struggling when truthfully, we can heal quicker if we acknowledge the suffering through our attention, offer affection and express our appreciation. The next time you are hurting, whether you stub your toe, or your heart is breaking, give yourself **ATTENTION, AFFECTION & APPRECIATION**.

I'm sending my love too, 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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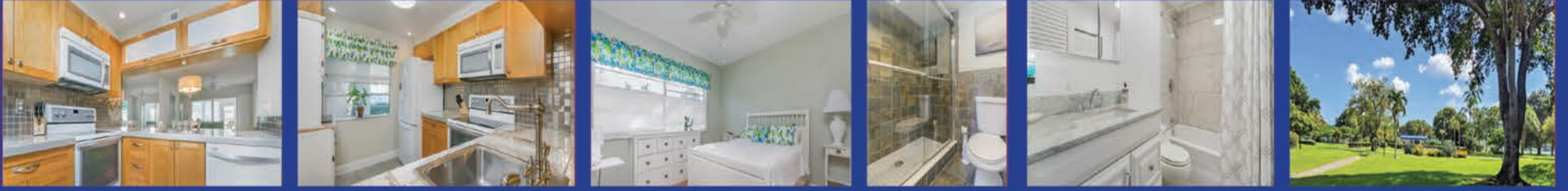
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# Condolences

## Chess Club Mourns the Passing of GERRY BONNER

By Hillel Cohen

With great sadness, the Chess Club reports the passing of Gerald (Gerry) Bonner, the previous president of our Club. Gerry was an avid and thoughtful chess player and was always warm and gracious to everyone. Until the Covid lock-down, Gerry would be at the clubhouse, ready to play, every week even after his advancing illness (non-Covid) made mobility very difficult. With his passing, we lost not only a great player but also a great friend. He will be missed by all who knew him.

Meetings of the Chess Club are still on hold. As the Covid Pandemic continues, we encourage all to stay safe and maintain all precautions – even if you have been vaccinated. Until the pandemic is over, in-person play will not be possible. However, anyone who would like to play online can call 917-548-5120 and we can arrange games.

**Condolences to Marilyn Hurowitz** on the loss of her twin sister, **ESTELLE JUPITER**. Estelle passed away on December 31, 2020. She will be sorely missed by all who knew her. Marilyn lives at 1705 Andros Isle, Apt. M3 – 954-242-1626.

## Writer's Workshop

By Nancy Heller Moskowitz

February holds many special days however the Writer's Workshop focuses on only one; Saturday. Members of our group gather on Zoom from 10:00 a.m. - Noon each week. Inspiration is individual. Each author selects their topic, reads it to the group, and then members respond with comments on the content. All are encouraged to try something new from time to time. Writing is a wonderful way to while away the hours especially during our current health concern. Try it, you'll like it!

## Short Film Festival

By Enid Wolf-Schein

Things look brighter now for the resuming of activities at Wynmoor overall. With the arrival of the COVID-19 Vaccine we may yet see the opening of our now *2021 Wynmoor Short Film Festival* sometime in the Fall or Winter. What a wonderful event that will be. We can finally roll out our Red Carpet and enjoy our exciting films together. More news as we find out ourselves!

## News About My Novel

By Lynne List

Hi everyone,

I have fantastic news. The pandemic brought out my creativity. The result is a newly published Novel, *"No Time to Regret."* It is a compelling story of an illicit love affair which years later comes back to haunt those involved. To find out more about the book and to be able to purchase it in either soft or hard copy, **go to this link:** [www.archwaypublishing.com/en/bookstore/bookdetails/812599-no-time-to-regret](http://www.archwaypublishing.com/en/bookstore/bookdetails/812599-no-time-to-regret)

The best news is that **SHIPPING IS FREE.** If you want a personalized copy please contact me directly. Hope you enjoy the book and would you please forward this information to everyone in your email address book and post it on Facebook?

Best Regards,  
Lynne List

## GATHERING PROHIBITED DUE TO COVID-19

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# Elated To Be Among So Much Beauty

by Barry Isaac



On a pleasant late November Sunday, I drove to Naples, Florida and spent an enjoyable day being among beautiful plants at the Naples Botanical Garden. I also savored nice walks on its trails free of automobile traffic.

Plants that especially fascinated Annette McKinney and I were the Alluandia from Madagascar, the Santa Cruz Waterlilies evoking the wonderful Waterlily Paintings of Claude Monet, and the huge Baobab Trees native to Africa. Our favorite area of this botanical garden was its Brazilian Garden.

The Naples Botanical Garden has a beautiful tile mosaic by famed Brazilian Landscape Architect, Berle Marx. I also saw fine Contemporary Art works by Steve Tobin. We especially liked Tobin’s “Head in the Clouds” in the Asian Plant Section, as well as his “Bamboo” creation.

Parking at this botanical garden is free and abundant. Currently, reservations are necessary, due to the current Corona Virus Crisis in Naples, Florida. There is a charming cafe on its premises where you can purchase beverages and quality food. The cafe is near its delightful Orchid Section.

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# What To Do Legally When Your Partner Dies

By Martin Zevin, Attorney

Losing your spouse, partner or significant other is a very traumatic event. It is most important for your physical and emotional health to give yourself time for the grieving process.

Once you feel mentally and emotionally able to do so, you should schedule an appointment with an attorney to review all legal documents.

You should bring your Will and/or Revocable Living Trust, Deed to your home and any other real estate, certified copy of the death certificate and, if married, date of your marriage. If you have advanced care directives such as a Living Will, Durable Power of Attorney and Designation of Health Care Surrogate, you should bring those as well.

If everything you owned was in both names, it is not necessary to probate the Will. However, regarding your home, and any other real estate, it is important to "Clear the Title." The lawyer will prepare, and have you sign a "Continuous Marriage Affidavit," which is why you need the date of your marriage. The Affidavit will state that you were married on a certain date and remained continuously married without divorce until the date of death. It will provide the legal description of your home and other real estate and indicate your intention to clear title. This document will be recorded, along with an Affidavit of No Florida Estate Tax Due and the Death Certificate without the cause of death. Recording these documents will clear title and allow you the option to do a new Deed to avoid probate when you die.

If you do not have a Revocable Living Trust, this appointment will be a good opportunity to discuss the creation of a Trust and preparation of a



Deed in order to avoid probate on your home and other real estate. You can also discuss the option of a Life Estate Deed to avoid probate.

If you do have a Trust, this may be an appropriate time to consider doing an Amendment to the Trust based on new circumstances. Your home and other real estate (in Florida and out-of-state) should be owned by you as Trustee of the Trust. You may wish to name one of your children as Co-Trustee to make it easier to manage the assets in your Trust if you become incapacitated. You may also wish to make changes in your Living Will, Durable Power of Attorney and Designation of Health Care Surrogate or create those documents if you do not have them.

In most cases, there is no urgency to contact an attorney. It is much better to have peace of mind and clarity. Some lawyers, including myself, will offer a free consultation. This consultation should include your options and give you the opportunity to sleep on it before finalizing any new legal documents.

During this time of social distancing, I offer a free phone consultation for all matters regarding Durable Power of Attorney, Designation of Health Care Surrogate, Living Will, Wills, Trusts, Life Estate Deeds, Probate and Estates. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442.

My website is [www.martinzevinpa.com](http://www.martinzevinpa.com) and my e-mail address is [martinzevin@netzero.com](mailto:martinzevin@netzero.com). See our ad on page 37.

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Note: Homestead Exemption and Portability do not automatically transfer. You must apply for Homestead Exemption on the new property and submit a Portability application. Portability does not require you sell your previous home, but merely for you to no longer receive the Homestead Exemption on it.

Additional information about Portability can be found on our website at [web.bcpa.net](http://web.bcpa.net).

### Annual Senior Exemption Renewal

If you received the Senior Exemption in 2020, you will be receiving your

Senior Exemption Renewal Card in the mail this month. Florida law requires you to renew this exemption annually as it is an income-based exemption. To receive this valuable exemption for 2021, you must sign and return the yellow postcard renewal notice to our office by September 20, 2021. The signed copy of your renewal card can be emailed to [Homestead@bcpa.net](mailto:Homestead@bcpa.net), faxed to 954-357-6188 or mailed to our office. You can also renew your Senior Exemption online at [web.bcpa.net/renew](http://web.bcpa.net/renew).

If you did not receive the Senior Exemption for 2020 and you believe you may qualify, please visit our website at [web.bcpa.net](http://web.bcpa.net) and click on the "Senior Exemption" icon to view this exemption and all the other exemptions available to qualified applicants. You can also apply online at <https://web.bcpa.net/bcpaclient/#/SeniorsAppForm>. The deadline to apply for any 2021 exemption is September 20, 2021.

### Virtual Visits

If you prefer face-to-face communication, you can meet with one of our team members virtually. To schedule an appointment, please call 954-357-5579 or email [ExemptionExpress@bcpa.net](mailto:ExemptionExpress@bcpa.net). If my office can ever be of assistance to you, please call us at 954-357-6830 or email me directly at [martykiar@bcpa.net](mailto:martykiar@bcpa.net)

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# Dear Dr. Joy...

By Joy Berke Sanchez, PhD

I want to begin by thanking Wynmoor for setting up our Covid vaccinations. After speaking with people from other communities it really became obvious to me how well our management does things here.

This article is more technical and less personal, and I would really like some feedback as to whether you found it helpful, interesting, boring or whatever. I know not too many comment but I would hate to keep writing articles that are useless to you.

Ok. That being said, here goes. While cleaning out my files I found these notes I wrote and since they are entirely different than anything I've written for The Insider I thought I'd give them a try. They are from a presentation on relationships I gave sometime in the 90s about compensating strategies that people use in relationships that don't work.

**Control Strategy:** In order for a person to use this strategy, they must believe that they are inherently powerless and the relationship, the world and themselves present a potential for danger (physical or emotional). Others cannot be trusted so you must protect everyone including yourself from these internal or external dangers. These people limit input and set up rules and regulations presumably to keep them safe. It is difficult to be yourself, open and honest on the other side of another person exhibiting this strategy.

**"Poor Me" Strategy:** These people consider themselves powerless, profoundly misunderstood and unjustly wronged. The thing they want the most is for the person or persons who they believe have wronged them to make amends and have sympathy. These people drain the life out of others because there is never enough that they can do and often the slights are exaggerated and/or imagined.

**Let Me Entertain You Strategy:** This person believes that on their own they have nothing or not much to offer. They must always bring something to the table to be desirable and/or wanted. They may be the first to volunteer, the one to have the best joke, the best advice (wanted or not, they can't tell the difference). They bring or make elaborate dishes for parties, always

pay if they can, be witty and charming and full of wisdom. In other words, they offer some form of redeemable service to make themselves valued and worth-while.

They seek approval like a performer to see how well they did. Again, these people are tiring as they are always looking to you to tell them they are worthy. If you take their 'gifts' in stride they will escalate to larger ones because they believe they failed you. They have not learned that true self-esteem only grows inside them and is not bestowed upon them by outside sources.

**Avoidance Strategy:** These people are always part-way out of a relationship. They tell themselves that either the other person or the present situation isn't right. They believe that something outside themselves (the right person who might be right around the corner) can do it for them but because they really can't trust their own judgment and believe a mistake in choosing a relationship is dangerous, they continue to avoid being fully present. Often a person like this helps to create a control strategy in their partner.

There are various strings we place on our relationships and then compare the person with how we need them to be as if we were searching for a 'need fulfillment' machine. Like, in the narcissistic person who needs an idealized person, the avoider also has a notion of what the other person should do for you or give you. If that person isn't fulfilling those needs, they get fired and someone else is then hired to do it.

In reality people are not interchangeable and are not here to fulfill our needs.

This is where my favorite line comes in. I have used this in my book and presentations and hopefully in my own life. It is not just for couple relationships but for every relationship with every person you engage with.

Never ask another person to be the change you need to be happy. It is not their job and it is not yours to do it for them. We can only make ourselves happy.

You can reach me at JoyB212@aol.com or my home number is in the Wynmoor book. If you call, please leave a message as I don't answer numbers I don't recognize. I would love to hear from you.

Stay safe and healthy.

## TALK TO A LAWYER...BE SMART LAW OFFICES OF MARTIN ZEVIN, P.A.

Martin Zevin, head of the firm, has been practicing in the areas of Personal Injury, Wills, Trusts & Estates in Broward & Palm Beach Counties since 1973.

During this current time of social distancing, I have been consulting with clients via phone, e-mail and regular mail. In the past, my free initial consultation would normally be a personal meeting.

We offer free consultations for all personal injury cases, including car accidents, slip and fall, pedestrians, bicyclists, etc.

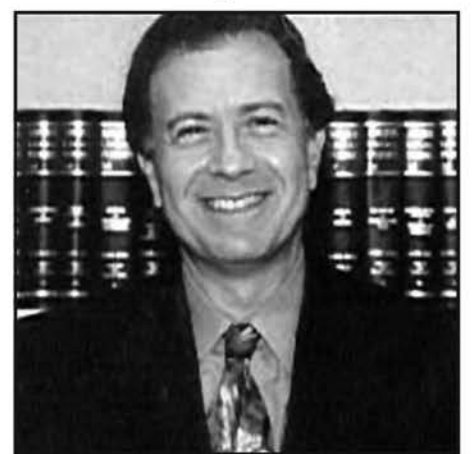
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# CAMERA CLUB

By Nancy Landman

Ari Hochman - Spools of Color



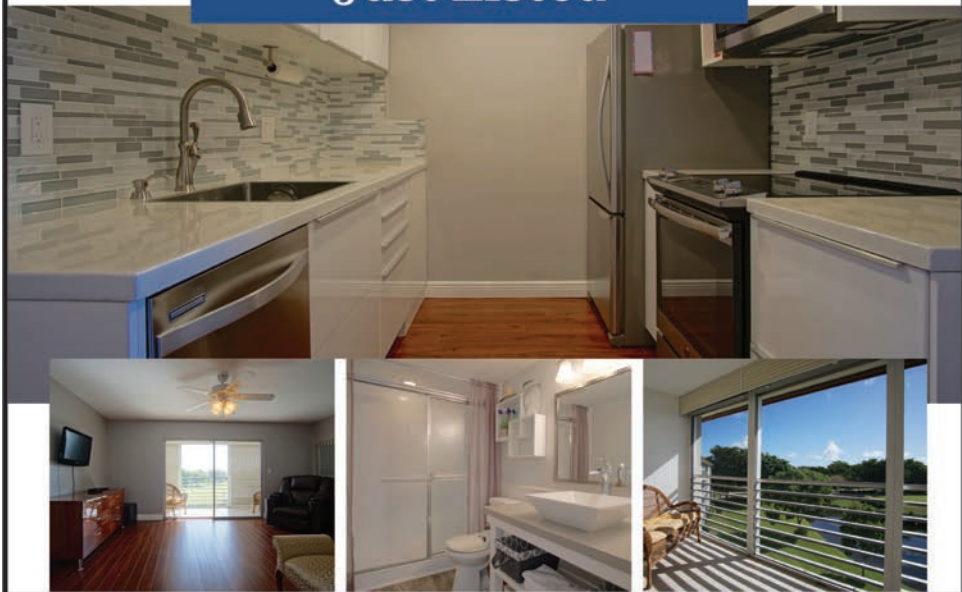
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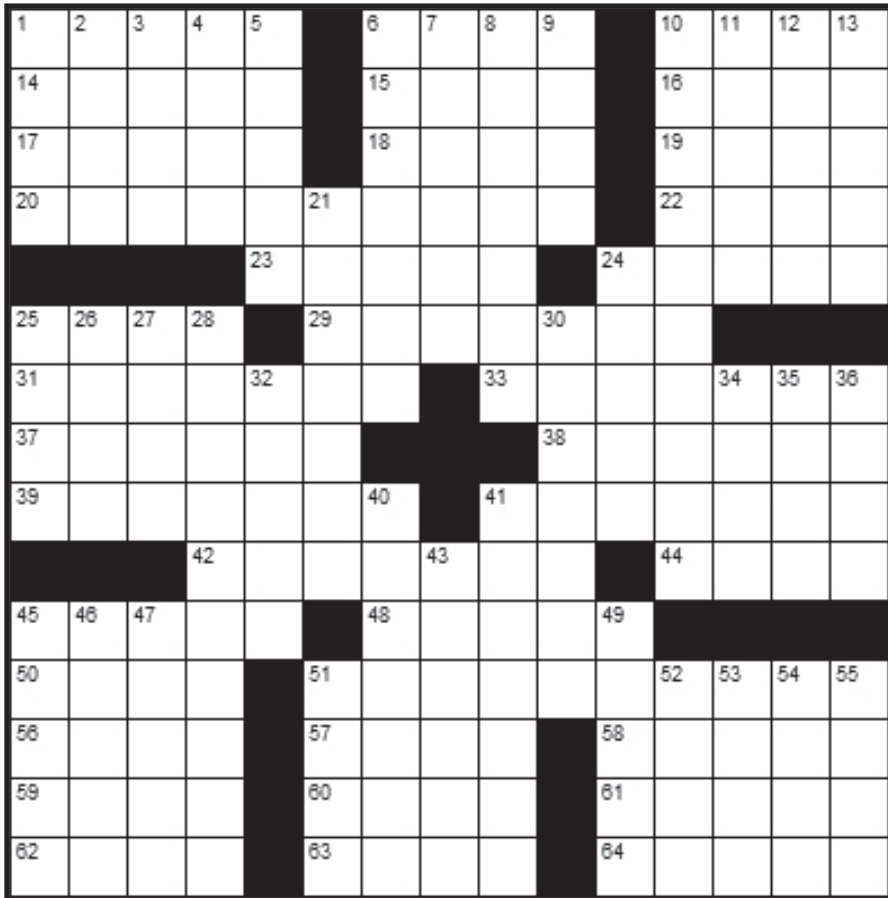
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# Puzzles and Games

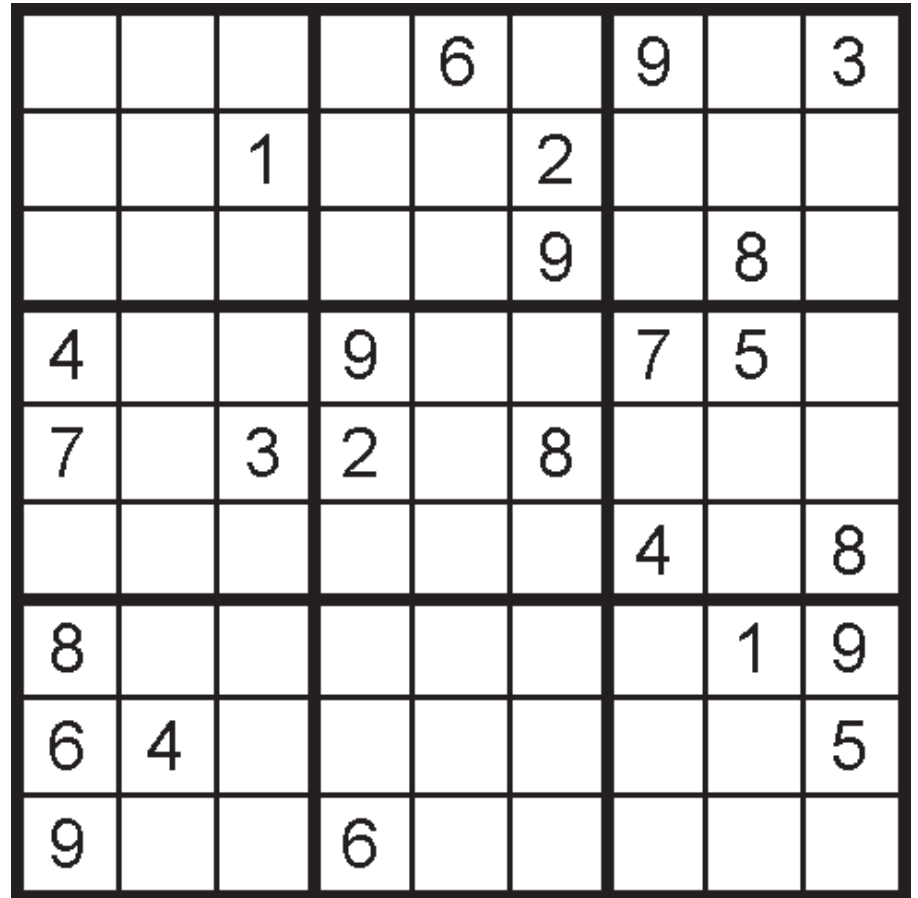
Solutions on page 54

## Crossword Puzzle



- ACROSS**
- 1. Sleighs
  - 6. Breezed through
  - 10. Bungle
  - 14. Moon of Saturn
  - 15. Anagram of "Note"
  - 16. Citrus fruit
  - 17. Muse of love poetry
  - 18. A soft porous rock
  - 19. Largest continent
  - 20. Large oblong melon
  - 22. Happy
  - 23. Anagram of "Merit"
  - 24. Scallions
  - 25. Chills and fever
  - 29. Peculiar
  - 31. Advise
  - 33. Subjugate
  - 37. Be a snitch
  - 38. Listener
  - 39. Impassive
  - 41. Fetes
  - 42. Physical examination
  - 44. Where the sun rises
  - 45. Lance
  - 48. A nine-piece musical group
  - 50. Words
  - 51. Gather responsibilities and authority
  - 56. Against
  - 57. Strip of wood
  - 58. Sensational
  - 59. Tropical tuber
  - 60. Monster
  - 61. Come together
  - 62. Dash
  - 63. 365 days
  - 64. Indian antelope
- DOWN**
- 1. Goulash
  - 2. Former Italian currency
  - 3. French for "State"
  - 4. Tryst
  - 5. Sound of contempt
  - 6. Try
  - 7. A stream of lava
  - 8. Implement
  - 9. Prefect
  - 10. Whip
  - 11. Fine thread
  - 12. Inuit boat
  - 13. Tiny balls strung together
  - 21. Misinform
  - 24. Optical maser
  - 25. Does something
  - 26. Satyr
  - 27. Do \_\_\_ others..."
  - 28. Appraisal
  - 30. Asthmatic's device
  - 32. Canker sore
  - 34. Operatic solo
  - 35. VVVV
  - 36. At one time (archaic)
  - 40. Bloodline
  - 41. Leopard
  - 43. Against
  - 45. Condition
  - 46. Prison-related
  - 47. Spare
  - 49. Anklebone
  - 51. Cause surfeit through excess
  - 52. Roman moon goddess
  - 53. Colored part of an eye
  - 54. Medium-sized tubular pasta
  - 55. Biblical garden

## 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.

## USA Presidents

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

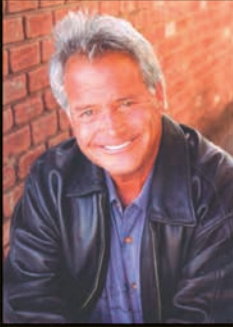


- 1. WASHINGTON
- 2. J ADAMS
- 3. JEFFERSON
- 4. MADISON
- 5. MONROE
- 6. J Q ADAMS
- 7. JACKSON
- 8. VAN BUREN
- 9. W HARRISON
- 10. TYLER
- 11. POLK
- 12. TAYLOR
- 13. FILLMORE
- 14. PIERCE
- 16. BUCHANAN
- 16. LINCOLN
- 17. A JOHNSON
- 18. GRANT
- 19. HAYES
- 20. GARFIELD
- 21. ARTHUR
- 22. CLEVELAND
- 23. B HARRISON
- 24. CLEVELAND
- 25. MCKINLEY
- 26. T ROOSEVELT
- 27. TAFT
- 28. WILSON
- 29. HARDING
- 30. COOLIDGE
- 31. HOOVER
- 32. F D ROOSEVELT
- 33. TRUMAN
- 34. EISENHOWER
- 35. KENNEDY
- 36. L B JOHNSON
- 37. NIXON
- 38. FORD
- 39. CARTER
- 40. REAGAN
- 41. G H W BUSH
- 42. CLINTON
- 43. G W BUSH
- 44. OBAMA
- 45. TRUMP

## a WORD or Two

**Word:** feckless  
**Definition:** weak, ineffective  
**Sample:** "Many years ago, in my feckless youth, I took a 20-hour Greyhound bus trip across the Midwest to Boston." — Phil Clapham, The Vashon-Maury Island (Washington) Beachcomber, 23 Nov. 2020

**Word:** comely  
**Definition:** pleasurably conforming to notions of good appearance, suitability, or proportion  
**Sample:** "No one looks particularly handsome or comely wearing a face mask." — Robin Givhan, The Washington Post, 26 May 2020



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-------------------------------	--------------------------------	--------------------------------	--------------------------------

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------------	------------	------------

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- You may have a Waiting Period / or Elimination Period	- Use this Plan to <b>Pay</b> your Waiting Period Days

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# Financial Focus<sup>®</sup>

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## With Ultra-low Rates, Should You Still Invest in Bonds?

If you've been investing for many years and you've owned bonds, you've seen some pretty big changes on your financial statements. In 2000, the average yield on a 10-year U.S. Treasury security was about 6%; in 2010, it had dropped to slightly over 3%, and for most of 2020, it was less than 1%. That's an enormous difference, and it may lead you to this question: With yields so low on bonds, why should you even consider them?

Of course, while the 10-year Treasury note is an important benchmark, it doesn't represent the returns on any bonds you could purchase. Typically, longer-term bonds, such as those that mature in 20 or 30 years, pay higher rates to account for inflation and to reward you for locking up your money for many years. But the same downward trend can be seen in these longer-term bonds, too – in 2020, the average 30-year Treasury bond yield was only slightly above 1.5%.

Among other things, these numbers mean that investors of 10 or 20 years ago could have gotten some reasonably good income from investment-grade bonds. But today, the picture is different. (Higher-yield bonds, sometimes known as “junk” bonds, can offer more income but carry a higher risk of default.)

Nonetheless, while rates are low now, you may be able to employ a strategy that can help you in any interest-rate environment. You can build a bond “ladder” of individual bonds that mature on different dates. When market interest rates are low, you'll still have your longer-term bonds earning higher yields (and long-term yields, while fluctuating, are expected to rise in the future). When interest rates rise, your maturing bonds can be reinvested at these new, higher levels. Be sure you evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

Furthermore, bonds can provide you with other benefits. For one thing,

they can help diversify your portfolio, especially if it's heavily weighted toward stocks. Also, stock and bond prices often (although not always) move in opposite directions, so if the stock market goes through a down period, the value of your bonds may rise. And bonds are usually less volatile than stocks, so they can have a “calming” effect on your portfolio. Plus, if you hold your bonds until maturity, you will get your entire principal back (providing the bond issuer doesn't default, which is generally unlikely if you own investment-grade bonds), so bond ownership gives you a chance to preserve capital while still investing.

But if the primary reason you have owned bonds is because of the income they offer; you may have to look elsewhere during periods of ultra-low interest rates. For example, you could invest in dividend-paying stocks. Some stocks have long track records of increasing dividends, year after year, giving you a potential source of rising income. (Keep in mind, though, that dividends can be increased, decreased or eliminated at any time.) Be aware, though, that stocks are subject to greater risks and market movements than bonds.

Ultimately, while bonds may not provide the income they did a few years ago, they can have a place in a long-term investment strategy. Consider how they might fit into yours.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.*

*Edward Jones, Member SIPC*

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.



**Are you invested properly? Get a second opinion.**



**Jordan T Spohn, CFP<sup>®</sup>, AAMS<sup>®</sup>**  
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MAKING SENSE OF INVESTING



Coconut Creek is celebrating February, the City's anniversary, in a big way! In lieu of our Annual Butterfly Festival, we are hosting a series of smaller, family-fun events throughout the month.

### Drive-In Movies

Join us every Friday night in February for our first ever drive-in series!

**LOCATION:** **Butterfly Parking Lot**  
SE Corner of NW 40th Street, East of the Seminole Coconut Creek Casino, North of Al Hendrickson Toyota.

First 250 cars receive a bag of popcorn.  
No pre-registration required.

**Movies begin at 7:00 PM**

### Sunset Concert Series

Join us every Saturday night in February to enjoy popular local bands in an outdoor setting.

**LOCATION:** **Sabal Pines Park**  
5005 NW 39th Avenue  
**REGISTRATION:** To register please call 954-545-6600

Limited capacity, must pre-register to attend. Registration requires a refundable \$25 deposit for residents, \$50 deposit for non-residents. This deposit will hold your spot at this free concert and will be refunded after attendance. The deposit will not be refunded for no-shows. Resident registration will open first and non-resident will open two weeks prior to the concert date. Households will be placed in designated areas that are social distanced (10ft). Must wear masks at all times unless eating or drinking. Concerts start at 6:00 PM.

	<b>February 5</b>	<i>Black Panther</i>	(2018)
	<b>February 6</b>	<i>EraSmith</i>	(Aerosmith Tribute Band)
	<b>February 12</b>	<i>Trolls: World Tour</i>	(2020)
	<b>February 13</b>	<i>Simply Tina</i>	(Tina Turner Tribute Band)
	<b>February 19</b>	<i>The Greatest Showman</i>	(2017)
	<b>February 20</b>	<i>Shane Duncan Band</i>	(Local popular Country Band)
	<b>February 26</b>	<i>Frozen 2</i>	(2019)
	<b>February 27</b>	<i>Matchbox 2.0</i>	(Hootie & the Blowfish and Matchbox 20 Tribute Band)

For more information please visit  
**CoconutCreek.net/Palooza**  
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# February Dates To Remember

FEBRUARY 2



FEBRUARY 4



FEBRUARY 14



FEBRUARY 15

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# HISTORY CORNER

By Philip Edwards

## Annette Funicella

She was more than an actor on the Micky Mouse show, she was an inspiration to the end. Annette Funicello was the last and oldest Mouseketeer hired to play on Disney's Micky Mouse Club. Walt Disney saw her in a school play and personally signed her to a seven-year contract for his show. With her cute little mouseketeer ears, she became a favorite. As she grew from a young girl to young woman with a more mature figure, she became the main attraction for the males who watched.

While under contract with Disney, she appeared in the *Zorro* and *Make Room for Daddy* series along with numerous children's movies like *The Shaggy Dog*. Though she did not consider herself a singer, she had several hit songs and sang in various musicals. Walt Disney took a special interest in Annette and strongly cautioned her to dress modestly and always project a respectable presence. The Disney brand was wholesome, respectful, and dignified. He suggested she wear a one-piece bathing suit and not show her navel. Modesty was attempted, but

in the end, Walt was not pleased. Her beach party movies gave way to stock-car racing films which she costarred with Fabian.

In 1965, Annette married and had three children with Jack Gilardi. Her second marriage was to Glen Holt in 1986. In 1987, she and Frankie Avalon reunited professionally to promote their film, *Back to the Beach*. During this period, she began to feel the first symptoms of multiple sclerosis. At first, she hid the disease from some of her closest friends and the public. As the symptoms got worse and more noticeable, Annette finally revealed the illness to the fans and the world.

As time went on, she found it difficult to walk, slurred her speech, and became bedridden. Eventually, she needed a feeding tube and minute-to-minute care. Her husband, Glen Holt, remained at her side feeding her, changing her, and attending to her every need. The glory of Hollywood was long gone, but the love between these two people shined brighter than all spotlights of the world. She died on April 8, 2013, surrounded by her family and her friends, the Fabares.



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# Clubs and Activities

**All Club activities held in the clubhouse have been postponed until further notice. Please contact the Club President for more information.**

## Amateur Radio Club

For information, please contact Gerry Stoloff, WA3HDI at 954-973-4899.

## American Legion Post #170

Please contact Milt Brent, Adjutant, at 516-606-2388 if you're interested or need information about our Post and its activities.

## Billiard & Pool Club

By Bob Horowitz

For information about the Pool and Billiard Club, or to join our e-mail list, email WynmoorPoolClub@gmail.com. You can also join our Facebook page "Wynmoor Poolclub."

## Bridge

By Phillip Cummins

For help finding a partner for future games, contact Ruth Berry at 954-970-3456.

## Camera Club

By Nancy Landman

The Camera Club of Wynmoor welcomes all Wynmoor residents to join (wherever you may reside at this moment!) regardless of your skill level or type of camera. We have been excited to see the wonderful response to the club meetings, the interesting and informative presentations and the wide variety of photos submitted by the membership. We are conducting our meetings on Zoom, which allows participation in real-time. Please register by sending an email to CCWynmoor@gmail.com, then watch your email inbox for your Zoom invitations.

We meet on the 2nd and 4th Tuesday of the month 3:30 - 5:00 p.m.

### Upcoming Meetings:

February 9th: 3:30 - 5:00 p.m. - Introduction to Photo Editing - Presentation by Phil (Ari) Hochman - Photos Discussion - Members please submit 1 photo.

February 23rd: 3:30 - 5:00 p.m. - Photos Discussion - Members please submit 2 photos.

For further information call Nancy Landman at 954-496-1965.

## Chess Club

By Hillel Cohen

Did you play chess years ago? Do you play chess on a computer from time to time? For more information call Hillel Cohen at 917-548-5120.

## Computer Club

By Jerry Murphy

For information on the club, please contact Jerry Murphy at 917-859-4561.

## Current Events

By Susan Myers

We discuss current topics that are important to all of our members and friends. Topics include politics, events within Wynmoor Community and around the world. Any questions please contact Susan Myers 954-933-7743.

## Democratic Club

By Stan Grossman

For the immediate future, the Democratic Club of Wynmoor will be communicating with its members via Zoom meetings and emails. For more information on the club, please call Ronny Sydney at 954-973-7522.

## Fun With Friends

By Louis Kravitz

It looks like our next dance will not come until November 2021 at the earliest. We must stay safe, and dancing close together does not seem to be in the cards yet. Lots of exercise to be seen on the tv or your computer. Please be careful and we hope to see everyone in a few months.

## Hadassah

Please support Hadassah by purchasing certificates for any occasion from Bernice Riback at 954-984-1703. Trees for any occasion may be purchased through Beverly Alexander at 954-969-1701 or beautiful cards for all occasions may be obtained through Lenae Herman at 954-657-8579. Your support is always greatly appreciated.

## Health & Wellness Club

By Hope Myers

For more information call Hope Myers at 954-971-9538.

## Karaoke & Entertainment Night

By Robin Thompson

For more information please contact Robin at 954-994-4476.

## Ladies Circle Club of Wynmoor

By Harriet Lopez

If you would like to know more about Ladies Circle, please contact our President, Harriet Lopez at 954-960-9411.

## Latin Women's Club

By Benjamin I. Nazario

For more information about the club, please contact Ms. Minerva Nazario at 954-532-3156.

## Nature and Arts Club

By Elinor Weinstein

How fortunate the Nature and Arts Club has been able to start a new season at Wynmoor, even during a pandemic, thru the use of Zoom. Thank you Jason Ellington of Wynmoor Grounds and Landscaping Dept. Jason shared so much information about the lush landscaping, beautiful lakes and exotic wildlife at Wynmoor. We truly live in a paradise.

February brings us all together with our friends and family to celebrate the month of love. Join us on Zoom on Thursday, February 4th from 10:00 - 11:30 a.m. Our speaker, Melissa Dore, Director of Academic Support and Administration Halmos College of Arts and Sciences and Guy Harvey Oceanographic Research Center, will bring us beneath the depths of the ocean in a world of love on a whole different level. Ms. Dore will present a unique view of sharks, coral and ocean issues.

Zoom information to sign up for this program will be included in an email close to the date of the program. We appreciate your being a part of the Nature and Arts Club. I look forward to hearing from you...

Nancy Moskowitz, President - laughlady55@aol.com or 954-973-2181

## Needlework Click

By Barbara Bilello

We are a friendly group of ladies always looking to make new friends. You don't have to know how to knit or crochet. Our ladies love to chat and everyone is welcome. If you have yarn that you know longer need, we will gladly pick it up. Call Barbara for more information at 754-222-6375.

## Pennsylvania Club

By Marilyn Stolloff

For more information call Gloria Gottlieb at 954-956-9701.

## Pickleball Club

By Mayda Coombs

What a wonderful sight, seeing the Pickleball courts bustling again. The courts are open from 8:00 a.m. - 4:00 p.m. Masks must be worn when not playing and if you cannot socially distance. Anyone interested in becoming a new 2021 member, dues are \$5 per person. You can email Maureen David at Maureen.L.David@gmail.com for more information.

## Wynmoor Golf Association

By Rich D'Alessandris

The WGA welcomes old friends and new friends alike. Life has changed in the last few months and the WGA is no different. Please be responsible as the WGA tries to bring some normalcy to the Wynmoor lifestyle.

We are starting the men's tournament again, but there are caveats to that

*Continued on page 51*





# Cornhole

By Suzanne Fine

Hi EVERYONE in Wynmoor! My name is John & I live in 1905 Bermuda Circle. How would you like to get outside with other people and stay COVID safe? Come to the area behind the Bermuda Circle pool (any nice day) to play the easiest and fun game you can imagine (even get a little exercise to boot). It's called *Cornhole* and I am looking for some friends to join me, bring a chair & a cold drink. Let's see if we can get together for socializing and having fun.



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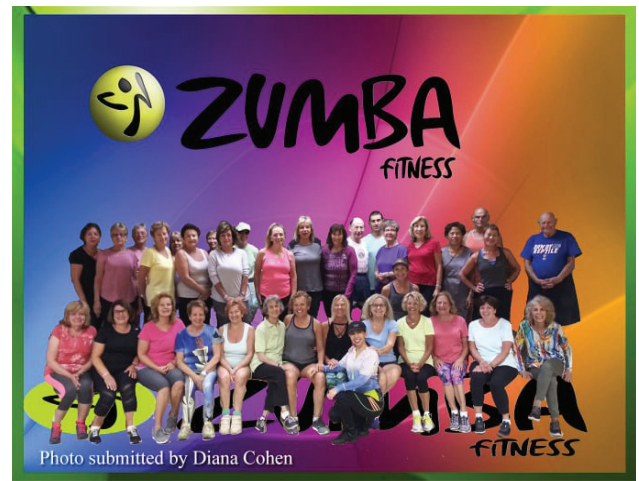
# POETS *and* POETRY

## Things We Have Missed

By Adrienne Mintz

There comes a time for one and all  
 For old and young, for short and tall,  
 Father, son, daughter, mother  
 Take time to reach out to each other.  
 Say the things you need to say  
 Don't save it for tomorrow, do it today!  
 In this crazy world we are living  
 This must be a time of giving,  
 Love, and faith, kindness and hope,  
 This is how we learn to cope.  
 Gone are hugs, and smiles and kisses  
 Things that every one of us misses.  
 We yearn for fun and happy times  
 Laughter, jokes and poems that rhyme.  
 We watch lots of shows on T.V.  
 Some for you and some for me.  
 Taking long walks along the beach  
 Wearing our masks to protect our speech.  
 Zooming on the internet,  
 Is the safest social event yet.  
 Restaurant dining is different now  
 Smells, sounds and tastes are gone somehow.  
 It's not been one of our better years,  
 With lots of sorrow, sadness and tears.  
 Yet as we look ahead today  
 We know there will be a way  
 To smile again and feel good too  
 Just being together, me and you.  
 To hug, and touch, and kiss and hold  
 Do what we want, not what we are told!  
 So my friends and family  
 Let's get together, you and me,  
 We'll sing and dance and go on dates,  
 Looking forward to times being great!  
 Get the vaccine, make the call,  
 Then celebrate and have a ball!  
 But don't forget to wear your mask,  
 We haven't yet accomplished our task!

## \*NEW\* Zoom Zumba Class with Maria



### \* Classes will be aired live on Channel 99 \*

Whether you take just one class or all of them, you will experience the many benefits of Zumba. It's great for weight loss, boosts your heart health, improves your posture, coordination and balance, reduces stress, and it's fun! No experience necessary. Beginners and all levels are welcome. You are guaranteed not to get bored. Wear sneakers and casual clothes or workout clothes. All classes are sponsored by the Wynmoor Recreation Department and are FREE to all Wynmoor residents. The classes are high energy but low impact.

Here is an Extra bonus: the steps are done to all types of music and are not complicated. Zumba includes basic steps of popular social dances including Merengue, Salsa, Bachata, Cumbia, Cha-cha and even Tango. So not only are you exercising, but you're learning to dance as well.

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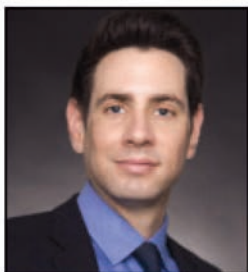


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# Clubs and Activities

Continued from page 48

decision. The teams will be three men per team. The format till further notice is scramble. The teams will be notified by email as to hole location which your team is starting play.

The captains will pick up the scorecards and bring them to the respected holes. The captains will be responsible for collecting money. There will be no assembly of golfers at the pro shop in the morning. Go directly to the hole assigned to you. Please, after play, do not mingle at the pro shop. The provision for safety is to avoid groups of players at the same place at the same time.

This is an ongoing process, as long as we are safe and follow regulations put in place to avoid anyone's health being compromised, this will allow us to enjoy ourselves. With that being said, let's try and enjoy our course and our fellow players, given the times we find ourselves in, that's a blessing. Please email Mike Ramati to sign up to play and any questions you may have.

Be safe, be smart, and be respectful of the undertaking set forth to enjoy what WGA brings to our Wynmoor Community.

## Wynmoor Hurricane Emergency Net

By Gerry Stoloff

The purpose of this group is to provide emergency communications to Security, Police or Fire Rescue after a hurricane comes through and power is out for an extended period. You don't need prior experience: Wynmoor loans you a CB radio and antenna for your car, and we'll teach you proper communications practices & net discipline. For further information, please contact Gerry Stoloff, WA3HDI at 954-973-4899.

## Wynmoor Ladies Golf Association

By Karen Beckman

Happy Valentine's Day! Tournament play has resumed, and we are so happy to have our northern members back in the fold. Although we have had to brave some unusual temperatures, players are enjoying the course and taking care to observe the guidelines for safe participation. We all look forward to more social interactions, but we are grateful for the care and concern that has allowed us to keep playing. If you are a lady golfer, come join us for Tuesday Morning league. Call Barbara Hyer at 732-284-1002 and get registered!

## Wynmoor Video and Film Club

By Phil Guterman

If you have a video you captured on your iPad, cell phone or camcorder, we can help you edit it by adding music, narration, special effects, exposure correction and eliminating unwanted scenes by using our sophisticated Pinnacle 20 editing system on our computer. For more information contact Phil Guterman at 954-984-8871.



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Zoom: <https://zoom.us/j/98703073599>  
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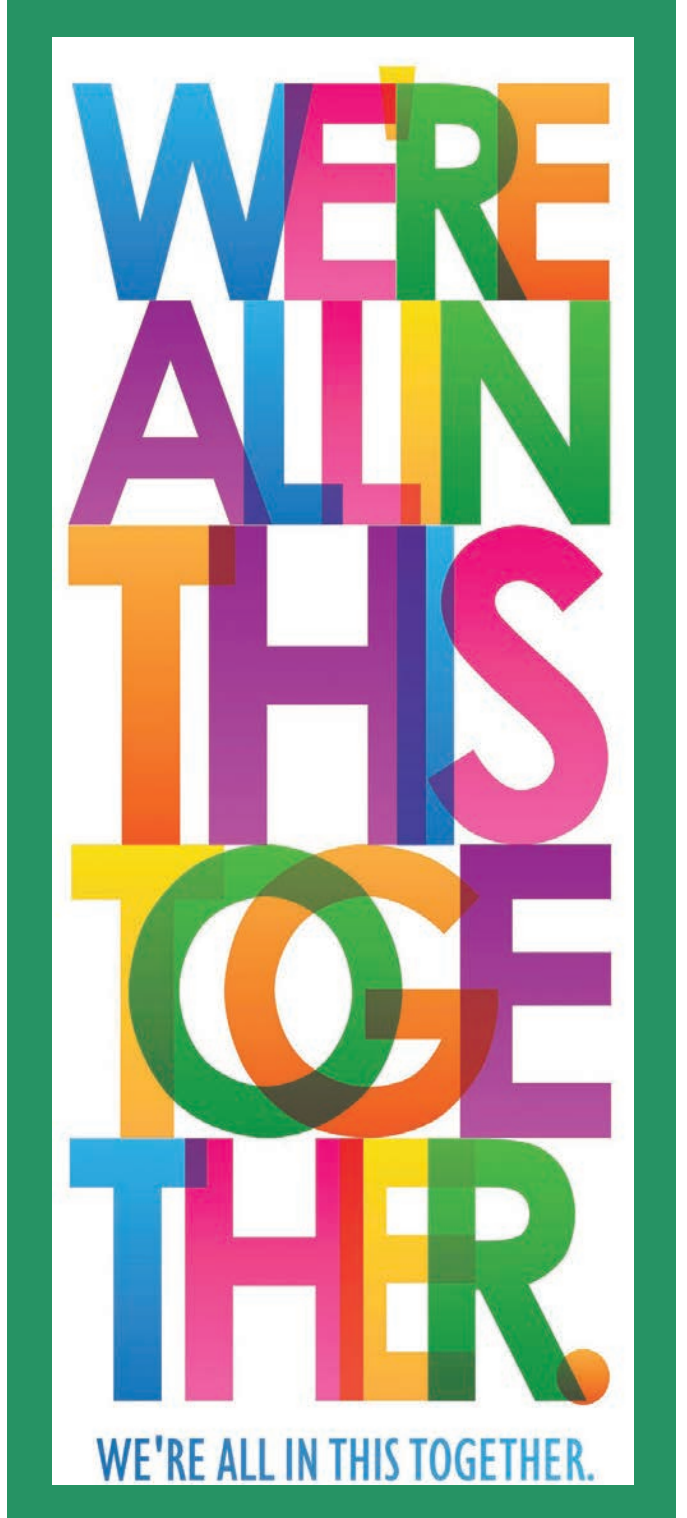
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# Come Home To Your New Spiritual Home Temple Beth Am

By Linda Storfer

Now that the holidays are well past us and we have made and broken some of our New Year's Resolutions, this is a time to rejoice. Although the horrific Covid-19 is still amid us and the numbers are still climbing, many of us and our dear friends and family have taken the Pfizer or Moderna vaccine and our outlook is much more hopeful than it was only as recent as two months ago. We are feeling more optimistic and hopeful and starting to move out of our "quarantine culture." We are beginning to celebrate birthdays, anniversaries and other special occasions but in smaller groups as a precaution. We must continue to practice safety and be vigilant. Although we have taken the vaccine, we must still be cautious and continue to practice social distancing, frequently washing our hands and wearing our masks.

Temple Beth Am, a Conservative egalitarian synagogue located in Margate is still closed to the general public but welcomes everyone to its daily minyanim online every morning at 7:20 a.m. and evening at 6:00 p.m. We offer weekly Friday night Shabbat services before candle lighting and Saturday morning Shabbat services at 9:30 a.m. led by our Senior Rabbi, Rabbi Samuel Kieffer. As the year progresses, we are optimistic about leaving our "quarantine culture" and are looking forward to meeting and greeting old and new friends once again in person when our doors reopen. In the early days of the quarantine, we were stripped of many of our favorite activities and pleasures and bored by the lockdown but happily we are moving on now and looking forward to a much better and brighter future. Once again, Temple Beth Am is planning and presenting a wide variety of activities for its members and the general public.

Our vibrant Sisterhood is presenting a book review on Sunday, February 7th at 10:00 a.m. led by one of its own members on *The Book of Longings* by Sue Monk Kidd. Grab a cup of coffee and a bagel and join us for this timely and timeless account of one woman's struggle to live her life and not be silenced. If you're thirsty for knowledge and want some intellectual stimulation, join us with Rabbi Samuel Kieffer who will be teaching online *The Book of Job*, the most difficult book in the Bible and perhaps of all time beginning on February 2nd, three consecutive Tuesday nights at 7:00 p.m. On Sunday, February 21st at 5:30 p.m. TBA is proud to present *Nefesh Mountain*, a dynamic duo of husband-and-wife Eric and Doni (pictured below) whose music is a blend of bluegrass with a Jewish flavor. Mark your calendar for this special treat that you won't want to miss. As a way of saying thank you to our loyal members and welcoming newcomers, this extraordinary concert is free and open to the entire public.

For more information about any of these programs and other upcoming events please check out our website [www.beth-am.org](http://www.beth-am.org) or call the office at 954-968-4545.



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# Puzzles and Games

Solutions from page 39

## Crossword Puzzle

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

## USA Presidents

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

The hidden sentence is: WE SHOULD BE TOO BIG TO TAKE OFFENSE AND TOO NOBLE TO GIVE IT.

## Sudoku

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

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