



The INSIDER

An Independent Newspaper

For Wynmoor Residents

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MARCH 2021

CITY ELECTION *Impacts Wynmoor Residents*

By Insider Staff

A city election will be held on March 9th, 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 puts 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 this expansion. Wynmoor President, Jackie Railey 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.

The three candidates who have publicly announced their opposition to the expansion of the landfill and turnpike are:



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 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 the expansion of the turnpike.



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



SANDRA WELCH

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.

Commissioner Welch has also publicly opposed the expansion of the landfill and the expansion of the turnpike and has worked with her City Commissioners and county and state representatives in this fight. 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 these two expansions. *Continued on page 26*



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

INSIDE

Pen to Paper.....	Page 6	Property Appraiser	Page 40
The Medicare Lady	Page 16	History Corner	Page 45
Safety Solutions	Page 18	Sheriff	Page 46
Puzzles & Games.....	Page 21	Golf	Page 48
Inspiration Station.....	Page 26	Clubs.....	Page 49
Martin Zevin, PA.....	Page 32	Camera Club	Page 52
Financial Focus	Page 34	Classifieds.....	Page 53
Dear Dr. Joy.....	Page 35	Recipes.....	Page 53
Other Side of Couch.....	Page 39	Museum	Page 54



pen to paper

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From Generation to Generation

By Irv Kaplan

My younger son Billy and his family make elaborate Friday night Shabbat dinners. Sometimes Billy and Ruthie, his younger daughter, bake challah. They do this more often since the onset of the pandemic. The same is true with Bev's daughter Tracy, and sometimes one of the families send a loaf over to us.

"I can do this," I thought to myself.

Bev printed out a recipe for me; I gathered materials – flour, yeast, eggs, honey, salt, sugar, etc.

I mixed everything, and the batter rose as it was supposed to. But when I put in the oven, I had trouble again. It wasn't heating. However, a friendly neighbor agreed to make it in her oven. Sadly, we took it out too soon. It wasn't baked enough but we ate it anyway – dry and hard enough to drive in nails.

Michael fixed the oven again and this week marked a second attempt with a recipe from Tracy. Now, the oven worked. I started out the same way, mixed ingredients, this time to include raisins. When I put the mixture into the bowl, I covered it with a damp cloth waiting for the dough to double in size. In addition, I called my niece Cindy (from Kentucky) who told me to heat the oven to 200 degrees, and then turn it off and put the bowl in for another minute to encourage the dough to rise even faster. This worked.

I removed the mixture, kneaded it for 10 minutes, divided into four strips, braided them and then put them all on a tray covered with parchment paper back into the 200-degree oven and turned it off. The dough rose more and after 20 minutes I took it out and egg washed it. Then I baked the challah until it was golden brown. When I tapped it with a wooden spoon, it sounded hollow. I let it cool.

I kept thinking of my mother as she prepared on Thursday nights for the

Friday night diner. She made everything by hand - no mixers - and turned out four or five challahs at time. She made the bread and her sister-in-law baked cakes – then they exchanged their products.

I can still smell her kitchen and taste her bread. Better than mine but I am just starting. However, now I have broadened my baking specialties -- Mandelbread and Challah -- any customers?

Decorating On A Dime

By Adrienne Mintz

Have you ever wanted to decorate or redecorate and change your surroundings, but you didn't know where to start or thought you couldn't afford it? Do you watch the makeover shows on HGTV and wish you could do that? Do you move furniture around trying to make your place look bigger or less cluttered? Well, so did I and now I help others to decorate on a dime. Today I'd like to share some trade secrets with you to help you get started.

First, you must be willing to carry a tape measure with you wherever you go, also a small notepad, to record vital information and measurements, you must also know how to use the camera on your phone. Open your mind to new ideas, think outside the box, be willing to get dirty and view furniture with a different color of paint.

Next, we will be visiting thrift stores and consignment shops (they are not just for clothing anymore). It's a whole new world waiting to be discovered. But always try to go with a friend, not alone, it's so much more fun!!!

You don't have to tear down walls or relocate doorways, but you might have to do other things like rearrange furniture, replace artwork and collectibles, add or take away area rugs, lamps, tables, plants, books, knick knacks, recover chairs, replace or eliminate curtains, drapes, pillows, or carpet. Even a change of paint color can be effective.



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For several years I have helped many people make these changes without spending huge amounts of money. Chairs, tables, lamps, coffee tables can be found for under \$20, plates, dishes, vases, pillows from \$2 to \$7, artwork in great frames is always a find. My own kitchen bistro set of a 36-inch round table and two chairs cost me \$15.

The following are some of my favorite places to shop not far from Wynmoor:

Women in Distress (located on State Road 7 north of Coconut Creek Pkwy)

Goodwill (everywhere)

Salvation Army (State Road 7 just south of Atlantic)

Hourglass Consignment (State Road 7 south of Atlantic, near Salvation Army)

St Vincent de Paul (Dixie Highway south of Copans)

Faith Farm (Boynton Beach on State Road 7, also in Ft Lauderdale)

A Summer Place Consignment Shop (Hillsboro Blvd, Deerfield Beach)

American Thrift (University south of Commercial)

So, take a look around you, what would you like to change? Start small, build up your confidence, look around online stores to get ideas and check prices if you paid retail, you will be shocked at what you can find. You do not need to be creative or artistic (although it does help) but maybe you have a friend with those skills. Just remember to have fun and carry lots of hand sanitizer.

Call me if you need help, I am in the book.

It's All In The Cards

By Beverly Friend

For many years, Irv Kaplan and I played in weekly poker games at Wynmoor Country Club in Coconut Creek. I gave it up for two reasons. First,

it just wasn't exciting enough. In our minimal risk game, with bets limited to five or ten cents, there was no way to bluff. Who would not risk an extra dime to see just one more card? Everyone stayed in each and every game.

Even worse, however, was the fact that as increasingly aging seniors, we not only often forgot who was dealing, we also lost an important ability – how to distinguish between quarters and nickels. We were forced to ban quarters from our pots.

However, this was not the only card game I had once enjoyed and then abandoned.

After my husband Jim, died in 1987, I never again played Bridge.

Before marriage, I had played socially, and we continued to enjoy the game together. In fact, when we moved to a suburb, we joined the PTA Bridge Club – a delightful way to meet other parents. We played monthly at various members' homes; one month at ours, the next at another couple's (also cutting down on the cost of sitters). At the end of the school year, we all gathered in the school gym, and competed for big, glitzy trophies. (We won several and I kept the largest, from 1968, which now graces a bathroom counter). It was much fun – a festive occasion!

I cannot say the same for Duplicate Bridge – a completely different experience. The only similarity being that we met in a large, table-filled room, but this time without chatting, without laughter, without refreshments.

I had never before heard of Duplicate, but Jim was an aficionado - big time -- and took it very seriously. When we played casually, he always introduced the idea of Duplicate. After he persuaded one couple to try it, their relationship was never the same. Because she was a better player, they started attending the Duplicate evenings with other partners. The marriage ended.

I also recall playing with a couple where the wife was a novice who would never get as far as Duplicate. On any social evening, before she played any

Continued on page 8

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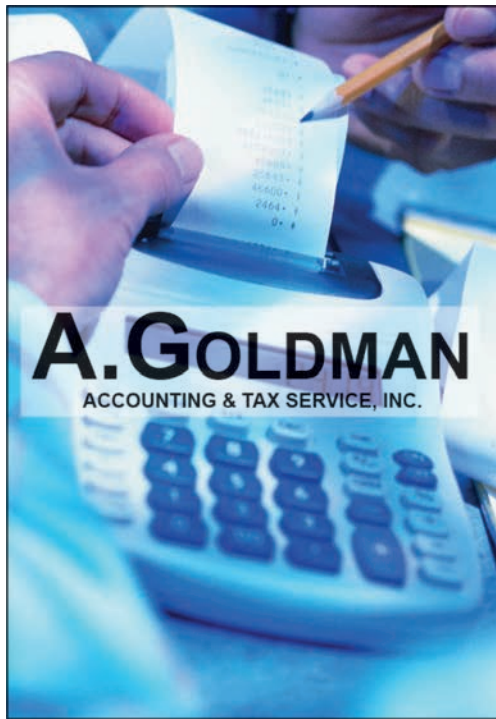
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Continued from page 8

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Remember When Polio Was The Scare

By Lil Miller

I am not an authority on the virus of "Polio," just a concerned mother and wife who was involved in the very heart of Polio! It was the unknown terror of this virus. I saw panic in waiting lines at schools where shots were being given in hopes of stopping the spread of this unknown virus. The motto of the day was "Wash Your Hands, Cleanliness In All You Do!"

Large black printed signs in all public places. It was so serious that there was a special Polio insurance for children. A dear family friend took one out on our two young daughters. Fear was never far from anyone's mind.

It wasn't until several years later that Dr. Salk, founded the vaccine for Polio. Hundreds of us sat on school lawns, waiting to get in line to get the blessed saving shot, arguing to see who would be next in line. We all prayed that this was to be the answer. It is showing how much it did today. Our trip to Florida to see my parents had been cancelled many times, for fear of carrying or bringing the virus back home. My greatest living fear was... my husband, who was an ambulance driver and was called at all hours to transport Polio victims. It was a living nightmare! My sister-in-law was pregnant and spent most of her nine months in an "iron lung." This memory made a lasting picture with me so that I can write about it today.

It was rumored at the time, that service men, in all of the forces, could be bringing the virus home! Rumors – Panic – Fear – Frustration: These can cause deaths without even having the disease! It sounds so easy to say today, but it was a hard lesson to learn: Control. But we did take the time to listen to the medical advice and we did our best to follow their directions. We had to, as there was nothing else to do to survive!

I, today, feel the fear and anxiety of families facing this Covid-19 virus all around the world, for no reason, just a wonderment. How? Why? And to

target so many? Trying to be logical and reasonable at this time, is a large task!

I might feel shielded now, as I am retired! I am not in the public so much and letting my guard down! Forgetting that the public comes to me in many forms each day.

HOW MANY TIMES HAVE YOU WASHED YOUR HANDS TODAY?
Have a great day – I am.

Making Time Stand Still

By Beverly Friend

Why bother getting dressed? I can remain in PJ's (or even stay in undies or nude) while carefully scanning the on-line schedule to plan my week. First, I investigate Wynmoor's live stream on the YouTube Channel. Then, looking even further and eyeballing the computer, I begin to cull any class choices that include the words: "May include floorwork," "cardio" or starts at "7:30 a.m."

"Floorwork" is unlikely because while I can get down, I cannot rise in the allotted 45 minutes. Just the scary word "cardio" starts my heart pounding, and a 7:30 a.m. beginning is actually in Eastern time, making it 6:30 a.m. in my zone -- far too early.

This still leaves ample choices for a lazy, late riser. For example, I seek the word "Gold" because it signifies perfect activities for an aging audience, although it is startling when the word Zumba Gold is advertised under classes offered by SilverSneakers. Why do metals signify senior citizens -- are both considered "precious?" Or is it for hardening of the arteries? Anyhow, do not look for copper, bronze or tin to signify us, and certainly not the speed of mercury.

I also love the words "beginner" as in Beginner Zumba or Beginner Tai Chi or even Beginner Yoga – although "Chair" Yoga is another possibility. I

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might consider "intermediate" but only if beginner is not offered. "Classic Light" is another neat euphemism. I am frightened by titles such as "Boot Camp," "Boom Mind," "EnerChi" or anything else that offers a "Mix." I also refuse to meditate! Meditation is what I do during TV commercials.

As a dilettante, I am surfing SilverSneakers – free for senior citizens, zoomed live online, and have learned that you can call any of their activities by any name – and no matter what the title -- it is still the same thing -- that dreaded word: Exercise.

All the sessions have marching.... All have stepping side to side, or front to back... All have raising arms -- up, out, sideways, and back.... All have squats and lunges... All have rise and lower on tiptoes and stand on one foot like a flamingo (for balance classes)... All have us twisting around to see what is behind us... (usually a blank wall), and all start slowly (giving a false sense of accomplishment) and gather in intensity (as we begin to gasp and sit down or collapse).

All have very friendly, gorgeous instructors (mostly shapely females with an occasional brawny male), especially trained to work with seniors. You meet them casually -- on a first name basis – Damaris, Andi, Sharlyn, Jenny, Stephanie, and others -- who continually offer a barrage of words in an unending stream of description and encouragement, filled with vivid images such as "parting the horse's mane" for one of the (beginning) Tai Chi hand movements.

There is no way to do anything wrong -- only more or less effectively.

The permissions include: "You need not go at my pace, go at your own." "If you can't do this standing, sit down." "If anything hurts, stop doing it."

So – what are the differences between the variedly-named sessions? Toys – some use balls, tubing, and weights... Some have no toys... Some have chairs... Some don't have chairs... Some have music.... some operate at a breathlessly quick pace; others are agonizingly slow and measured. In any given day there are usually five to ten dazzling choices.

As far as music -- I really only enjoy three kinds: Marching Band, Latin American and Cantorial. We march in place or back and forward; we mambo and cha-cha in Zumba, but I and cannot find anything for Cantorial to enhance. Perhaps I might start my own classes in a Yeshiva and count and check for effective breathing as we sway while "davening" in prayer.

Confession: I cannot do everything the instructor introduces during the 45 minute sessions. In fact, I have a new policy: in Beginning Zumba, for example, I perform every second dance. Or – if being completely honest – about 75-85 percent of every second dance.

Second confession -- although this is SilverSneakers and they recommend wearing sneakers, I do everything (or don't do everything) barefoot because I have not donned shoes since March – unless I leave the house (rarely). It may be a Freudian slip that I often call this Silver Slippers – Oh, to be a Cinderella!

Third confession – If the telephone or doorbell rings during a session, I DO answer it and do not rush the caller to conclude the message. I regard all interruptions as divine intervention.

Fourth confession – I would NEVER do this if they could see me – donning clothes only every other day to get the mail and packages from Amazon.

For those who want information without physical involvement, SilverSneakers offers videos to watch and articles to read -- on stability, on lifting and carrying safely, on easing common pains, on building strength and flexibility. No question as to the benefits of this – all a matter of making it palatable (without adding snacks to the routines).

Stuck here in the pandemic frozen north, I am unable to swim, seldom, if ever, walk, and ride a stationery exercycle only while watching Jeopardy. Every Sunday, I examine the upcoming week, line up choices to enter on my android phone calendar and – avoiding conflicts - pick one activity for each weekday.

Weekends are for recuperation, recovery and brand-new resolutions.

However, if you ever wanted to conquer time, it is now possible to make it stand still. Do not look at the clock for at least 20 minutes of exercise. Now, look and you will see that exactly six minutes have actually passed! (Maybe less)

Should We Have A Child? – Really Think About It

By Mobolaji Adedoyin

Should we have a child? Several years ago, not too many couples asked themselves that question before they started to have children. Most people my age assumed and thought since our grandparents had our parents and our parents had us, we must have children too. Many of us actually had children without seriously thinking and debating all necessary considerations before bringing a child into this world.

During the past seventy years, families had been fragmented all over the country and the world as people looked for economic opportunities away from home. An "extended family" structure most older people like me grew up with no longer exist. The extended family was a good thing - there was always someone home to look after a child or the children. Grandpa and grandma were available, not only to babysit but also to share their wisdom and lifetime experiences with grandchildren. There was no need to pay for baby sitting or be stressed out about a babysitter abusing your kid.

The term "family planning" is now more important than it was seventy years ago. By family planning, I do not mean using contraceptives, which may have bad side effects. There are other ways to prevent pregnancy apart

Continued on page 17

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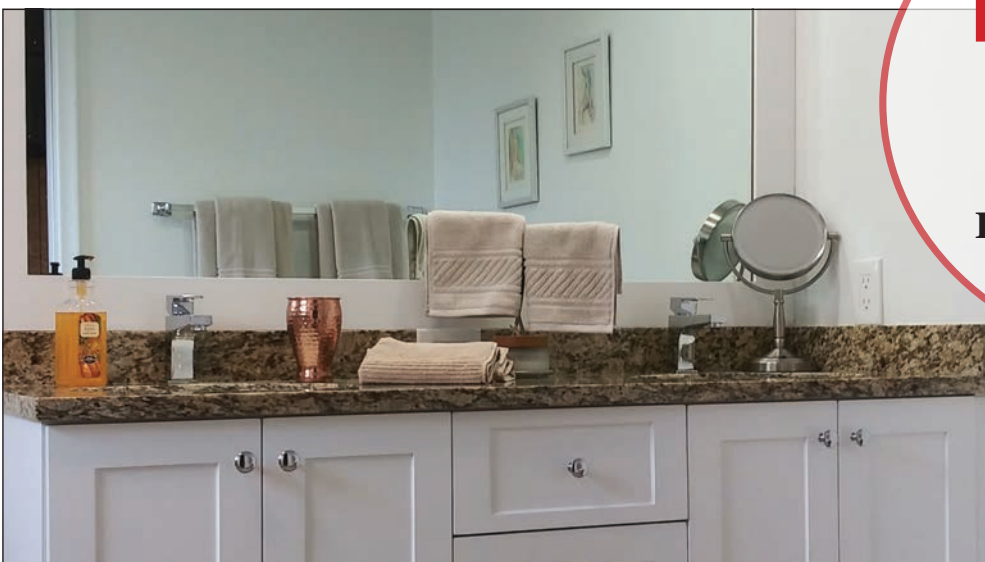
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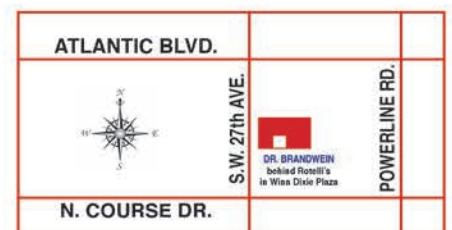
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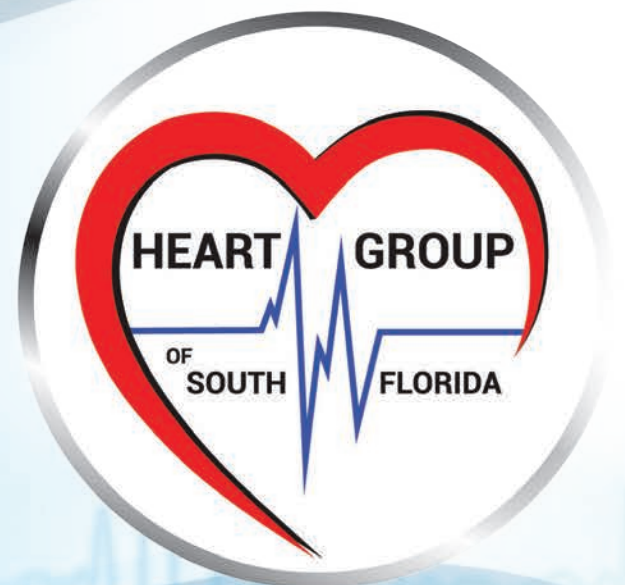
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with the Medicare Lady

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 Dental Benefits on a Medicare Advantage Plan:

Question: "I have Dental Benefits on my Medicare Advantage Plan. Why can't I find a Dentist In Network?"

Answer: Many Medicare Beneficiaries make the mistake of calling a Dental Office and asking their staff if they are In Network for the Medicare Advantage Plan. For example, if you are on a Humana Gold Plus Plan and you ask a Dentist if they take that plan, 9 times out of 10 the answer will be a big fat NO. The correct way to ask for Humana Gold Plus is "Are you In Network with Careington Medicare?" Most Medicare Plans do not contract directly with individual Dentist. **Instead they contract with an Entire Network.**

Each Medicare Advantage Plan will list the Dental Network in the Summary of Benefits and Evidence of Coverage.

Here is a quick reference guide of the Dental Networks associated with some of the more popular Medicare Advantage plans in Broward County for 2021:

Medicare Plan	Dental Network
Humana Gold Plus and Choice PPO	Careington Medicare Network
Aetna HMO	Aetna EPO Network
United Healthcare PPO	United Healthcare Dental
Preferred Care Partners	Solstice Dental
Avmed	Delta Dental
Devoted Healthcare	Liberty Dental
MMM Medicare and Much More	Liberty Dental
Simply Healthcare	Denta Quest

Keep in mind that Dental Networks can change from year to year. Many of the Carriers above are steady with their networks. Always search your Annual Notice of Change for clarification, as this will share if there is a Network Change for the following year.

If you are wondering why your agent did not explain this specific detail with you, the answer is; chances are they are not trained to cover this very important detail. Many agents write Medicare business part-time and are mostly concerned with writing the application. An agent or broker who does this full time, will care more about these little details and try their best to inform their clients.

When in doubt, ask The Medicare Lady™.

If you have a question that you would like answered for the April Edition, please email me at darleneswaffar@gmail.com or call our office at 754-444-2782.

Always remember to Live Every Moment!

Follow me on Facebook for upcoming news and events: www.facebook.com/medicarelady Visit my website: <https://sunshineinsurance.agency>

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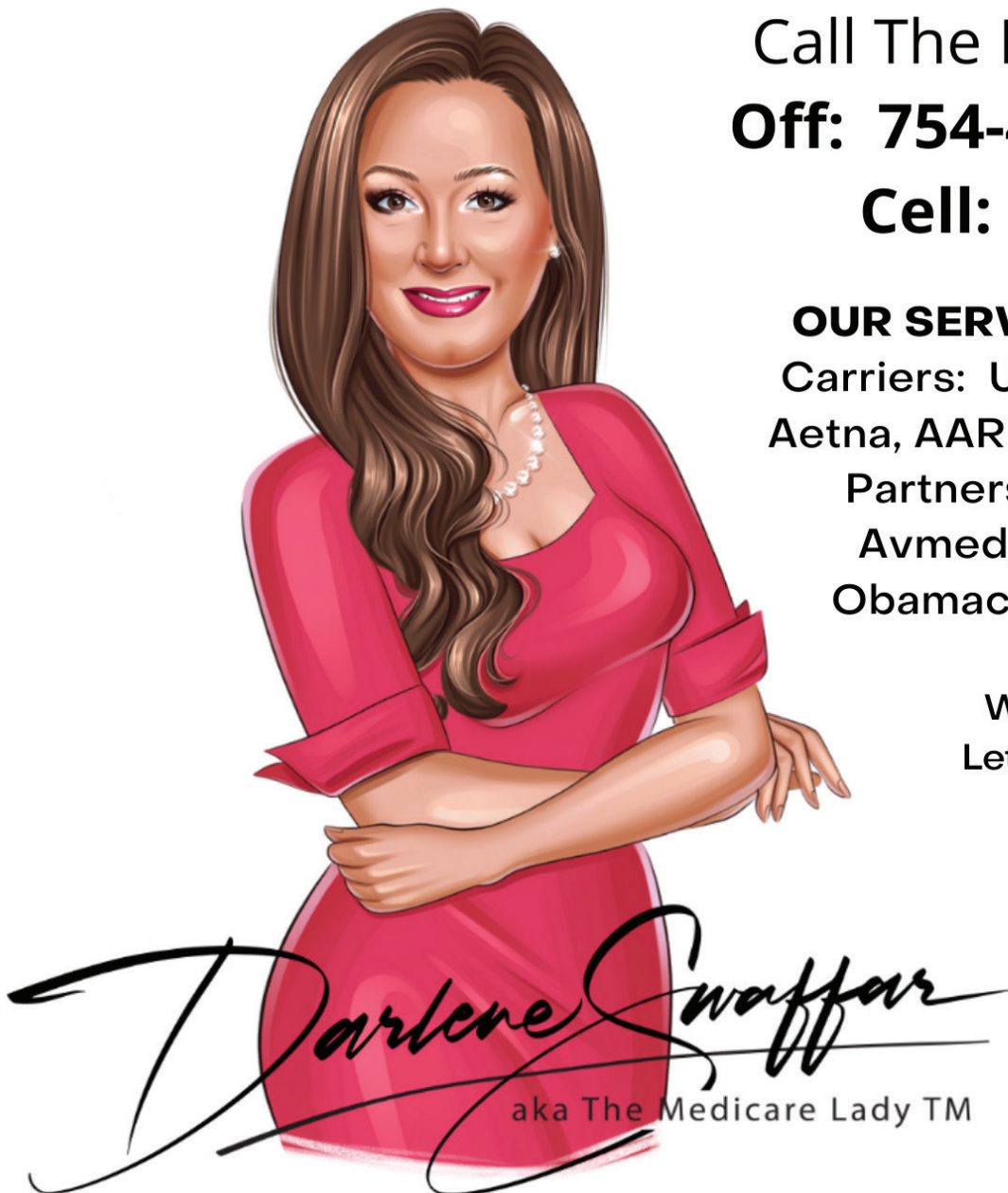
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aka The Medicare Lady TM



pen to paper

Continued from page 12

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from pills. Today, young couple should answer the following questions before they bring a child into this world:

- Are we psychologically and mentally ready for a child?
- Do we have secured employments or is our business sustainable?
- Do we have enough income to take care of a baby or twins?
- Is our current apartment adequate for a child? Do we need a bigger one?
- Who will babysit our child when we both go to work or run our business?
- Can we afford the cost of babysitting?
- Whom can we trust with our baby?
- Are there good public schools in our neighborhood?
- Can we afford tuition at private schools in our neighborhood?

After a couple answers those questions above they will definitely understand their challenges and make right decisions. Their decisions may include the following:

- Move closer to one of their parents or other relatives.
- Move to a city with more babysitters and more choices of good schools.
- Get better paying careers or train for better paying jobs.
- Wait few years before having a baby or twins.

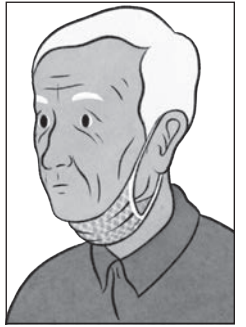
Good luck to the next generations.

COVID-19

Don't Let Your Guard Down! And PLEASE Don't Pull Your Mask Down To Talk!

By Hillel W. Cohen, DrPH

My friend was dutifully wearing his mask. He approached and said a few words in greeting. Concerned I might not have heard him clearly, he pulled down his mask and spoke again. I was dismayed! Didn't he understand that the whole purpose of the mask is to block the droplets that come out of our mouths and noses when we breathe and especially when we speak? Pulling your mask down to talk is like wearing your seatbelt in the parking-lot and unbuckling it when you pull into traffic. We don't see the tiny, invisible droplets that can carry virus particles, but every time we breathe and talk, droplets leave our nose and mouth. That's the main way COVID-19 has spread around the world, killing hundreds of thousands and



Continued on page 22

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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.

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Safety Solutions

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

New Scam Pops Up In Coconut Creek



It's very rare when these scam artists take me by surprise. After nearly 15 years as a TV reporter, and another 8 years as a police public information officer, I thought I had seen every scam known to man. But last week, I heard a new one.

It goes like this:

- 1) A person posing as a delivery driver shows up at your door with a package.
- 2) The "delivery driver" claims

it's addressed to you.

3) You are confused. You weren't expecting this delivery driver or a package. You ask "What's going on here?"

4) The phony deliver driver apologizes. He says the package contains alcohol. Maybe a rum, vodka, or tequila you might like? He says you can take it for free, all you need to do is let him swipe your credit or bank card to pay the very nominal "delivery fee," since it's alcohol of course.

5) You think: "What could it hurt to just give this guy some money and take the "free" alcohol. You ask to pay cash.

6) The delivery driver says "No." He claims he can't take cash. It'll have to be a card.

7) You hand over your card. He swipes it for a three or four dollar "fee," gives you the package, and leaves.

8) He's just gotten away with your credit card number, or, if you used a debit card, he has those numbers and your pin.

I had never heard of this type of scam before. And the guy who posed as the "delivery driver" looked totally legit. While he wasn't wearing any emblems or logos, he looked professional enough as far as his attire.

Now this is not happening often here in Coconut Creek. It's in the "extremely rare" category right now in fact, as we have only had only a single report of it as far as I am aware, but it's possible the bad guys will try it again. That's why I like this column. It helps us get the word out there.

If someone posing as a delivery driver shows up at your door look for emblems and logos on their uniforms. Check their vans. Does it have a FedEx or UPS logo? Is the driver in a U.S. Postal Service vehicle? If the answer is "no" on all of these questions then the chances are very good that you might be talking to a scam artist.

If that happens, politely excuse yourself from the conversation and call us. Call 911. We don't think these crooks are dangerous but they are trying to separate you from your credit card numbers, so we need your help to catch them.

As always, if you see or hear anything suspicious in your neighborhood, you can call 911. I'm also in charge of all of our social media platforms, so you can direct message me on Facebook or Nextdoor with any questions or concerns.

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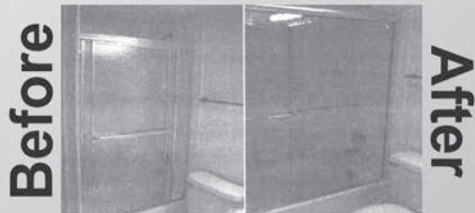
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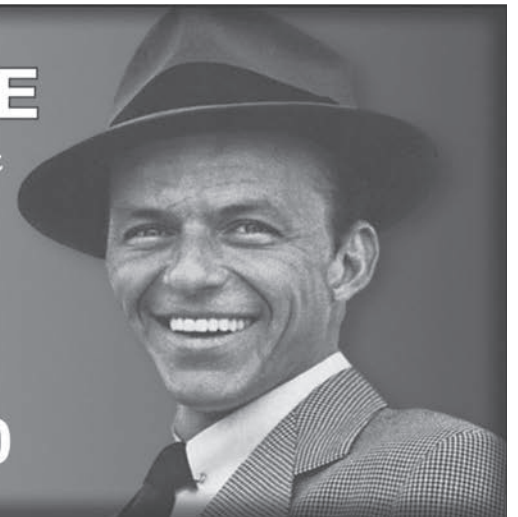
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No Time To Regret

A Novel by Lynne List

Hi Everyone,

I am so excited that the novel I wrote is becoming so popular. The book *No Time To Regret* is available on Amazon, at Barnes and Noble, and at Archway Publishing.com/bookstore. Amazon and Archway are offering free shipping. For a personalized copy contact me at 954-973-1223 or LLIST@juno.com. It is available in both soft and hard cover.

Let me tell you a little of the plot. It is a compelling story of an illicit love affair which years later comes back to haunt those involved. The lives of six people are adversely affected but only one will be destroyed. Who should it be? Do you destroy someone's life to protect your own?

And now, here are two snippets from the book. "His dilemma weighed heavily upon him. He was tired, sleepy from pretense and from the pressure of the unavoidable revealing of his secret." "Every semblance of love and respect that she had ever had he was tearing to shreds. He saw the bewilderment and the hate that was building up. It was all there in her eyes."

Though I have had previous book publications this was my first novel. I have the pandemic to thank. With time on my hands, and unwilling to just sit and watch TV, I began to write. I hope you will support my endeavor and I know you will enjoy the book.

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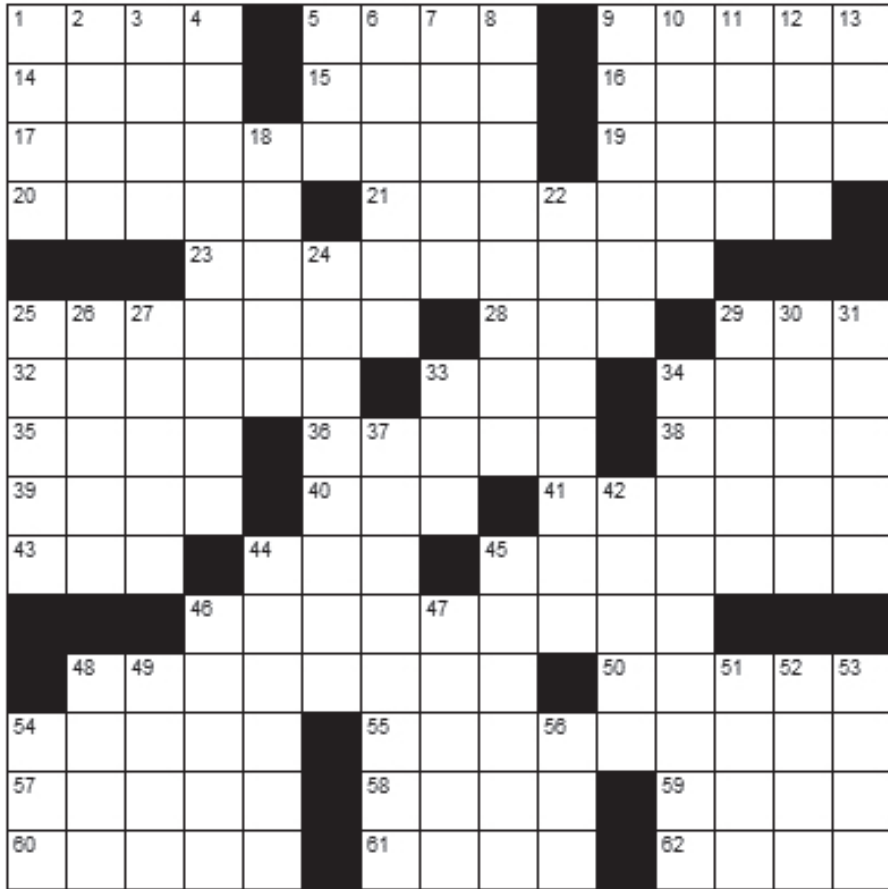
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Puzzles and Games

Solutions on page 53

Crossword Puzzle



ACROSS

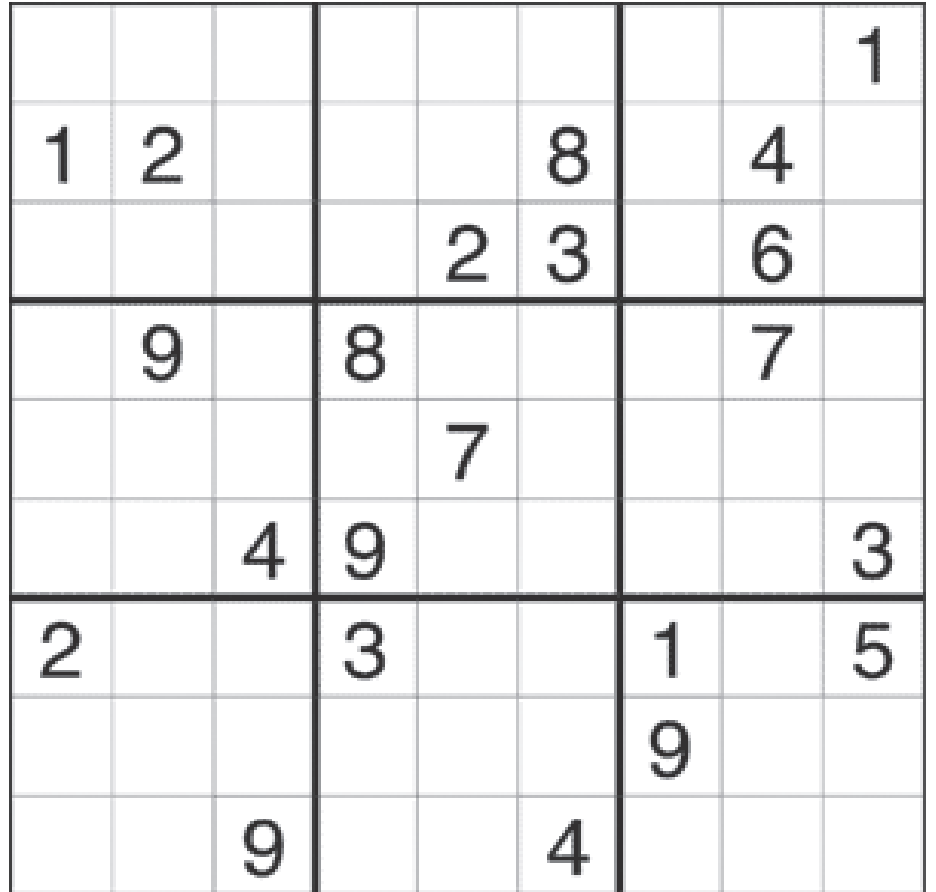
- 1. Vipers
- 5. Cards with 1 symbol
- 9. Haul with a tackle
- 14. Salt Lake state
- 15. A young male horse
- 16. Quickly
- 17. Recorder
- 19. Artificial waterway
- 20. Catkin
- 21. Disciplinarian
- 23. Pleads
- 25. Equip
- 28. Child
- 29. Directed
- 32. A woman chaperon
- 33. Record (abbrev.)
- 34. Brownish purple
- 35. Wings
- 36. Candid
- 38. Violent
- 39. Mousses
- 40. Effeminate
- 41. Violet
- 43. S
- 44. European peak
- 45. Detained

DOWN

- 46. Greatcoats
- 48. Curative
- 50. Equestrian
- 54. Vestibule
- 55. Additive
- 57. Deservedly receives
- 58. Brother of Jacob
- 59. Biblical garden
- 60. Delete
- 61. Transmit
- 62. Classify

- 18. Mug
- 22. Garbanzo
- 24. Snapped up
- 25. Proverb
- 26. Whines
- 27. Knells
- 29. Not smooth in texture
- 30. French school
- 31. Faked out an opponent
- 33. Beam
- 34. Leeches
- 37. Repeats
- 42. Extreme
- 44. Reluctant
- 45. A hussar's jacket
- 46. Portents
- 47. Stimulate
- 48. Lion sound
- 49. Tropical American wildcat
- 51. Prank
- 52. Always
- 53. Lease
- 54. Charge
- 56. Muck

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.

Through The Looking Glass

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



- | | | | |
|-----------|---------------|------------|--------------|
| ALICE | GNAT | OYSTERS | TIGER-LILY |
| BEETLE | GOAT | PAWNS | TRAIN |
| BOAT | GOLDEN CROWN | POETRY | TWEEDLEDEE |
| BROOCH | GUARD | RATTLE | TWEEDLEDUM |
| CARPENTER | HAIGHA | RED KING | UMBRELLA |
| CHESS | HATTA | RED KNIGHT | UNICORN |
| DAISIES | HILL | RED QUEEN | VIOLET |
| DINAH | HUMPTY DUMPTY | ROSE | WALRUS |
| ELEPHANT | JABBERWOCKY | SHAWL | WHITE KING |
| FAWN | KITTY | SNOWDROP | WHITE KNIGHT |
| FROG | LION | SOLDIERS | WHITE QUEEN |
| GARDEN | LOOKING GLASS | SQUARES | |

a WORD or Two

Word: feckless
Definition: weak, ineffective
Example: "The story of Tom Cruise's feckless young test pilot, Top Gun was that rare sort of high-octane action movie that despite its flashy, fast-paced theatrics managed to resonate deeply with audiences in the mid-80s." – Cathal Gunning, Screen Rant, 22 Nov. 2020

Word: amok
Definition: in a violently raging, wild, or uncontrolled manner
Example: "Staffing in the hospital is increasingly challenging as the virus runs amok in our surrounding area." – Kevin Sellheim, The Sleepy Eye (Minnesota) Herald-Dispatch, 19 Nov. 2020



pen to paper

Continued from page 17

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making millions more very, very sick. I would have been shocked if that was the first time I saw someone pull down their mask to speak. Sadly, I've seen it way too often. Even after a year of living through this pandemic, many people still don't understand the risks and the importance of wearing a mask properly and maintaining adequate social distance. In fact, now that many of us have gotten our vaccinations, it seems that some are letting their guard down even more. If you think vaccination means you can forget about masks and social distancing, you are making a big mistake – a mistake that could be fatal to your loved ones, your neighbors and even you. We're making progress, but now is not the time to lower our guard—including our masks.

Thanks to the efforts of Broward County Commissioner Mark Bogen and the dedicated Wynmoor officers and staff, Wynmoor residents age 65 or older were able to get the Pfizer vaccine quickly and efficiently. Those of us who have been vaccinated are now at much lower risk of serious illness from COVID-19 than those who have not had the shots. But there are many Wynmoor residents and staff who are younger than 65 and were not eligible. Even some over 65 didn't get the shots for a variety of reasons. That means there are still A LOT of people in our community who don't have the protection of the vaccine. And while the vaccine protection is believed to be very good, it is not 100%.

You may recall that during this pandemic a great number of people were infected, and either had mild symptoms or no symptoms at all. These people were still infectious. A great deal of what is called "community spread" came from people not showing symptoms. Early in the pandemic, a cousin of mine had a house guest with no symptoms who later tested positive. Not knowing he was positive, he passed the virus to my cousin who almost died and suffered terrible symptoms for months after. There is some evidence that people who have been vaccinated can catch the virus. Even though the vaccine will protect them from serious illness, they can still pass it to others, in the same way as unvaccinated people without symptoms have spread the virus.

Another big problem is that several new "variants" or strains of virus are now spreading around the world. A "variant" is a virus that differs (varies) somewhat from the original. Variants arise when mutations take place that change the genetic code of the virus. The COVID-19 virus is made of strands of RNA rather than DNA, and mutations in RNA viruses are very common. If the mutation makes the virus stronger or easier to transmit, then that mutation will spread faster and can even become the dominant strain. As of this writing, three major variants have been identified. They are called the UK (United Kingdom/Britain), Brazil and South African variants because they were first seen in those countries. All of them have now been found in the US and are spreading fast. The UK variant is spreading so fast, it may soon become the dominant strain here. It is believed that current vaccines give some protection from these variants, but maybe not as much as from the

original virus. Some people who recovered from COVID-19 and thought they were immune, have gotten seriously ill from a variant.

A likely reason variants showed up in Britain, Brazil and South Africa is that these three countries are among the larger countries with diverse geographic regions and where control of the virus was especially poor. The wider the virus spreads, the more chances mutations can occur. The US is larger than all of these and control of the virus here was even worse. That is why it is very likely that there is other "US variants" that are circulating in this country along with the three known variants, but have not yet been recognized. Although the US has had by far the largest number of COVID-19 cases in the world, at this writing we rank behind 31 other countries with respect to testing per 1000 cases for variants. To what extent the already known variants, let alone new ones not yet identified, are vulnerable to which vaccines will not be known for a long time.

All of this makes mask wearing, social distancing, even more important, even if we have been vaccinated. Because new variants can infect with fewer virus particles, we should try to use masks that will give better protection.

Until now, double-layer cloth masks and triple-layer nonmedical, disposable masks have been adequate for ordinary use. These masks sharply reduce the number of viral particles that get through. But with some of the new variants, fewer virus particles are needed to cause an infection. N95 masks are the kind used by hospital staff in highly contagious areas, but these are expensive and in short supply. The KN95 gives similar protection and is now more widely available, though still more expensive than the masks we've been wearing. Another way to improve protection is to wear two of the ordinary masks—one on top of the other. Since even vaccinated people can get and transmit the virus, all of us should continue to wear masks when we are out in public. We should consider using the more effective ones or doubling up when in higher risk, indoor areas like in stores or in doctors' offices.

Even the best mask won't help if it is not used properly. How many times have you seen someone wearing their mask on their chin or under their nose? That's okay when you're alone and distant from anyone else and you're just keeping it ready to put on properly when someone approaches. But when we are near someone, the mask should snugly cover both nose and mouth. And whatever you do, PLEASE don't pull your mask down to talk. Talking, like sneezing and coughing, spreads the droplets that carry the virus. The whole point of the mask is to block those droplets. You may think that because you are not sick or because you've been vaccinated, you cannot be carrying and spreading the virus. Sadly, that is just not true. Most community spread of the virus comes from people who don't know they are carrying it. If you've been vaccinated, that's great. Your risk of getting sick is much, much lower but it's not zero. Vaccinated people who get infected and don't get sick can

Continued on page 25



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By Linda Storfer

During the past year all of us have had a lot of time to think and reflect on our own personal state and the world in general. Most of us who live here have received two vaccines by now as well as many of our friends and families living outside of Wynmoor. As residents of Wynmoor we are very grateful and appreciative to County Commissioner Mark Bogen and Fred Michael of the Wynmoor Administration for all of their hard work and tireless efforts in obtaining the vaccines and making them available to us in such an efficient and professional fashion.

My thoughts keep turning to how are we preparing for the future? Although we have already received two vaccines why can't we all go out now with large groups of friends to dinner or celebrate holidays with our entire family and relatives as we previously did before the pandemic? Even though we have been vaccinated do we know how long these vaccines will last or how effective they are? After receiving our vaccinations, we are still wearing masks and practicing social distancing. Simply put, we do not know the answers to these questions and are living in an age of uncertainty. Many of us feel much more optimistic and hopeful than we did before the development of these vaccines, but we still feel uncertain as to the future. We are living in an age of uncertainty.

Our beautiful synagogue Temple Beth Am in Margate established a special committee to study and examine from all different perspectives the reopening of the building. Because of the recent development of the new variants in the United Kingdom, South Africa and Brazil, we are proceeding very cautiously and no date to reopen has been set as of this writing. Saturday morning services are conducted for a very limited number of members attending in person while the rest of the congregation participates through live streaming beginning at 9:30 a.m. We offer Friday night services with "Happy Hours" every week beginning before 6:00 p.m. with weekday daily minyonim at 7:20 a.m. and 6:00 p.m. via Zoom. These services enable our members to stay connected and offer the opportunity to those who are saying kaddish or have a yahrzeit to do so. Our Men's Club and Sisterhood are busy planning exciting programs for the Spring. The big date in March is Passover which falls this year on the Sabbath, Friday, March 27th when the first seder will be held. Unfortunately, TBA won't be able to sponsor a seder at the synagogue this year because it would not be safe to have a large crowd assemble indoors but we hope that as the number of cases of Covid decrease to be able to present other future events live and in person.

Spring will be here in a few weeks and we wish everyone a healthy and joyful Passover. If you wish to find out more information about any of TBA's upcoming events, please consult our website www.beth-am.org or call our office at 954-968-4545.



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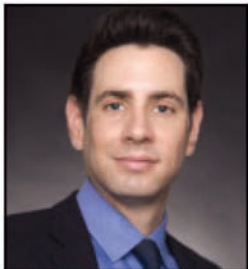


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pen to paper

Continued from page 22

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pass the virus to others. Properly wearing our masks, even after vaccination will reduce the chance that we will get infected and unknowingly pose a danger to the non-vaccinated people we interact with.

Don't depend on "6 feet apart" as full protection either. That distance is just an estimate of how far average size droplets will likely travel. Smaller droplets can spread further. Risk goes down with distance, but not to zero. Words with letters like "P" or "B" will send more droplets further. A cough or a hard sneeze can send droplets with virus particles as far as 25 feet or more. A mask covering the nose and mouth makes everyone safer by cutting down the number of droplets that go out and cutting the distance they travel. Indoors, droplets carrying virus can create invisible "clouds" that can linger and increase risk for those nearby.

Masks and social distancing have always been about protecting ourselves AND protecting others. We are in a race, both here and around the world, to control the virus before more mutations and variants arise that will make control even more difficult. Widespread vaccinations will reduce illness and death and may slow spread as well. However, only a very small proportion of people in the US have been vaccinated so far and other countries are even further behind elsewhere. Until almost everyone is vaccinated, the risk to our neighbors, friends and loved ones will remain high. Proper use of masks and social distancing will be needed for a long time. We are making progress, but now is not the time to let our guard down.

The author is a Wynmoor resident, a Doctor of Public Health and Clinical Professor of Epidemiology and Population Health at the Einstein College of Medicine in New York.

I Went For A Ride In A Porsche One Day!

By Lil Miller

Along the beach that was once my hay day! Having pain from head to toe and really thinking I cannot go! My grandson said come on grandma I am going to put a sparkle in your eye! Tears weld in my eyes and I wanted to cry. Time was flying so fast and here was this young man taking time out of a busy day to make it possible to sing and laugh knowing this is what grandma would be doing at this age. Age is just a number! It's what you have in your heart. I folded those aching knees into a tiny space and joined the race of my life leaving all cares behind! Missing tickets all the way, the wind and sun beat down on my face making me feel like a teenager once again! I was so excited and grateful and felt no pain. When we climbed out to enter a candy and ice cream store it blew my mind with goodies! The mind is a powerful tool! As we drove away blowing kisses and waving to the beautiful sky, I just had the joy ride of my life! No medicine, no money can buy. My grandson makes every minute of each precious day count! It worked for me!

There are many paths to the top of the mountain, but only one view.

-Harry Millner

Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.

-John Mur

I Love My House And My House Loves Me

By Pete Hardis

I never invite anyone to come into my house. NEVER! I think that after I explain why, I am reasonably sure that you will also decide to never invite anyone to come into your house either. Here are just a few reasons why I never have anyone come to my house:

First, my home is MY CASTLE! Maybe a small one, but none the less, it is my castle and I love it! I hope that you also feel that your home is your castle.

I decorated the interior of my home to impress me and no one else. By not having anyone come in, I am assured that there isn't anyone who will be able to think to themselves or say to anyone else, "Boy, this guy has horrible taste when it comes to decorating." Who needs that kind of aggravation? I love my taste, and I would never want to have anyone question it. Therefore, no one can come in. I would hope that you feel the same way when it comes to how you decorated your home.

My house and I have a special loving relationship. It's as though we are best friends. Whenever I come home, my house welcomes me with open arms. As soon as I enter, I sense that it gently reminds me to take off my shoes and put on a new pair of clean paper slippers. Given how close we are, and how much we are on the same page about everything, neither one of us wants the floors or any other part of it to get dirty. Besides that, whenever I leave my house, I sense that it is sad to see me go. I hope your house has the same affection for you.

Given all the above, wouldn't I be a fool to let anyone in? But I'm not through yet, because I'm about to tell you some of the most important reasons why I never invite anyone to come into my house.

Let's pretend that I invited an imaginary, make-believe, pretend friend over to play Candyland with me. Let's call my imaginary, pretend friend, Arthur, not his real pretend name! The doorbell rings and I say, "Who is it? It's your make-believe friend Arthur." I open the door and I let Arthur in. Let's assume that Arthur is wearing shoes. Knowing this, both my house and I become very anxious. How do we know how clean the bottom of Arthur's pretend shoes are? How do we know what Arthur might have stepped in on his way over to play with me in my house? We don't! So here we have my imaginary friend Arthur walking all over my house, transferring the dirt he

Continued on page 36

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INSPIRATION STATION

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

Turn Your Troubles Over!

Dear Reader,

Hello sweet ones. How are you doing? How are your peeps doing? Have you been nurturing yourself? Have you been honoring your body when you need rest and setting limits on where you put your time and energy, so you have reserves for what matters to YOU? Let's take a moment now together to just do a quick inventory... Sit up straight wherever you are and exhale audibly! Now inhale slowly and fully through your nose. Place your hand on your abdomen and let your inhalation cause your stomach region to expand. Envision the air swirling joyfully throughout your lungs. As you exhale, visualize all that no longer serves being released. Now take a moment to just give thanks that this process happens all day and night for YOU without you even being focused on it. Same is true for your heart beating day and night for YOU!

If you take time to marvel at all the miracles your body is performing for you without it asking for anything in return, it gives us a little glimpse into the benevolence of our Creator or Source. Whatever word you chose to describe the force that is bigger than all of us who started this thing called life, it is good to step back from our immediate focal points to acknowledge this energy field and whisper a little THANKS (or feel free to do a loud shout out "THANK YOU GOD!").

It feels good to express our appreciation. It feels splendid to acknowledge what is working right and effortlessly FOR US! From this place of humility and gratitude, we can be divinely guided. It is easy to forget we are not alone on this earthly journey. We can feel we have to figure it all out on our own by researching and consulting and using our brains and networks of family, friends and professionals. But remember dear ones, these are all just fabulous tools and guides to help us. Your brain works for YOU! Your

family and friends and experts are here for YOU. But the biggest and best guidance system resides in YOU and that is your higher power – your direct connection to SOURCE.

What do you do when you are feeling unsure and vulnerable? Take any topic that triggers you a bit or a bunch.... Perhaps a health challenge or finances or a relationship issue... or maybe you are grieving.... Whatever is troubling you, what do you do with your troubles? Do you leave them out on display so everyone who sees you gets to see your troubles too? Or do you hide them from view and harbor your pain alone? What if, in these moments (or days!) of vulnerability, we hand over our troubles to GOD (SOURCE/LOVE/CREATOR) much like a little child in a park who comes upon a piece of broken glass and innocently picks it up and hands it over to his mother or father. This is what we should do when we encounter something sharp or painful or that confuses us... We hold it gently and we turn it over to our heavenly Father/Mother/Creator who will assess it and do with it what is in our best and highest good. If it is not meant for us, the glass will be taken from our palm so as to not hurt us or if it is meant for us, it will be transformed into a shining sparkling diamond.

What are you willing to turn over to your higher power? Since we know our every breath and heartbeat is being tended to, why wouldn't we also trust this miraculous HIGHER AUTHORITY with our fears and worries? Let's give LOVE a chance to do its magic in our lives. Turn your troubles over darling.... Exhale! Trust you will be guided! Your path will reveal itself! All is more than well, it is WONDER-FULL! With lots of love, Diana

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

CITY ELECTION affects Wynmoor Residents

Continued from front cover

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.

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Protecting Yourself Legally During This Pandemic

By Martin Zevin, Attorney

In this past year, I have been busier than ever talking to clients who are worried about COVID19. The important thing is to be fully protected legally if you should become incapacitated or die.

If you need to be hospitalized in Florida, it is imperative that you have a Designation of Health Care Surrogate and Living Will with proper wording so there will be no problems. Your Surrogate will be able to make medical decisions for you if you are unable to communicate. Even if the hospital does not allow any visitors due to the pandemic, your Surrogate will be able to talk to the doctors and make decisions on the phone or e-mail. All your Surrogate needs to do is e-mail or fax a copy of your document to the hospital. If there is no hope to save you, that Surrogate would be authorized to "pull the plug" based on the Living Will. If you have these documents from another state, or older Florida documents, you should review with a Florida attorney. The documents probably need to be redone.

The Durable Power of Attorney is also extremely important to allow someone to take over your legal and financial affairs. The Florida law changed in 2011. If you have an old Durable Power of Attorney, it should be redone. Our current document is 26 pages and covers everything allowable under the new law.

If you should die, your Will or Revocable Living Trust will determine who inherits your assets. The Trust is important to consider if you own



your home or other real estate, because it avoids Probate. Probate can tie up your property for many months and prevent your heirs from selling without a Court Order. They would have to continue to pay taxes, maintenance, mortgage, utilities, etc. in addition to thousands of dollars in attorney fees and court costs. A Life Estate Deed is another option to consider to avoid probate. Your attorney can discuss the different options and the benefits of each one.

Even if you believe that all of your documents are fine, it makes sense to review them with a Florida Estate Planning attorney just to be sure. During this time of social distancing, I am providing free telephone

consultations to discuss Estate Planning and protecting yourself if you are incapacitated. In these unsettling times, putting your house in order can provide peace of mind. Once you have valid documents, hopefully you won't need them. Yogi Berra used to say: "That's the insurance when you don't have it, that's when you need it." Stay well.

Please feel free to call me for a free phone consultation regarding any issues pertaining to Wills, Trusts, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for free consultation regarding 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 and my e-mail address is martinzevin@netzero.com. See our ad on page 17.

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Protect Benefits for Children With Special Needs

If you have a child or other family member who has special needs due to physical or mental conditions, you face a variety of challenges planning for their care, including financial ones. You may also have some well-meaning relatives who want to help, but who may not realize that their moves could actually result in some serious lifestyle and monetary problems for your loved one. Fortunately, by planning ahead, you can avoid these potential traps.

As you probably already know, individuals with special needs are eligible for a variety of government benefits and local programs that provide assistance with housing, medical needs, specialized equipment, independent living, job training and other services. You may also know that some of these programs require participants to meet financial criteria to qualify for benefits. Usually, this isn't a problem if your loved one has little income and few assets.

Difficulties can arise, though, when other relatives, such as grandparents, include loved ones with special needs in their estate plans by naming them as beneficiaries of insurance policies or retirement assets, or as beneficiaries of any trusts the grandparents have established. In these situations, loved ones who receive or inherit a sizable amount of assets may then be ruled ineligible for some important services.

Hopefully, your relatives will have informed you of their plans. If so, let them know that although you appreciate their generosity, the way they've chosen to show it could have unanticipated – and harmful – effects. You could then suggest ways they could structure their gifts to be more valuable.

Specifically, they can help through a *special needs trust*, either one that's already been created or one they create for their gift. A special needs trust is

designed to help people with special needs use financial gifts or inheritances for a variety of purposes while keeping their eligibility for some government programs and other services. There are two main types of special needs trust:

- **First-party special needs trust** – An individual with special needs, their legal guardian or the court can establish a first-party special needs trust benefiting that individual. The first-party special needs trust is funded by the individual's own assets, either through earnings or an inheritance or a personal injury award. A first-party trust contains a "payback" rule, which means that when the individual beneficiary with special needs dies, the trust must pay back the state for certain benefits received.

- **Third-party special needs trust** – A relative or person other than the individual with special needs who wants to include that individual in their estate plan can set up a third-party special needs trust. The third-party trust is funded with assets from someone other than the individual with special needs. With a third-party trust, no "payback" provision is required.

Many issues are involved in establishing an appropriate special needs trust. Consequently, you'll need to consult with your legal advisor to determine your next steps. Afterwards, you'll want to involve everyone in your family who could contribute to a trust, so they'll all know what to expect and how they can participate. Once the arrangements are made, you can all feel like you've done your part to make things easier for the loved one in your life with special needs.

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Dear Dr. Joy...

By Joy Berke Sanchez, PhD

I have something new this month. The following are snippets I've collected over the years. The best way to use these is to do one a day and think about it, meditate on it, write about it, talk about it. See if anything resonates with you. Some may appear contradictory to

others and it doesn't matter. Just notice what each one means to you. This is truly a growth experience. I encourage you to participate in this and remember no one ever has to see this except you and whoever you wish to share it with.

1. Identifying exclusively with the physicality of life and basing our existence on acquiring things disregards our infinite nature.
2. Make an attempt to reverse ego's hold on you by practicing helping others and all your own needs will be fulfilled.
3. As you reach out in thoughts and behavior you activate loving energy which is synonymous with giving. The ego wants the opposite as it tells you to only think of yourself.
4. Be aware of the 'placeless place' within yourself where all your thoughts flow outward. Find your way to enter the space within you that is clean, pure and in harmony with love. This is the primary purpose of meditation -- to be in the silence, inviting your essence to reveal itself and allowing you to live in the void.
5. It is crucial to remain independent of both the positive and negative opinions of other people. Regardless of whether they love or despise us, if we make their assessments more important than our own, we will be greatly affected.
6. Keep alert and subtly aware, yet at the same time stay still within, not rushing or demanding, but totally in charge of your inner world.
7. Be watchful yet relaxed and peaceful. Alert, yet unhurried and confident. Yielding, yet willing to be still and wait for the waters to become clear.
8. You are unfolding in Divine order. All that you require will be provided in an unhurried fashion.
9. Stop chasing your dreams and allow them to come to you in perfect order with unquestioned timing.
10. Imagine all that you would like to experience in life and then let it go.
11. When a person leaves you, it feels like the end of the world. When a business venture fails or you flunk out of school or you have a painful surgery or condition or illness, you feel depressed. If you get trapped in these emotional endings you are not permitting them to be a natural part of life, leading you to feel disconnected from your Source. Beginnings are often disguised as painful endings.
12. Take time to be an impartial observer of life particularly when an ending is causing despair.
13. This too shall pass.
14. Give up the idea of having to get more or be in another place in the future and instead see yourself as whole and complete just as you are.
15. Accept what is offered.
16. Practice letting go of thoughts about what's NOT here now.
17. Let go and Let God.

18. Let go of your demands, along with your beliefs that you can't be happy because of what is supposedly missing in your life.

Insisting that you need what you don't have is insane. You are OK without what you think you need. You already have everything you need to be peaceful, happy and content right here and now.

19. You must be empty in order to become filled. Attachments keep you so restricted that nothing can enter your already filled self. Being empty means not being filled with detrimental beliefs, possessions or ego-driven ideas and needs.

20. Change the way you see the storms in your life.

21. Being here now is accomplished by adopting an acceptance of life as it is presented. See yourself as whole and complete just the way you are.

22. If you want abundance, knowledge, health, love and other attributes you need to be receptive to them.

23. When what seems like a forceful, uncomfortable situation arises, affirm that this is a temporary setback.

24. Observe what you are feeling with openness to what is, in this moment but realize each moment is transitory.

25. Center your mind in a natural way; in perfect rapport with the patience of the universe.

26. Change your life by trusting your ability to respond naturally to the circumstances of your life.

27. Change your life by consciously choosing to be in a state of gratitude and appreciation.

28. Practice silently repeating I THANK YOU throughout your waking hours as you fall asleep and awaken.

29. I come from greatness. I attract greatness. I am greatness.

30. You are good enough and strong enough to withstand the passing disappointments and pain that afflict life on this planet. Do not try to protect yourself by believing that you don't embody greatness.

31. Whatever you desire to become or to attract to yourself, make the internal shift from 'it probably won't happen' to 'it's on its way.'

These are about half of what I have. If you want more, you will have to let me know. I hope you enjoy them.

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pen to paper

Continued from page 25

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has accumulated on the bottom of his shoes, onto the floors and carpets of my castle. Perhaps you are not aware of this, but with Arthur's short visit, he will transfer dirt onto my floors and there is a very likely chance that some of it will remain there forever, no matter how hard I try to remove it. By now, you would imagine that imaginary Arthur is done with destroying my house – not by a long shot!

Does my house or I know how clean the back of his shirt and the seat of his pants are? Of course, we don't! So, when Arthur sits down anywhere in my house, there is also a good chance that Arthur is transferring dirt onto my sofa cushions and to my chairs. Again, a good amount of this dirt will probably remain in my furniture forever. Now, here comes the scariest part of all: while we were playing Candyland, and just when I landed on Gumdrop Pass, Arthur says to me, "Pete, I need to use your bathroom." Wow, what was that scream I just heard? Arthur, what you just heard was my house screaming, PETE, DONOT LET HIM USE OUR BATHROOM! Arthur, I have to tell you that you did enough damage to my house already. If I allow you to use the bathroom, I will have to replace the entire toilet. Please don't take this personally but I want you to pack up your Candyland game and get out of my house right now before you completely destroy it! I never want you to come back again! Goodbye!

I think that by now you can see what kind of an ordeal having a nonexistent, pretend, imaginary, make-believe friend over was for me and my house.

The simple truth is, if someone who is only make believe can do that much damage to my house, can you imagine if I ever was stupid enough to let real people in my house? There's no use for me to go on with this any longer because I am sure that I made a solid case about why I never allow anyone to come into my house. I think that after reading this, you will never let anyone come into your house either.

Style Of Today

By Lil Miller

I worked in fashion in my day. A delight I love to this day, plugging necklines, the fashion of the day. Tiny waists and colors so bright, pleats in a dress falling just right. Those were the days of fashion! Today the magazines show a new fashion on the market. A "face mask" of many colors, breathing area for the nose. Pleats so cool lining the mouth, colors of high fashion and stretching rubber bands over the ears to walk the beach or fly high in the sky! A mask that beats in style any fashion on the market today. Come join us in the high style of today, maybe a fashion show will take place, replacing the bathing suit or dress, watch for future ads of style, your life depends on it. Fashion of today could save your life – try the mask and make it right. Oops! My mask just fell off. Must get a new style that will be coming out soon.

Love you, have a great day! Lil Miller

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From The Other Side Of The Couch

By Merri Goldberg

The Power of Friendship

In last month's column I wrote about the period we are now moving into. With the increased availability of the Covid vaccine and political changes, it seemed to many that we were moving from the darkness of a very complicated year into the light. I proposed that it wasn't quite that simple. Rather, we were moving into a time when much was not certain and the ground under our feet, for some, still felt a little shaky. As we move into the new normal, what will remain the same and what will be different. What will remain reliable and unchanged, a kind of a solid ground beneath our feet to help get our new bearings. Let's look in on my pondering.

When you think of therapists you may see them as calm, composed and able to solve anything. I assure you that is not always so. For instance, a few months ago I received a call - news that set my world spinning. What to do? My first thought was to get back in bed and pull the covers over my head. But I knew that wouldn't work. The second thought was to pull a dish from the shelf and smash it against the wall. I was angry. But no, that wouldn't work either and the cleanup would be a mess. So I turned to my tried and true, always works, stop the world from spinning solutions. I called my sister and then my best friend to talk and the world slowly stopped spinning. What had happened?

The power of woman's friendship. A friend recently remarked that woman's friendship was embedded in our DNA. I agree. For me, having a close girlfriend, as far back as kindergarten, has served as a steady hand during transitions and changing or very unexpected, difficult times. Sharing triumphs and victories made them even better. What about lightening the mood and just having fun? I remember bouncing on my parents bed with girlfriends listening to the hit parade and singing at the top of our lungs. We discussed boys, relationships and breakups, borrowed clothes and makeup, and shielded each other from the mean girls who came later. The hardest and most unimaginable times from breakups, to illnesses to failures were helped by support from girlfriends who often served as a "bridge over troubled waters." Helping us over or through these times. Our minds, bodies and worlds were changing as they are now, and we were there for each other.

As the years passed, sisters and best friends remained there to listen and profoundly care. As I get older I am continuously surprised at how deep and extensive these ties are. Some are old and distant ties, transcending time and space. At this point in my life they cross boundaries, age and geography. I have been in touch with some old friends. It feels like only yesterday we spoke and Covid gives us the time to really connect again.

What makes woman's friendships so special? Are they that different from men's friendships? As I was thinking about this I ran across an older book called *The Essential Difference: The Truth About The Male and Female Brain*. Although it described things primarily in physical terms it also helped me to pull into sharp focus some of my thoughts. In most simple terms they call the female brain "empathizer." Empathy. For me the ability of a good friend or sister to know and understand how we feel, to not judge or think it is silly, to value us, care about us, and understand what we are thinking and feeling with never any need to apologize. As we get older talk of the same triumphs and sadness may change and physical changes and losses may lead to not the old "wanna talk" but "are you okay?" But still no one knows how we feel like a best friend.

When I speak to woman's groups about friendship I often ask them to close their eyes and imagine a close female friend. You might want to try it now. What is there about that person that makes them a good friend? For each of you there may be some similarities but also some important differences. Think about what you imaged. And understand that is what makes woman's relationships so special and a true stable force in these changing times.

For today I touched briefly on woman's friendships. Next month I will look at men's friendships. Are they the same? What about the times we talked to a husband, brother or male friends about something really emotional and important and they looked back blankly and didn't seem to understand? Well guess what? Maybe they didn't and next month we'll look at why. For women close female relationships are key and remaining on the phone talking for an hour isn't unusual. For men it's a little different. However I am aware I am looking at this part from the outside and plan on talking to some of my male friends for their views. So... If I come at you with a paper and pencil - beware.



*If you find mistakes in this publication,
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Residents who received the Low-Income Senior Exemption in 2020 must renew the exemption for the 2021 tax year. You should have received a renewal card along with a return envelope from our office. If you still meet the income requirement, simply sign the renewal card, and return it to our office by May 1st so we can ensure you receive this exemption for 2021. You can also renew this exemption online at <https://web.bcpa.net/bcpaclient/#!/SeniorsRenewalForm>

If you have any questions regarding property tax exemptions, please call 954-357-6830.

The absolute filing deadline for any 2021 exemption is September 20, 2021.

2021 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2021 Save Our Homes cap at 1.4%. This Save Our Homes assessment cap limits increases to the Assessed/Save Our Homes Value for properties receiving Homestead Exemption to no more than 3% per year or the increase in the Consumer Price Index (CPI) regardless of increases to the just value of the property. This cap results in considerable savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the assessed value of the property.

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

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

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

By Leading Back Pain Expert, Todd James

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

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

It's a shame so many people think their options for dealing with back pain are rest, pain killers, or maybe worse, injections or even surgery. Often these solutions are only

temporary, because they don't address the true cause of your back pain, but just mask the symptoms. Others believe there is nothing that can be done, and they will just have to suffer through the pain.

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

I'm Todd James, Physical Therapist and I have been helping 1000s of people 55+ over the last 2

decades find quick, natural, long lasting relief from back pain. I've put together this guide because in easing your back pain it's not just about doing the right things, but also about avoiding the wrong things. When you choose the right path, your recovery from back pain will be much more effective.

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

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HISTORY CORNER

By Philip Edwards

Manuela Saenz

Born out of wedlock, she was ostracized from her family and sent to a convent for schooling. Her time there was cut short when she discovered she had an affair at seventeen with an army general. Manuela then lived with her father until 1817, when he married her off to an older wealthy merchant, James Thorne, from England. These types of arrangements tend not to be successful. After several years, Manuela left him to be a companion, partner, and lover with the revolutionary, Simon Bolivar.

Manuela twice saved Bolivar's life from assassins. One night she was awakened by a noise in the house. She woke Bolivar, gave him his pistol and sword, and held the bedroom door closed until he escaped through the window. In retribution for her assistance in Bolivar's escape, the assassins beat her to temper their frustrations at failing to kill Bolivar. Despite this and other hardships, she remained committed to Bolivar and the revolution until he died in 1830.

She became one of the most prominent female supporters of the revolution by writing letters, giving speeches, and enlisting others to join the cause. When the revolution failed, the president of Peru exiled her to the island of Jamaica. When she tried to return to Columbia, her passport was denied. She then moved to a small port town in Peru, where she spent her final years selling sweets and tobacco to sailors at the port. Manuela Saenz died in a diphtheria epidemic in 1856 at the age of fifty-nine.



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Service Equals Reward

By Sheriff Gregory Tony

BSO's Remarkable Women

I am so proud and honored to work alongside the remarkable women who serve in departments across the Broward Sheriff's Office. In recognition of Women's History Month, I want to take this opportunity to highlight just a few of the extraordinary women of BSO making a difference throughout this community.

There's a good reason **Deputy Vickie Kendrick** was recognized as the 2019 BSO Department of Detention Employee of the Year. She is a dedicated, hardworking and selfless individual who gives her best to everyone she encounters, both on and off the job. At work, she is a leader in every sense of the word, serving as a mentor to new deputies who join the team. While off duty, Deputy Kendrick uses her time and resources to help families in Broward. From ensuring kids have clothes and supplies each school year, to assisting with gifts and meals during the holiday season, her mantra is: "I am blessed, and I want the children in the community to know that someone cares." Deputy Kendrick's commitment to service is a true testament to her personal and professional success.

For nearly 18 years, Fire Rescue Public Education Manager **Courtney Palmer** has helped develop a public education program that is second to none. Despite COVID-19 restricting in-person instruction, Courtney and her incredible team, who also happen to be women – Life Safety Educators **Melanie Brocato, Rebecca Lowe-Johnson and Leah Wilson** – have evolved and adapted, developing new, creative learning opportunities in our virtual world. Collectively, they have hosted thousands of people in their virtual firehouse tours, hands-only CPR and bleeding control courses. "We are busier than ever," Courtney says. A champion of good causes, she also chairs BSO's new LGBTQ+ Liaison Committee and donates her time, energy, and even her hair, to charitable causes. "I really should get a T-shirt that reads: Stop me from volunteering," she jokes. "But I just love helping any way I can."

I know few people who have the poise, grace, determination and leadership



necessary to tackle the tremendous challenges we've all faced this past year; **Captain Renee Peterson** is one of them. As captain of the Neighborhood Support Team, she has been a lifeline to our communities. Since March 2020, she and her team have helped put food on the table for thousands of Broward residents through Operation Helping Hands, a partnership with Feeding South Florida. During the social justice protests last summer, Captain Peterson's focus was rooted in quelling unrest, listening to our communities and creating new opportunities for understanding. Today, she leads BSO's groundbreaking Social Justice Task Force. "We all benefit when we work together to build a better

understanding of each other," she says. Day or night, Captain Peterson is out in the community listening, collaborating and working together to establish positive change.

In her 26 years with BSO, **Jennifer Bourgouin** serves as our agency's Emergency Management Program Coordinator. Providing essential administrative and managerial support for the Emergency Management Program, Jennifer faced a new challenge this past year with the COVID-19 pandemic. Accustomed to short-term, in-person activations in the Sheriff's Emergency Operation Center (SEOC), Jennifer was able to adapt quickly, successfully implementing a remote emergency response. "I am very proud of how we came together as a response team," she says. "Every disaster is different, but I'm confident that through our training and preparedness efforts, we can handle anything." As our battle against COVID-19 persists, Jennifer's supportive efforts continue in the SEOC.

The remarkable women highlighted here are just a few of the many others who serve across BSO. Their dedication to service is unrivalled. I genuinely believe that our organization and our community are better because of their service.

Sheriff Gregory Tony

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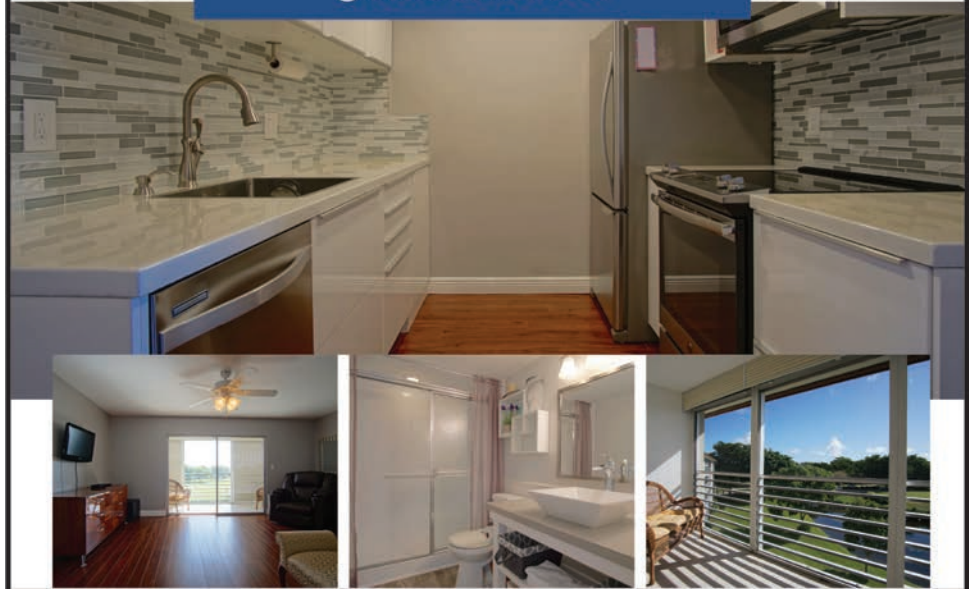
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WYNMOOR Golf and Tips

By Kevin Battersby, PGA

Putting Tips: Alignment



This month's tip is on putting alignment or aim. The two main fundamentals of putting are alignment of the putter and distance of the putt. Golf manufacturers have assisted in this fundamental by putting lines on the ball to help you aim your putter. For many years players put their own lines on the ball but now most companies provide the line or lines without having to do it yourself.

Putting alignment or aim is very crucial to your putt because as opposed to full shots you can't compensate for poor aim by hooking or slicing your ball toward the target. Some golfers may push or pull their putt to compensate for poor aim. The direction the face is looking controls the starting direction more than the path of the swing.

So in addition to the lines on the ball, picking an intermediate point on your line several feet in front of your ball will assist you in rolling the ball on the line you choose.

This intermediate point has been called "spot putting" and was employed by Jack Nicklaus on all his shots, long and short. Some of my bowling students have likened this to using the arrows on the lane when picking your bowling start line.

Finally, the putters have unique alignment aids to further promote an accurate line by lining up the arrow on the top of the putter or whatever designated mark the manufacturer uses to help you. Keep in mind the speed of your putt also determines your putting line choice, but we will visit that fundamental next month. Make more putts this spring with these fundamentals.



Three different balls, two different lines on the ball from manufacturer, one ball line applied manually.



Spot lining technique! I dropped some coins down to illustrate. You must find ball marks, old cups and small landmarks in front of your ball.

Kevin Battersby PGA
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**PLEASE REMEMBER TO
 SOCIAL DISTANCE
 WEAR A MASK
 WASH YOUR HANDS**

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 further info., 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:

March 9th: 3:30 - 5:00 p.m. - Know Your Camera Settings - Why Is This Important? Presentation by Lee Levine. Photos Discussion - Members please submit 1 photo.

March 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 Beverly Friend

NOTE: Changed date and time: Thursday, March 18th from 1:00 - 2:00 p.m. As online shopping becomes more competitive, advertisers become more creative, sometimes even disguising advertisements to appear like other internet content. Some welcome these less obtrusive ads, others feel that they are misleading and deceptive.

Ronen Shay, PHD, will discuss the benefits and drawbacks of digital advertising for consumers and how your data is the key to having a more private or customized shopping experience. Join us for Digital Advertising in the Era of Big Data - Desirable or Deceptive?

Shay, an Assistant Professor of Communications & Media Management at the Gabelli School of Business at Fordham University, focuses his research on contemporary challenges in the fields of media management, strategic communication, and technology diffusion. His work has been published in major journals and featured at national and international conferences.

On April 21st at our usual time, 10:00 a.m. on the third Wednesday of the month, we will conclude this year with a session on troubleshooting. Bring your problems and share your solutions with club members at our culminating session.

For more info., contact Patrick O'Brien at 2makeitwork@gmail.com

Conservative Club

By Jack Mendelson

The next meeting of the Conservative Club will be on March 22nd at 7:00 p.m. at Wings Plus (9880 W. Sample Road) and the speaker is going to be

Alan Bernstein who is President of the Judeo/Christian Republican Club. Get there early to order dinner. Good food. Looking forward to seeing everyone.

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

I hope everyone who wanted it, got his/her Covid-19 shot. Down the road, this will help our dances get going sooner. As I have said before, we are a Wynmoor Club, and they will decide when we can start again. Until then, keep exercising with Robin or walking the circle. We also have bike riding, Tennis, Pickleball and Golf. Get off the couch and keep moving!

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 Minerva Nazario

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

Nature and Arts Club

By Elinor Weinstein

Glug...Glug...Glug...the attendees of the Nature and Arts Club traveled swimmingly well under the water during our zoom presentation by Melissa Dore in her presentation of a unique view of sharks, coral and ocean issues. Thank you, Melissa!

In our effort to alternate our programs between Nature and Art, we are so excited to present our next zoom program direct to us from the Norton Art Museum. The highlighted program which will be on Friday, March 5th from 11:00 a.m. - 12:00 noon, will be "Great Works! The Norton Museum of Art Collection" which will give us a comprehensive overview of the museum. Please note our meetings usually take place on Thursdays.

Please join us for an engaging presentation by a Norton Museum docent. Zoom information to sign up for this program will be included in our membership 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.

Continued from page 49

Clubs and Activities

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 no longer need, we will gladly pick it up. Call Barbara for more information at 754-222-6375.

Pennsylvania Club

By Marilyn Stloff

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

Pickleball Club

By Mayda Coombs

Looking for something to do? Come on down to the Pickleball courts. The courts are open from 8:00 a.m. - 4:00 p.m. There is now a Woman's Open Play time on Mondays and Thursdays starting at one o'clock. No registration required, just come to play and have a good time. All skill levels are welcome.

While the safety for everyone remains the top priority, masks must continue to be worn to and from the courts, when you are not playing and when not socially distanced.

If you are 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.

Writer's Workshop

By Nancy Heller Moskowitz

As we march into March, our members continue to create memories. Some of our writers enjoy submitting stories or poems to the Insider and News and Views. While others just enjoy the camaraderie of Saturday morning (via Zoom) because of its intimacy and friendship. Whatever your desires, Writer's Workshop has something to offer. It's a wonderful way to stretch the imagination!

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 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

Let the games begin! (Or in this case, let the games continue). The difference between March 2021 compared to March 2020 could not be more representative than the return of the annual Championship Tournament play for all WGA membership! Competition started on February 23rd and will end on Super Sunday, March 7th. Check with the clubhouse for any alterations to this schedule. Congratulations and gratitude to the hard work of the Championship Committee for working out the unique adjustments required to organize this event with COVID-19 safety being top of mind. WGLA weekly tournaments continue every Tuesday, and all lady golfers have an open invitation to join our league. Safety precautions are well established, and we are all enjoying the return of some traditional activity.

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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CAMERA CLUB

By Nancy Landman



Lee Levine - Checkin' My Feathers



Marilyn Kress - Purple and Orange Flowers



Steven Handshu - The Bubbleblower

Have you thought about continuing your clubs virtually? This could be the answer you are looking for! There are many ways to accomplish this with programs on the computer. Talk about it! Make it happen! Other clubs are meeting this way and making the best of this pandemic.



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Puzzles and Games

Solutions from page 21

Crossword Puzzle

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

Through Looking Glass

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

Hidden sentence: WHEN I USE A WORD, IT MEANS JUST WHAT I CHOOSE IT TO MEAN - NEITHER MORE NOR LESS.

Sudoku

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

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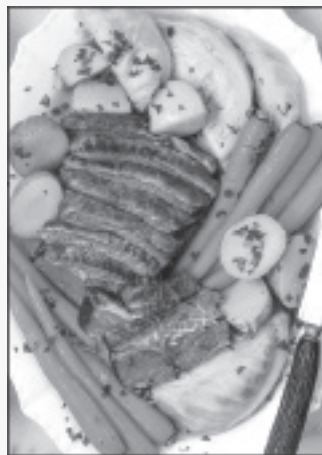
Corned Beef and Cabbage

This recipe packs all of its delicious flavors into a one pot meal that is warm, comforting, and SO flavorful!



INGREDIENTS

- 3 Pounds corned beef brisket with spice packet
- 2 bay leaves
- 1 tablespoon coriander seed
- 2 teaspoons mustard seed
- Salt and fresh ground pepper, to taste
- 1 pound carrots
- 3 pounds small potatoes, peeled
- 2 large onions, cut into wedges
- 1 green cabbage, cut into wedges



INSTRUCTIONS

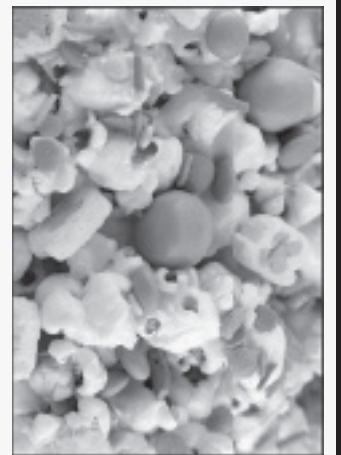
1. Place brisket in a large dutch oven or stock pot.
2. Season with spice packet, bay leaves, coriander seed, mustard seed, salt and pepper.
3. Cover with water. You can also use a combination of beef broth and a bottle of Guinness.
4. Bring to a boil; reduce heat, cover, and simmer for 2 hours.
5. Add potatoes and carrots and return to a boil.
6. Reduce heat to a simmer; cook covered for about 30 minutes, or just until beef and vegetables are tender.
7. Add onions and cabbage to the pot and return to a boil.
8. Reduce heat to a simmer, cover, and cook for about 15 minutes, or until onions and cabbage are tender.
9. Remove from heat and serve warm.

St. Patrick's Day Popcorn

St. Patrick's Day Popcorn is a sweet and salty popcorn treat that is so easy to make for St. Patrick's Day.

INGREDIENTS

- 10 Cups of Popped Popcorn
- Salt
- 3 tbsp. Butter (Sweet Cream, Salted)
- 3 cups Mini Marshmallows
- Regular M&Ms - Green
- Pretzel M&M's - Green
- M&M Mini's - Green
- Lucky Charms Shamrock Marshmallows
- Mini Shamrock Sprinkles
- St. Patrick's Day Sprinkles



INSTRUCTIONS

1. Pop 10 cups of popcorn and salt liberally and place in a large bowl.
2. Melt 3 tablespoons of butter in a medium sauce pan. Once the butter is melted, add 3 cups of mini marshmallows. Stir until the marshmallows are melted. Turn off the heat as soon as the last marshmallow has melted.
3. Pour 3/4 of the marshmallow mixture over the popcorn in the bowl and then gently fold the popcorn with a spoon until most of the kernels are covered in mixture.
4. Pour the marshmallow popcorn onto a prepared cookie sheet.
5. Drizzle the remaining marshmallow mixture over the popcorn on the cookie sheet.
6. Sprinkle the candy and sprinkles over the popcorn.
7. Allow the popcorn to cool. Break apart into pieces and serve.

The Joy of Appreciating Old Master Paintings And Art Again At The Norton

by Barry Isaac

In December, I returned to West Palm Beach's Norton Art Museum. I enjoyed its excellent examples of paintings and Art from the 14th Century to the start of the 19th Century by European Artists. Covid protocol was strictly enforced - face masks were required, social distancing was enforced, and you had to purchase tickets online.

The Norton's collection of Gothic and Renaissance Period Art is very small. Nevertheless, I was captivated by Jacopo Da Firenze's "Virgin and Christ Child with Saints and Angels" produced during the Italian Trecento. Jacopo Da Firenze employed egg tempera, and gold leaf on wood panel to produce this exemplar of quality Late Gothic Italian Devotional Theme Painting.

As for the Renaissance Period, I saw fine Netherlandish Paintings by Goswin Vander Weyden, Joos Van Cleve and Studio, and the Master of Frankfurt. These devotional theme paintings employed oil on wood panel. Goswin Vander Weyden's "Triptych" had an abundance of details with a meticulous landscape. Joos Van Cleve and Studio's "Saint Jerome in his Study" and Master of Frankfurt's "Lamentation" were also very impressive.

I saw fine examples of Italian Mannerism by these Italian Painters; Marcantonio Franceschini, "Adam and Eve with Infants Cain and Abel," Giovanni Pellegrini, "Venus and Cupid," Gaetano Gandolfi. "Jacob Stealing Esau's Birthright," and Valerio Castello, "Pan, Syrinx, and Diana," a fine Mythological Theme Painting.

Even though, the Norton Art Museum's Flemish and Dutch Baroque Period Paintings on display is not comprehensive, I saw fine examples of Flemish Baroque oil paintings by Peter Paul Rubens, "Head of Saint John the Evangelist," Caspar Van Den Hoecke, "Judith Seducing Holofernes," quality painting with Judaic subject matter, David Teniers the Younger and Studio, "Gallery Painting," extremely punctilious, Jan Thomas Yperan's "Perseus and Andromeda," and Anton Van Dyck.

I was enamored by these paintings produced by 17th Century Dutch Painters; Jacob Biltius, "Stillife With Bird and Insects," Ferdinand Bol, "King Pyrrhus," Adrieen Hanneman, "Boys Blowing Soap Bubbles," and Jan Van Ravensteen, "Portrait of Lady," paradigm of fine Dutch Master Portraiture, among others.

On that day, I also saw wonderful portraits by these British 18th Century Masters, George Romney, Joshua Reynolds, and Thomas Lawrence, among others. I also relished a quality exemplar of Italian Neoclassical Painting by Giovanni Paolo Pannini, "Roman Ruins," Francois Boucher's "Allegory of Marriage," a quintessential French Baroque Period Painting, and a fine early 19th Century Oriental Theme Painting by Eugene Fromentin.

Since I am a devoted connoisseur, I spent whole day at the Norton as usual. I didn't see everything that I wanted to see. The Norton Art Museum

has a delightful collection of 19th and 20th Century French Paintings and Sculpture, plus awesome American and Chinese Art. That will be subjects for future reviews of the Norton Art Museum. Admission for seniors like myself is fifteen dollars. There is ample free parking near the Norton Art Museum. The privilege in being at the Norton again was priceless.



Diana and Actaeon with Pan and Syrinx by Diana Valerio Castello, Norton Museum of Art



Jane, Duchess of Gordon by Sir Joshua Reynolds, Norton Museum of Art

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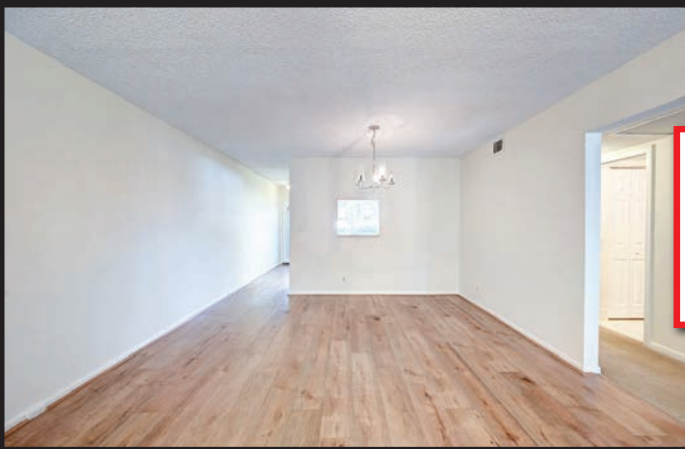
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