



# The INSIDER

An Independent Newspaper  
*For Wynmoor Residents*

VOL. 6 NO. 10

OCTOBER 2022



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# SECURITY NEWS

## Dispatch: 954-978-2667

**For Medical and Life/Health Threatening Emergencies, Always Dial 9-1-1 FIRST!**

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

**Remember that Cyclists Must Obey Traffic Laws**, including the flow of traffic, obeying traffic signs and signals, observing basic rules regarding turns and lane changes.

**Crime Prevention Round Table:** Be informed! Know what is going on in your community! Come to the Crime Prevention Round Table, sponsored by the Coconut Creek Police Department.

## Your Guest List

Unit owners or tenants are responsible to call in their guests, including aides/nurses, cleaning people, personal transportation, realtors, contractors and vendors.

**Make sure your guest has I.D. ready when approaching the gate for proper verification. Your guest must have the NAME and ADDRESS of the resident they are visiting.**

## Important Numbers

For Medical Emergencies Always Dial 9-1-1

- Emergency:..... 954-978-2663
- Automated Gate Access:..... 954-978-2666
- Security Dispatch:..... 954-978-2667
- Resident Registration Office:..... 954-978-2600, ext. 321
- Coconut Creek Police, Non-Emergency: ..... 954-973-6700

## Hours of Operation

- Administration/Pool/BBQ:..... 7:00 AM - 10:00 PM
- Fitness Center:..... 7:00 AM - 8:00 PM
- Country Club: ..... 8:00 AM - 11:00 PM
- Racquet Center: ..... 8:00 AM - 12:00 NOON
- Theatre Complex:..... (Movies Only) 7:00 PM
- .....(unless there is a specific approved event)

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Clam Chowder or Lobster Bisque  
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### Mahi Sandwich

Choice of 1 side & hushpuppies

10.95

## TUESDAY

### 2 Tacos

Choice of 1 side

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## WEDNESDAY

### Fish N' Chips

Served with fries, coleslaw & hushpuppies

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## COMPLETELY UPDATED THROUGHOUT

All new stainless-steel appliances (2022): Samsung Oven – Bosch Dishwasher – Whirlpool Refrigerator – GE Washer/Dryer  
Trane A/C – Moody's Water Heater (both 3 years old)

## WHAT WE'VE DONE

Smooth ceilings (popcorn removed) • Complete kitchen cabinet refinishing • SPC vinyl plank flooring (100% waterproof, exceptional durability) • New 5 ¼ inch baseboards • Expertly painted throughout (Sherwin-Williams) • New vanities and Kohler toilets • All new bathroom and lighting fixtures • LED lighting in kitchen and both bathrooms • Windows re-screened – bathroom floors regouted



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**Bill Utanski (owner):  
954-304-5499**

**Jordan Utanski (son and attorney):  
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**Please come see our condo – you might fall in love like my mom did 17 years ago!**

# From the President

By Jackie Railey



**Hello Autumn!**

Recently a meeting took place with Wynmoor Community Council and the Coconut Creek Fire and Rescue. Recommendations were made that smoke alarms should be in both bedrooms of each unit and outside in the hallway. The new smoke detectors are now using a 10-year lithium battery. As well, a recommendation was made to check the functionality of the smoke alarms in your unit. Wynmoor Community Council will do our best to see that fire alarms are tested and functional in all buildings and elevators at all times. A handyman can be available to you to change your existing batteries at a fee of \$10. If you choose to install a new system, each unit owner will need to purchase them. This new system features a lithium battery with a 10-year life span. The price for installation will be the regular handyman rate.

Wynmoor Community Council continues to move forward, beginning October 1, 2022, what was our Real Estate Office will now be Residential Services. The services provided to our residents will be; ID Bar Codes, Architectural and Sales and Leases. We are confident this will be a more resident friendly process.

The new Bocce courts were recently approved at our September 1, 2022, Board of Directors meeting, work to commence in the near future. The Golf Cart Policy was also approved. This new policy has been instilled for safety. As times are changing and new innovative ideas are on the rise, the golf carts have taken on a new persona, but for safety reasons and to protect one of our major assets, it is necessary to have a policy. Stay safe out there!

Hopefully by the time you are reading this our new media system will be

installed in the Lecture Hall. This will have the capability for residents to join our meetings via Zoom and on channel 99.

Seasonal residents are coming back, and we are happy to welcome them back and renewing relationships with our friends and neighbors.

**BINGO IS BACK!** Join us in the Grand Ballroom for Thursday night Bingo. Enjoy your entire evening for \$20. Games will be held every other Thursday. Stay tuned for Email Blast Updates. Doors open at 5:00 p.m., game starts at 6:30 p.m. We give our thanks to the Entertainment Team who has worked very hard to provide a wonderful 2022/2023 showcase lineup at Wynmoor, buy your tickets early and take advantage of the wonderful shows.

As always please stay vigilant and beware of all scammers. Do not give out any personal information to anybody you don't know.

Good neighbors are like stars, you might not always see them, but they are always there. Embrace them.

**BE WELL AND GOD BLESS!**

*Jackie Railey*

**BE A GOOD NEIGHBOR.  
LOOK OUT FOR EACH OTHER!**

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# Are You Happy – Complete Happiness?

By Mobolaji Adedoyin

Is anyone completely happy? To answer that question, I interviewed fifteen people in three different continents, the United Kingdom, United States of America, and Japan, to find out whether they are completely happy and how they define complete happiness. I was surprised to find out that none of those people are completely happy. It is not easy to know or find out whether someone is in a state of complete happiness or not. I had to dig into their soul and questioned them on different aspects of their lives, which are private. One of them said, "I would never tell my husband what I just told you."

Everyone I interviewed could not answer my first question, "Are you happy?" I got responses such as What do you mean by happy? Happy about what? What are you talking about? Do you mean in my marriage? Do you mean at work? I was not surprised of those responses because the first time a Japanese man asked me that same question was about thirty years ago when I was on a business trip in Tokyo, Japan. I remember I had to answer his question with another question. "Do you mean happy that I am in Tokyo?" He explained that he meant was I completely happy about my life?

Some of the people I interviewed wanted me to define happiness. I told them to use their own definitions. However, I explained that I do not mean

occasional happiness, which I am sure millions of people experience daily. In August 2018, I experienced a temporary happiness. I had a pleasurable and satisfying experience of hosting my younger sister, her daughter, son-in-law and three beautiful grandchildren in New York during their vacation from London, United Kingdom. I guess the definition I was looking for is a sustained and long-term state of well-being.

I found out that most people are happy or content with few things in their lives. Nobody is completely happy because there is one or few things missing in everyone's life. Three of the men I interviewed are content and happy with their financial security in retirement but are not completely happy because they found themselves single and living alone at sixty-eight years of age. Two of them said even though they had no regret why and how their two marriages ended, nevertheless, they are still unhappy about being alone at that age. Another good friend said he would never be completely happy because he lost his only son in a car accident many years ago.

For the younger generation, live life moderately and don't do anything in extreme or recklessly. Most important, save and invest for old age. It is better to be alone and be financially secured than to be alone and be poor.

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# Our Amazing Self-Healing Ability

By Marcus Smith, Licensed Acupuncture Physician

One of the primary goals of Acupuncture, and many other forms of medicine including Western pharmacological-based medicine, is to create an environment in our bodies conducive to the expression of our own self-healing ability. Antibiotics,

for example, do not heal us from bacterial infection. They are used instead to reduce the bacterial load in our bodies so that our primary innate healing mechanism, our immune system, can take over and do the actual work. But there are other, less obvious healing mechanisms which are constantly operating to repair and our bodies and keep us healthy, if not immediately, then certainly over time.

For as long as I can remember I have been physically active. As a “hyperactive” child, I was either running like Forest Gump, swimming like Johnny Weissmuller in the Tarzan movies (he was my role model) or racing down steep hills on a way-too-big bicycle which had been handed down from my older cousins. Living in New Orleans in the 1980’s I became involved in distance running, specifically 10K (6.2 miles) races. These were grand events in New Orleans, attracting professional runners from all over the world as well as wannabees like myself. The race would start in the historic French Quarter and proceed down Prytania Avenue through the Garden District with jazz bands playing along the way to support the runners. The event would conclude along St. Charles Avenue in majestic Audubon Park with a Mardi-Gras style party of music, food, beer, dancing and of course, the commemorative T-shirt given to all participants.

It was during a training run preparing for one of these “Crescent City Classics” as they were called, that I fell into a pot-hole in the street, breaking a small bone in my right foot, and spraining all the lateral ligaments. I was effectively crippled and never ran another race. It was 8 weeks until I was able to remove the cast. Following rehab I was still in pain. Every step was painful. I was told I would just have to learn to

live with it.

Fast forward 10 years and I was still in pain. I had completed my acupuncture training and had been treated numerous times by the best teachers my school had to offer as well as other practicing acupuncturists and I was still in pain.

Then I had a dream. In this dream I was back in acupuncture school. I recognized all my classmates sitting around me and the school was hosting 3 Chinese acupuncturists who were renowned for their skills. They asked for a volunteer and my hand immediately shot up. I was invited to the front of the classroom and sat on a treatment table. I pointed to my right foot and described precisely where it hurt. For the next several minutes the three discussed and argued (in Chinese) about points to be used for more treatment. After much haggling they decided on 4 acupuncture points, all local, and all very nearby (but not quite) at the exact same spots I have been needled dozens of times with no improvement. I sat there for some minutes, then the needles were removed, and I returned to my seat. That was the dream.

It was some time the next day that I realized my foot and ankle pain was gone. GONE!! And it’s been gone ever since. How do I explain this? Well, in acupuncture theory it is said that “Qi (energy) follows thought” and that “Qi is the leader of blood”. In acupuncture terms, pain is defined as the “stagnation of qi and blood”. So it follows that to eliminate pain, the goal is to promote the free flow of qi (energy) and blood. If qi actually does follow thought, then it stands to reason we can facilitate qi (and blood flow) by intention and will. I do not know what supportive factors may have been operative the night of that dream other than my long-standing desire and intention for my foot pain to be gone and almost-daily visualizing healing warmth flowing to it.

For more information about Acupuncture and how it may be helpful for you or those you know and love, please visit our website at [MarcusSmithAcupuncture.com](http://MarcusSmithAcupuncture.com) or call us directly at 954-907-1036.



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## Celebrating Frank

By Nancy Heller Moskowitz



On June 5, 2022, our dear friend and fellow scribe, Frank Lemco, passed away. Following a stroke, Frank, persevered as best he could, although, he and his beloved wife, Ruth, would never return to their winter home away from home, Wynmoor. He was a long-time member of the Saturday morning, Writer's Workshop and led another group on Thursday mornings for anyone who wanted to write just for the sake of sharing their stories or poetry.

Frank was one of my mentors early on, always encouraging, making suggestions when he felt appropriate, and sharing his prolific work with all of us. Contributing to *the Insider* was a common occurrence.

I never tired of reading or listening to his writings. He created beautiful pictures and seemed to find the right phrase or word for any of his pieces. Examples of his prolific creations became self-published books which he gave away freely to those he cared about. I feel blessed to have a number of them that chronicle his varied and interesting life *On the Main*, his street and neighborhood in Montreal, Quebec. My favorites are his poetry. I'm including one of them for all of you to enjoy:

### Poets

*I believe everyone is a poet,  
Though not all can easily rhyme,  
Nor compose metered cantos  
Which resist the trials of time.  
For bards can weave the fibres  
Of lives the past has spun,  
Create stanzas of tapestry,  
Of events said and done  
By aged see, by perceptive child,  
By talented milliner, or maid,  
By joiner, master-mason,  
From every craft and trade.  
All that's thought and felt  
Throughout a usual day,  
A poet tries to phrase  
In a new, defining way.  
A poet seeks the special word,  
the magic portal, the key  
to a bright world, the beautiful  
future nature wants to be.  
I believe everyone is a poet;  
He might be you, or me,  
so put your pen to paper,  
and let your lines flow free.*

"The Ripening" copyright November 2007

Saturday mornings were never quite the same. Missed yet not forgotten by many family members and, of course, our band of merry scribes. Rest in peace, Frank




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**Sunday, November 6, 2022  
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Rabbi-Cantor Paul Offenkrantz has served the Jewish community as an ordained spiritual leader for more than 30 years. A native of Brooklyn, Paul began singing professionally on the stage of the Metropolitan Opera at the age of 9 where he came under the tutelage of the great cantor and operatic tenor, Richard Tucker. He earned his B.A. from Oberlin College and went on to attend The Yale School of Music for graduate studies. Paul then attended Hebrew Union College where he received his Cantorial Ordination and earned a Master of Sacred Music degree. In his distinguished career, he has served pulpits in New York, Philadelphia, Chicago and West Palm Beach. In 2014, he was awarded a Doctor of Music Degree in recognition of his 25 years of devoted service to the Jewish Community. Paul earned his Rabbinic Ordination from The Jewish Spiritual Leader's Institute in 2015 and uses his years of experience and skill to serve the needs of the community as an independent rabbi/cantor for Lifecycle events. He also lectures and performs regularly at Florida Atlantic University, Nova Southeastern University, and Lynn Conservatory of Music, as well as for many other communities, organizations and synagogues. He is currently proud to serve as the spiritual leader of The Liberal Temple of Coconut Creek.

Rabbi-Cantor Offenkrantz is particularly excited to present an afternoon which showcases his love of both Broadway and Opera. This program (which he dedicates to his grandfather – who introduced him to all the great musicals) will feature many of the greatest hits from South Pacific; Man of La Mancha; Carousel; My Fair Lady; West Side Story; Les Misérables; and – of course, Fiddler on the Roof. From the opera stage, Paul will perform arias from Tosca and Rigoletto. A delightful afternoon is guaranteed to leave you humming these great tunes and running back to your collection of Original Cast Albums!

**Tickets are \$18.00 per person - PAYABLE TO: Liberal Jewish Temple**  
Dessert and Coffee will be served.

**For information and tickets contact Iris Arlan – 954-532-5268**  
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# Wednesday Night 9-Ball Winners

By Bob Horowitz

Every Wednesday join the Pool Playing Fun! Open to all levels of skill from the beginner to the advanced player.

Have fun and meet new friends! This is open to all Wynmoor Residents and their guests.

This is a free event. This is our popular round-robin handicapped 9 ball tournament.

Event is 6:00 to 8:00 p.m. at the Wynmoor Country Club.

The Pool & Billiard Room is open 7 days/wk 8:00 a.m. to 11:00 p.m.

The use of the room is open to all residents and their guests.

Photos by George Soussou



Week 21- Bob H 3rd, Tony C 1st, Andre- Dom-Eddie Z tied 3rd



Week 22- Tony C 1st place, Tom P 2nd, Bob H 3rd



Week 23- Peter W- tied 2nd, Ameer tied 2nd, Myron 1st place, Bob H tied 2nd



Week 24- Ramon 4th place, Bob H 3rd, Andre 1st place, Julio 2nd place



Week 25- Peter W & Eddie tied 3rd, Franco 1st place, Ameer & Richard S- tied 2nd

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YOM KIPPUR	Wed.	Oct.	5	10:00	AM
AFTERNOON YISKOR	Wed.	Oct.	5	4:00	PM

# WHAT TO DO WHEN YOUR SPOUSE OR PARTNER DIES?

By Martin Zevin, Attorney

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

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

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

If your spouse or partner owned something in their name alone with no designated beneficiary, probate may be necessary. Bring details of such assets to the appointment.

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

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



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

If you do have a Trust, this may be an appropriate time to consider doing an Amendment to the Trust based on new circumstances. Your home and other real estate (in Florida and out-of-state) should be owned by you as Trustee of the Trust. You may wish to name one of your children as Co-Trustee to make it easier to manage the

assets in your Trust if you become incapacitated. You may also wish to make changes in your Living Will, Durable Power of Attorney and Designation of Health Care Surrogate or create those documents if you do not have them.

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

In addition, when you are ready, there are actions you should take for which you do not need an attorney. This includes rolling over your spouse's IRA to yours, claiming life insurance benefits and naming beneficiaries on any joint accounts. If you have individual accounts or life insurance and your spouse is beneficiary, be sure to change it. However, your lawyer can advise you on these matters.

If you are going through the loss of a loved one, my prayers are with you.

During this time of social distancing, I offer a free phone consultation for all matters regarding Durable Power of Attorney, Designation of Health Care Surrogate, Living Will, Wills, Trusts, Life Estate Deeds, Probate and Estates. I am also available for a free consultation regarding any issue pertaining to personal injury claims or car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My website is [www.martinzevinpa.com](http://www.martinzevinpa.com) and my e-mail address is [martinzevin@netzero.com](mailto:martinzevin@netzero.com).

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

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

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

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

We also offer free consultation for Wills, Living Trusts & Probate

### Included in free consultation for Wills, Trusts and Estates:

1. What are the differences between a Will and a Revocable Living Trust?
2. What is Probate, how long does it take and what are the costs and attorney's fees?
3. Why is it important for every adult to have a Durable Power of Attorney, Designation of Health Care Surrogate and Living Will?
4. Review of your current legal documents.

### Included in free consultation for personal injury:

1. How much is your case worth?
2. How long will it take to settle or go to court?
3. How much for costs and attorney's fees?
4. Referrals to doctors.
5. Review of your car insurance.



Martin Zevin

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WYNMOOR'S FITNESS TRAINERS



MARÍA (ARY)

Born in México and raised in South Florida, Maria's natural talent for rhythms was perceptible at an early age. She began her training in Ballet, Belly Dance, Ballroom dance and shortly thereafter added Zumba studies. Ary has been an Ensemble of Masala Middle Eastern Dance Fusion for the past 12 years. As a dancer, she has performed in South Florida over the past 12 years, as well as in México.



KENNY

A recent transplant from Connecticut, Kenny has been teaching Group Fitness Classes for over 14 years. He started out leading Zumba classes, but quickly evolved teaching other forms of group fitness classes at multiple gyms and studios which include (LA Fitness, The EDGE, YMCA, Blast, Club Fitness, Gold Gym, and Healthtrax. After several years in his fitness career Kenneth lead classes for Rehabilitation Centers and Senior Centers throughout Connecticut. Kenny focuses on keeping classes fun, energetic, and worthwhile!



ROBYN

Robyn Strauss has been part of the Wynmoor fitness team for over 10 years! She began her career in fitness by managing health club and she began training as a competitive bodybuilder. She is a certified Group Instructor and Personal Trainer with American Council on Exercise (ACE). She also is known for implementing successful outdoor boot camp programs in City of Parkland. Robyn is committed to providing quality fitness class for the residents of Wynmoor!

KENNY'S FIT Tips

WHO'S IN THE DRIVER SEAT OF YOUR FITNESS JOURNEY?



Research shows that exercises not only has rewarding changes your body. It changes your mind, and attitude Exercise can help to lower cortisol levels and reduce blood pressure, as well as having positive effects on mood. Help with insomnia and other sleep disorders. Scientific evidence indicates that exercise can be an effective natural therapy for insomnia.

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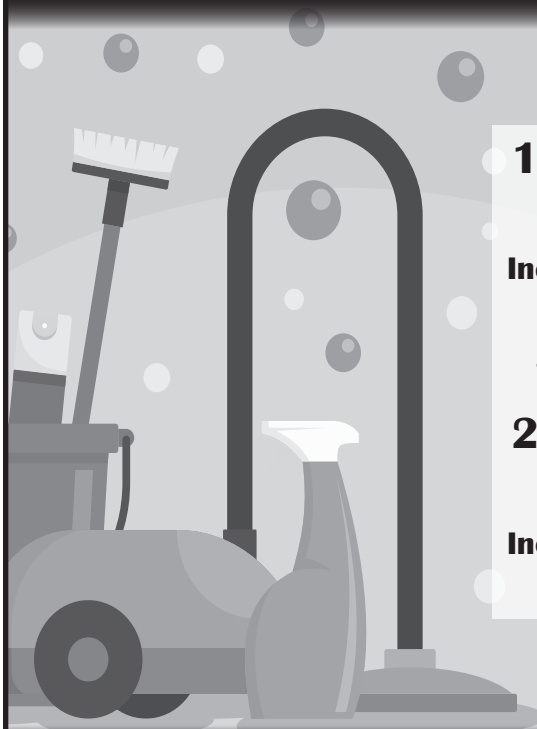
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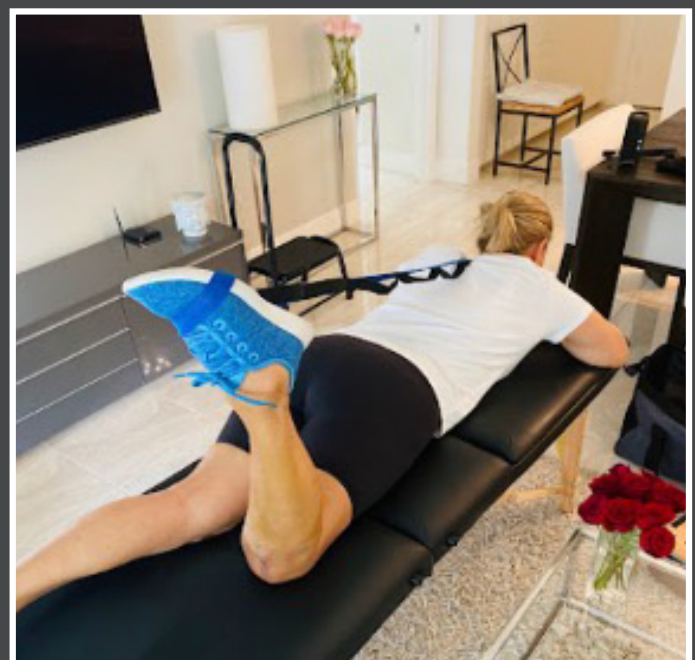
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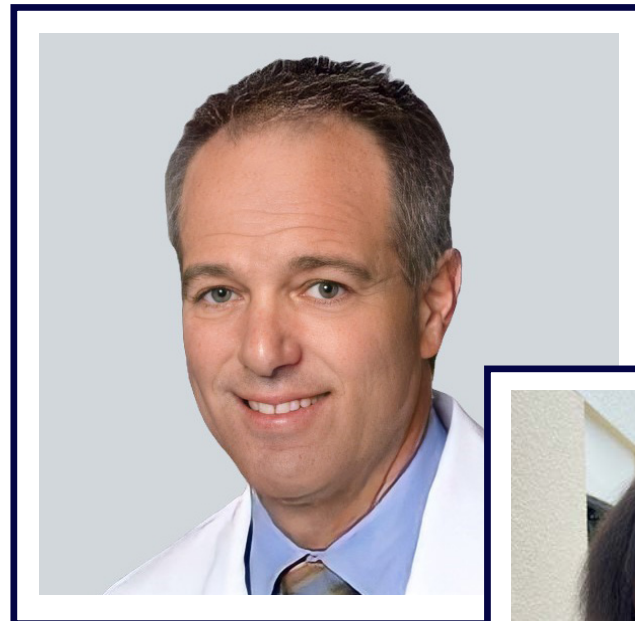
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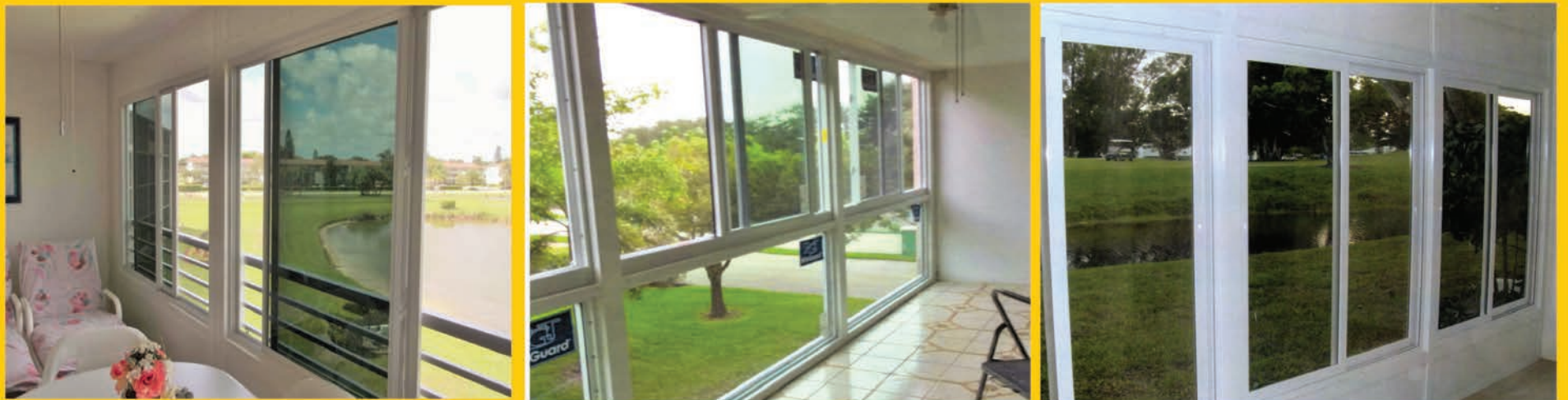
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## SUSAN ASHLEY

An accomplished singer, dancer, songwriter, actress. Susan Ashley comes to you from an impressive background that spans the creative medium of television, theater and the recording studio. Performing since the age of 4, Susan has worked with such greats as Barbra Streisand, Sammy Davis Jr., Al Hirt and Gwen Verdon. She has the musical range and enjoys singing in the styles of Barbra Streisand, Celine Dion, Lara Fabian and Whitney Houston, but is equally at home singing funk, R&B and Top 40 in the styles of Christina Aguilera, Anita Baker, Basia, Lisa Stansfield, Chaka Kahn, Beyonce, Rhianna, and many of the other more contemporary artists.

Susan has performed on Broadway and in several Vegas shows, but in 1998, she decided to move to South Florida to be with her family. Besides working the club circuit, she has been performing her one-woman show and has been the opening act for such major acts as Robert Klein, Steve Soloman, David Brenner, Pat Cooper, Freddy Roman, Dick Capri, and Sarge, to name a few.

Township Center for the Performing Arts 2452 Lyons Rd., Coconut Creek, FL

For tickets visit: [boxoffice.townshipcoconutcreek.com](http://boxoffice.townshipcoconutcreek.com) Phone: (954) 970-0606 Email: [tcmatickets@aol.com](mailto:tcmatickets@aol.com)

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# Clubs and Activities

All Wynmoor Clubs (regardless of name) are open to Wynmoor residents. Dues may be applicable. To publish your club info here, please email your submission to: wynmoorads@aol.com. The deadline is the 10th of the month, for the next month's issue. Thank you in advance! Please contact the Club President for more information.

## Belly Dance Club

By Marcia Maron

Our group is growing by leaps and bounds so... Come and join us for fun and exercise. We meet on Tuesdays at 2:30 p.m. Learn a routine while learning the art of Belly Dancing. Improve your balance, stamina, and energy level. This class is complimentary to Wynmoor residents. For location and more information please call Marcia at 516-659-3367. Have a belly good time!

.....

## Ben's Friends Art Club

By Rene Monblatt

Our club meets every Saturday morning, year-round at 9:00 a.m. in the art studio. We hope to see our members, and anyone who is interested in making art. Creating with any art medium makes for a satisfactory and most pleasurable experience. Hope to see you Saturday mornings!

.....

## Billiard & Pool Club

By Bob Horowitz

The Pool & Billiard Room is open 7 days a week from 8:00 a.m to 11:00 p.m. The use of the room is open to all residents and their guests. Guests must be accompanied by their host resident. Please bring your Wynmoor ID card.

There are (4) 4 ft. Three-cushion Billiard tables, (14) 9 ft. Pool tables, and (1) 10 ft. Snooker table.

The Pool and Billiard club hosts many social and sporting events. The club sponsors a weekly 9-ball tournament for all levels of ability every Wednesday night from 6:00 to 8:00 p.m. We also offer FREE pool lessons for club members. There is also our Women's Group which meets to play on Tuesdays at 4:00 p.m.

The Cost to join the club is \$5 per year. Information e-mail Wynmoorpoolclub@gmail.com

.....

## Bookies

By Myrna Greenberg

The October book is being held on Monday, October 4th from 3:00 - 5:00 p.m., since the observance of High Holy Days begins the next day. The Book Club meets in the Sunrise room on the left wing of the Wynmoor Theater. The book of the month is "Trust" by Ronald Balson. It is an intriguing murder mystery. Please join us for a lively book discussion and lots of laughter. See you soon. For additional information, contact Myrna 754-231-6368 or Elaine 954-973-4545.

.....

## Camera Club

By Nancy Landman

The Mission of the Camera Club of Wynmoor is to provide a welcoming environment to Wynmoor residents at all levels of experience, who want to learn photography and grow in their ability to make photographs.

We had some wonderfully interesting meetings during this 2021-2022 season. We had very informative presentations on such subjects as Photo Editing, Macro Photography, Holiday Events, Still Life, Sunrise-Sunset, Night Photography, Reflections, Discarded Objects and Exposure. Following the presentation, we viewed what members did with the topic that was presented or any topic of their choice. It was exciting to see the improvement in the quality of the work as the season progressed. Photos were full of beauty, humor and originality.

If you'd like to see some samples of our recent photos, check out the showcase at the Clubhouse or the Photography Sections of the *News and Views* and *The Insider*.

We are looking forward to our next season which will be starting on Tuesday, November 22nd and will meet the 2nd and 4th Tuesday of every month thereafter at 3:00 p.m. through early April. We will have more interesting themes, presentations, day trips and photo reviews.

Do come join us! For more information, call or text Nancy Landman at 954-496-1965 or Helen Storm 416-452-1313 (Canada).

.....

## Center Stage at Wynmoor

By Diane Williams

Formally known as 'Actor's Workshop' as it has been revamped! Have fun creating? Discover new and untapped talents and passions. This inclusive and multicultural group is seeking members, willing and able, to share in theatrical stage experiences. Performing arts professionals (including directors), novices, and enthusiasts are welcome. Open behind-the-scenes positions include lighting, audio, set designers, property managers, costume, and makeup artists. Open call casting for our theatre production is projected for October 2022. Proposed show date is March 2023. Please contact Joy at 973-452-9349 or Diane at 267-253-6947 for additional information. "We don't stop playing because we grow old; we grow old because we stop playing."

– George Bernard Shaw

.....

## Ceramics Club

By Tamara Tresniowski

Make a vase, make a bowl, make a platter. Need some holiday decor? Ceramics is the club to join. We have 1000's of molds to choose from. It's a wonderful way to find your creativity and make new friends. Come in and sign up for classes (\$30 for 4 classes plus a starter kit of supplies). Annual dues are \$15. We are open Monday through Thursday from 9:00 a.m. to 12:00 and Friday from 9:00 - 10:30 a.m. We look forward to seeing you.

.....

## Chess Club

By Hillel Cohen

We get together every Wednesday between 3:00 and 5:30 p.m. OUTSIDE on the Clubhouse Patio (the Cove). All chess players at any level are welcome and no partner needed. There are no dues and no fees. Chess sets are provided. For everyone's safety, because the games are face-to-face for a prolonged time, we ask that all players must be fully vaccinated — bring a copy of your vaccination card the first time you come. Masks are recommended. If either player requests that masks be worn by both, please comply. Games are casual and relaxed so come outside and play.

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## Conservative Club

By Miriam Mendelson

The next Conservative Club meeting will be held on, Tuesday, October 18th, at 7:00 p.m. in Ballroom A. We have great guest speakers.

Russell DiPerna a retired NYPD detective who Conducted Foreign Policy and counter Terrorism Research for the chief strategist to President Trump. In addition, he appears on the top-rated podcast "War Rooms" and currently is conducting Threat Management for a Tech company.

Joe Budd who WON the Republican Seat for Congress in our District #23 will also be speaking. We will need everyone to get out there and vote so he becomes our next Congressman fighting for us in Washington.

Peter Seaman, Committeeman will also be present and speak.

Refreshments will be provided by Astra Care (an in-home private duty care giving company.) All are invited to hear these dynamic speakers for our first meeting of the new season.

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## Current Events

By Susan Myers

Our group of friends in Wynmoor get together each Tuesday morning to discuss local, regional, and national events within our world.

We are now located indoors at Card Room 1 from 10:00-11:30 a.m. and we often follow our discussions with lunch in a variety of local restaurants within the Coconut Creek area. Please join us! Susan Myers 954-933-7743.

.....

## Democratic Club

By Bryan Casey

The Democratic Club will meet on Tuesday, October 11th at 2:00 p.m. in the Main Ballroom. Doors open at 1:30 p.m. Each monthly meeting is informative and attended by fantastic guest speakers and political candidates. Guest Speakers tentatively planned for October are State Senator Tina Polsky and Democratic candidate for Lt. Governor, Karla Hernandez.

We will also continue our 2023 membership renewal. Dues are \$10 per person and can be paid with cash or personal check when you enter the meeting. Please join us and bring a friend. For more information about the meeting or the Club, you may contact Ms. Ilene Garland at 954-972-1978.

Continued on page 22

# Clubs and Activities

Continued from page 21

## Duplicate Bridge Club

By Bram Hamovitch

We are currently running two games each week, on Tuesdays and Fridays at 12:30 p.m. in the East Wing of the theater building. Please arrive 15 minutes prior to start time, out of courtesy to the director.

If you need a partner, contact Terry at 216-401-5739. Other questions? Please call Lynne at 954-973-1223 or 954-257-3452.

## Fishing Club

By Suzanne Fine

The Fishing Club is returning October 10, 2022 in the first room near Ballroom from 9:00 - 10:30 a.m. Come one come all, bagels and coffee will be served. Let's discuss Wynmoor lake fishing and deep fishing. It's time to have fun again!!

## Fun With Friends 2

By Ben Zoe

Fun With Friends 2 is a member only Dance Club at Wynmoor with LIVE BAND MUSIC held right here in the Grand Ballroom! We will have six to eight dances on Sunday nights through May 2023. Membership is \$15 a year and will be limited. There is an additional \$10 member fee for each dance attended.

Our next dance event will be on Sunday, November 20th featuring the VALERIE TYSON BAND. The VALERIE TYSON BAND is a soulful and electrifying band that performs classic and modern music specializing in playing top 40 popular music, jazz, classic rock, R&B, and Latin dance songs. There will be a limited amount of \$15 guest tickets available on a first come first serve basis. Please contact us at FunWithFriendsWyn2@Gmail.com if you have any questions.

## Hadassah

By Toby Norman

By continuing to purchase cards, trees and certificates from the individuals mentioned below, you are helping Wynmoor Hadassah reach the goal set for us by National for the current year. All of the monies raised is used to help people around the world. Certificates and trees for any occasion can be obtained by calling Bernice Riback at 954-984-1703. Beautiful and appropriate cards for any occasion can be obtained by calling Lenae Herman at 954-657-8579. As always, your support is greatly appreciated!

## Health & Wellness Club

By Hope Myers

**ARTHRITIS 101** - Do you have or know someone who has either rheumatoid or osteoarthritis? Matthew Chrupcala, Arthritis Foundation Director, will address current knowledge and treatments for this disease. Come to our meeting on Tuesday, October 18, 2022 at 2:30 p.m. in the West Wing II to hear his talk.

This is the first meeting of our 15th anniversary season. We will be having meetings in November, January, February, March and April. There will be no meeting in December as the third Tuesday of the month falls in the Christmas week.

We will no longer be charging seasonal dues. Instead, there will be a \$2 charge for this meeting. Bottled water and a protein bar will be provided.

We urge you to attend our club meetings that you may learn from experts' ways to improve the quality of your life.

Need more information? Call Hope Myers, President at 954-971-9538.

## Ladies Circle Club of Wynmoor

By Iris Arlan

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

## Latin Women's Club

By Benjamin I. Nazario

If you're interested or need information about our club and its events, please contact Ms. Minerva Nazario at 954-532-3156. Please stay well, safe, and healthy.

## Mah Jongg Club

By Nancy Smith

Tournaments run from 9:45 a.m. until 3:45 p.m. We play six rounds. There is a break to eat the lunch that you have brought. We play at the West Wing

on Mondays and the Ballroom on Fridays. Each person pays a \$10 entry fee. Reservations MUST be made ahead of time so that the tables will be set up properly. For additional information, please call Nancy at 954-610-1539 or Rochelle at 954-822-6245. Wishing you all many jokers!

## Monday Night Dance & Social Club

By Tamara Tresniowski

Wow, it's October already and it is a super busy month for dancing. We have lots of special events this month. October 3rd is our Oktoberfest and Sarah will be teaching the 4 person Polka. We will be serving beer and pretzels (as well as our coffee and dessert). Get your poodle skirts ready because October 10th is our Sock Hop and Nancy Price will be teaching the Stroll and Jive. October 17th is our New Year's Dance with live band Street Talk. If you haven't bought your tickets yet please come in quick. October 24th Sherry Jankevich will be teaching two new line dances. Finally, October 31st is our HALLOWEEN Dance. Costume party, contest candy and the lesson is a line dance to Cotton Eye Joe. Whew... what month. Can't wait to see you all there.

## Nature And Arts Club

By Elinor Weinstein

*"My mission in life is not merely to survive but to thrive and do so with some passion, some compassion, some humor, and some style"* Maya Angelou

The Nature and Arts Club is excited to start the new season 2022-2023 in November with a presentation from the staff at Barnes and Noble. Unfortunately, they had to cancel last year due to covid issues. They will be discussing the methods used by them in selecting books to be sold at the stores around the country.

So many of you have already sent in your dues for the upcoming season... thank you! We look forward to welcoming all of you back to another interesting year as well as those that are new residents. Dues will be \$15pp. Checks should be made out to Wynmoor Nature and Arts Club and mailed to Sheryl Darby, 3302 Aruba Way, Apt J2, Coconut Creek, Florida 33066.

Have any suggestions for the Nature and Arts Club? We look forward to hearing from you. Join in on the unique experiences we offer...and best of all you will make friends in the process. The new season will include a glassblowing demonstration, a beekeeper, an arborist, strawberry picking... and so much more. We look forward to having a lovely February brunch as well.

Join today to start getting our emails and to sign up for our myriad of fun meetings and outside trips. Please call with any questions.

In friendship...

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

## Needlework Click

By Barbara Bilello

Our meetings are the 2nd and 4th Tuesday every month. We are in the West Wing from 1:00 - 4:00 p.m. We serve coffee, tea and yummy snacks. Everyone is welcome. We have knitters, sewing and crochet and of course our chatters.

If you're new to Wynmoor Please feel free to join us bring a friend or come and make new friends. We donate what we make to various charities. We have yarn and plenty of needles and hooks know worries.

If you have already donated, thank you. It goes to good use. If anyone has yarn that they no longer need you can drop it off or will be glad to pick it up. Call Barbara 754-222-6375.

## Night Tennis

By Jo Ann Perreault

Summer weather is here, and we are less inclined to run around in the heat. The remedy for back side couch implants is Night Tennis.

The Night Tennis program has been run for 16 years under the guidance of Jo Ann Perreault and Dennis Levans. Every Monday, Tuesday and Thursday nights from 6:30 - 8:00 p.m., with a warmup period beginning at 6:15 p.m., they shepherd players to a good time.

Mondays and Tuesday's fee of a dollar is requested, no charge on Thursdays. The money collected is used to purchase balls, so they always play with new balls and the surplus funds are used for pizza parties.

The required skill level is 3.0 - meaning being able to serve, and return serve effectively and to maintain one's part in a rally. If this describes your ability, please come and join the players for exercise and socializing under the lights.

Continued on page 27



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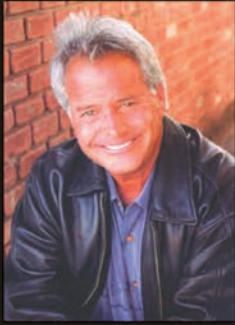
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# ASK DR. JOY

By Joy Berke Sanchez Ph.D.

## Thank you...



I'd like to take this opportunity to thank all those who signed up to take my Mind-Body Connection classes. As of today, both classes are due to start soon and are filled to capacity.

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

Ok. That being said, here goes. While cleaning out my files I found these notes I wrote and since they are entirely different

than anything I've written for *The Insider* I thought I'd give them a try. They are from a presentation on relationships I gave sometime in the 90s about compensating strategies that people use in relationships that don't work.

**Control Strategy:** In order for a person to use this strategy, they must believe that they are inherently powerless and the relationship, the world and themselves present a potential for danger (physical or emotional). Others cannot be trusted so you must protect everyone including yourself from these internal or external dangers.

These people limit input and set up rules and regulations presumably to keep them safe.

It is difficult to be yourself, open and honest on the other side of a person exhibiting this strategy. Much more can be said here and maybe I will use this particular strategy as a stand-alone article in the future. After all we all know so many controlling people that it may be an interesting topic by itself. What do you think?

**"Poor Me" Strategy:** These people consider themselves powerless, profoundly misunderstood and unjustly wronged. The thing they want the most is for the person or persons who they believe have wronged them to make amends and have sympathy.

These people drain the life out of others because there is never enough that

they can do and often the slights are exaggerated and/or imagined. Sometimes these people are referred to as grievance collectors.

**Let Me Entertain You Strategy:** This person believes that on their own they have nothing or not much to offer. They must always bring something to the table to be desirable and/or wanted. They may be the first to volunteer, the one to have the best joke, the best advice (wanted or not, they can't tell the difference). They bring or make elaborate dishes for parties, always pay if they can, be witty and charming and full of wisdom. In other words, they offer some form of redeemable service to make themselves valued and worth-while.

They seek approval like a performer to see how well they did. Again, these people are tiring as they are always looking to you to tell them they are worthy. If you take their 'gifts' in stride they will escalate to larger ones because they believe they failed you.

They have not learned that true self-esteem only grows inside them and is not bestowed upon them by outside sources.

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

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

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

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

Never ask another person to be the change you need to be happy.

It is not their job, and it is not yours to do it for them. We can only make ourselves happy. You can reach me at JoyB212@aol.com or my home number is in the Wynmoor book. If you call, please leave a message as I don't answer numbers I don't recognize. I would love to hear from you.

Stay safe and healthy.

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# Clubs and Activities

Continued from page 22

## Pickleball Club

By Mayda Coombs

Summer is over and we are looking forward seeing our seasonal friends returning. Soon the Pickleball Club will be in full swing with our tournaments and dinner dances. Pickleball clinics will start November 14th until the end of March. We have had such a huge turnout for the lessons that we have restructured how we will be running them. These clinics will strictly be for Wynmoor residents that had never played before and will be limited to only 4 classes. Information for our events and clinics will be posted on the bulletin board in the pavilion and on our Facebook page soon.

.....

## The Wynmoor Dance Troupe & Company

By Marcia Maron

With much spirit and joy The Wynmoor Dance Troupe & Company with talented singers, dancers and the rest of us take to the stage once again in their new musical revue *Show Me The Music* in 2023. If you think you would like to take part in this production and meet your neighbors, have fun and work hard, we need: singers, dancers, comedians, backstage hands. No experience is necessary. Please join us and call Marcia at 516-659-3367.

.....

## Women's Pool Group "The MsCues"

By Bob Horowitz

This is for beginners and advanced players. Open to all levels of skill from the beginner to the advanced player. Have fun and meet new friends! \*Yearly membership is only \$5. We meet every Tuesday at 3:00 p.m. in our A/C Pool & Billiard room. Questions: Carol cas242@hotmail.com or 978-979-1681.

.....

## Woodshop

By Ernest Fleury

Any questions come to the Shop and talk to Steve, Karl or I. One of us is there every day from 8:00 a.m. - 5:00 p.m.

.....

## Writer's Workshop

By Nancy Heller Moskowitz

Hello Fall! Leaves may not change here, however, we are going to for this season. On October 15, 2022, the Writer's Workshop will return to its home, Cardroom 1, on Saturdays, from 10:00 a.m. - Noon. All writers are welcome. We encourage all to come prepared with a little sample to read to the group when you attend. There is a two-page limit and we do comment on each writing. Try us, we think that you'll like us.

.....

## Wynmoor Ladies Golf Association

By Karen Beckman

It has been a summer of comings and goings as members depart for family visits and cruises and various vacation trips. However, there are always several foursomes braving the heat and humidity! The fall calendar is in process and members are looking forward to the upcoming Hutchinson Island getaway end of October. The back nine is open again after repair work required it to be completely closed for several weeks. Fun to have the challenge of #16 and #18 water holes again! As always, we welcome new members. Please contact the pro shop for information.

## Wynmoor Short Film Festival

By Enid Wolf-Schein

Want your movie to be shown at Wynmoor as part of our Third Wynmoor Short Film Festival? Filmmakers — consider entering a film. Rules are simple; Any topic of interest to our residents, less than 14 minutes, documentary or narrative. We would like to have the films by December 15th. If you have any questions send them to Threebridgepub@aol.com.

One of the films to look forward to in 2023 is called "I Dream of Dancing" made in collaboration with the Monday Night Dance and Social Club. In this film, after thinking about all the films with great dancing, a group of movie lovers fantasize about making a dance movie themselves.

This film was submitted also to the Fort Lauderdale International Film Festival (FLIFF) as part of their Filmed in Broward category. And it was accepted! It will be shown at the Savor Cinema on Sunday, November 6th as part of a group beginning at 2:45 p.m. The FLIFF showing is open to the public.

The entire cast and crew celebrated the completion of and acceptance of their movie on August 10th. We will be writing about other films to come in the next few months. Maybe yours will be one of the highlighted ones!



## 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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## Your Articles of Interest Are Always Welcome!

How do I send my article?

The easiest and quickest way to submit your article of interest is to email it to Wynmoorads@aol.com in a word document, or mail them to FLORIDA NEWS BUREAU, P.O. Box 670876, Coral Springs, FL 33067.

Articles should be typed, upper and lower case, or clearly written. Articles must have an author and contact information (not published, unless noted in the article. Deadline for articles is the 10th of the month.

Please keep articles to 300 words or less. Please make sure that they are timely and most importantly that they arrive by our DEADLINE: The 10th of the current month! All articles that are not received by the 10th of the month may appear in the following issue.

We currently have a box in the Clubhouse that will be taken away by the end of the year. (inserting articles there will not be an option).

Thank you for your submissions. We look forward to hearing from you.  
Insider Staff



# The Liberal Jewish Temple of Coconut Creek

By Iris Arlan & Lee Temares

It is often said that spring is the time of new beginnings. For The Liberal Jewish Temple, this Jewish New Year is our time to begin anew. After 40 years at our previous location, we have moved to the beautiful Waterside Landing at 5600 Lakeside Drive in Margate (just east of the Margate Post Office and one traffic light west of Banks Road off Coconut Creek Parkway). If you haven't already purchased your High Holy Day tickets, join us for services conducted by Cantor Malcolm Arnold commencing on Sunday, September 25th and 26th for Rosh Hashana and Yom Kippur, October 4th and 5th. Shabbat services will commence on Friday, October 21st at 7:30 p.m., conducted by Rabbi Paul Offenkrantz. A free bus will be available from Wynmoor Tract 1000 at 6:45 p.m. to take people to Waterside Landing. Please call Iris at 954-532-5268 to reserve a spot.

We are often asked to define Liberal (Reform) Judaism. In short, it is individual decisions, on personal religious practice, based on knowledge. The Union for Reform Judaism and The Central Conference of American Rabbis suggest certain standards and rituals, printing prayer books with multiple choices for Services. It is up to each Congregation's members, collectively and individually, to decide on practice.

The movement, which was established in Germany in the mid-19th century, was born of an attempt to reconcile Judaism with contemporary life and harmonize it with emerging currents in western thought. The movement is mostly politically liberal, egalitarian on gender issues, active in interfaith efforts and religiously progressive - accepting patrilineal descent and ordaining women and gay people as rabbis, welcoming interfaith couples among other innovations. Historically, it has emphasized the ethical aspects of Jewish tradition over its ritual requirements, though in recent decades it has begun to re embrace some of the religious practices once dismissed. The

evolution of its prayerbooks bears this out.

Leaving the European ghetto had an enormous impact on the practice of Judaism, leading some Jews to abandon Jewish dietary laws and other religious practices in order to assimilate more easily into the broader culture. Jews wanted to look and act more like their neighbors. Men and women sat together, male worshippers prayed bareheaded, and clergy wore black clerical robes. The main Shabbat service was generally conducted in the vernacular rather than Hebrew and was held on Friday night. Saturday was a workday.

The first permanent Reform Temple was founded in 1818 in Hamburg, Germany. The movement really began to flourish in the United States, where it was embraced by German Jews who were then the dominant force in American Jewish life.

In 1846, Isaac Mayer Wise came to the United States and is credited as the reform movement's founder here. He was the main author of the first American reform prayerbook, *Minhag America* published in 1857.

In 1885 the Pittsburgh Platform was adopted. It was a formal statement of the tenets of Reform Judaism. The document declared that only Judaism's "moral laws" are binding and rejected all those "such as are not adapted to the views and habits of modern civilization."

The movement has dropped its opposition to the tallit and kipa, leaving the wearing of either one to the individual. In 1999 the movement affirmed the importance of Hebrew, called for the observance of mitzvot, and encouraged some form of Shabbat observance, including Torah study.

Most of all, Reform Judaism welcomes you! If you were born Jewish, want to associate with the Jewish people, or just want to learn about Judaism, there is a place for you at The Liberal Reform Temple. Come join us in our new home. **See our ads on page 14.**

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SUN, SURF, PARTIES & ENTERTAINMENT This is What South Beach is Known For! Come join the party with the best tributes to all your favorite South Beach stars like: Jennifer Lopez, Shakira, Gloria Estefan, Pitbull, Ricky Martin, Marc Anthony & So Much More! This "hora loca" experience will blow your mind & have you dancing in the aisles! Bring your friends, bring your family & get ready for FUN, FUN, FUN South Beach style!

Friday, January 13, 2023 - 8PM



### The West End of Broadway Starring Zoe Tyler and David Shannon

Zoe and David take you on their journey of Broadway and the West End, including working with Lord Andrew Lloyd Webber and singing for the Queen. Between them they have played the roles of all roles — Phantom, Les Misérables, Miss Saigon, and Come From Away to name a few. They share their stories from waiting in the audition room to performing for royalty with lots of laughs along the way. These two not

only have some of the best voices from stage and screen but the warmest personalities.

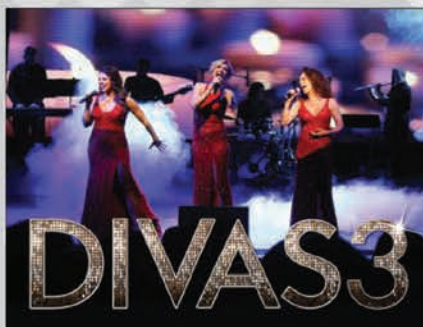
Saturday, January 28, 2023 - 7PM



### The Bronx Wanderers

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Sunday, February 5, 2023 - 7PM



### DIVAS3

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hits of the greatest divas in music history. This vibrant show spans four decades covering the 1960s through the 1990s with hits by Aretha Franklin, Carole King, Celine Dion, Whitney Houston, Cher, Dolly Parton, Donna Summer, ABBA, and many more! Divas3 have performed at several hotels and casinos throughout Las Vegas, and also perform as a headlining guest entertainment act on cruise ships.

Saturday, February 18, 2023 - 8PM



### Comedian Mike Marino with Supporting Act JayCee Driesen

Mike Marino is one of the most loved comedians of our time. He has performed to sold-out crowds in every major comedy club, theatre, casino and event center from New York to Los Angeles and around the world. His stand-up material ranges from cutting edge observations of everyday life to his Italian family roots. His comedic style has landed him guest appearances on *The Tonight Show* as a regular sketch player. Mike has also shared the stage with some of the biggest names in the business.

JayCee Driesen will mesmerize you with her warm stage presence and incredible talent! Her bold signature voice embraces the true effervescence of America's rich musical past, with the youthful freshness of the present. She captivates an audience with classic standards, hit Broadway show tunes, and contemporary favorites.



Friday, February 24, 2023 - 8PM



### Motown Revue HITZVILLE The Show

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music industry. Today, the Motown Revue HITZVILLE faithfully recreates that signature Motown sound and, in the process, takes audiences on a journey back in time to where it all began. Their vocal harmonies and instrumental mix will have you dancing and singing along to the songs immortalized by Smokey Robinson & The Miracles, Marvin Gaye, The Temptations, The Four Tops and countless others. Come and enjoy Peace, Love and Soul!

Saturday, March 4, 2023 - 8PM



### Broadway Tonite

This high-paced musical revue stars four attractive, multi-talented singers and dancers with numerous Broadway credits, who will take you through the greatest hits of Broadway. With showstoppers from Broadway's older chestnuts like *Oklahoma*, *Anything Goes*, *West Side*

*Story*, *Jersey Boys*, *Les Misérables*, *A Chorus Line*, *Phantom of the Opera*, *Rent*, *Wicked*, *Pajama Game*, the high tapping *42nd Street*, *Chicago*, *Cabaret*, *Jekyll & Hyde* and many more, yet always updating the latest and hottest Broadway shows! Their show fills the stage with beautiful costumes, dramatic singing and exciting choreography and dynamic music!

Saturday, March 18, 2023 - 8PM

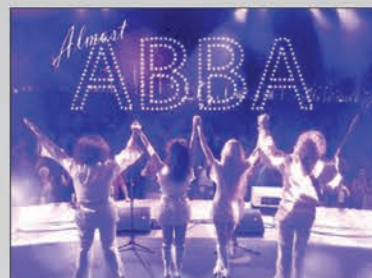


### Earl Turner The Man Himself...

Earl Turner is truly The Ultimate Showman who does it all. He's a singer, songwriter, musician, dancer, and storyteller. In a recent performance, he was billed as Las Vegas' Most Electrifying Performer. From the start, audiences and critics have loved Earl's act — an act made up, he says, "of songs

that people can relate to, songs of any genre, I really like music that's fun." Earl has received numerous awards, including the *Las Vegas Review Journal's* "Male Vocalist of the Year" award. Don't miss an opportunity to see Earl Turner live!

Friday, March 24, 2023 - 8PM



### Almost ABBA

Almost ABBA recreates the magic and nostalgia of ABBA in a costumed, choreographed and audience-interactive experience. This dynamic show features the songs performed in the hit musical *Mamma Mia!* and Almost ABBA were chosen to perform at the release of *Mamma*

*Mia!* Formed in 1996, Almost ABBA is the longest running North American tribute to the Swedish super group. They have performed for the US Military, NBCUniversal, for audiences as large as 50,000 and were recently asked to open for Cher on her "Here We Go Again" tour of Australia. With their sound-alike performance, intricate harmonies and top-notch musicianship, they truly live up to their name, Almost ABBA.



# Safety Solutions

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

## October Is Crime Prevention Month



When you look at crime statistics in Coconut Creek, you find that, much like other similar-sized cities around the nation, shoplifting, car burglaries, and fraud are really the prime drivers of crime. October is Crime Prevention Month, a time when we really hone in on how not to be a victim.

While overall crime is flat so far this year compared to last year, meaning that it's down 0.3-percent, motor vehicle theft and vehicle burglaries are up in 2022. There had been 91 reported stolen vehicles in Coconut Creek through the end of September, up from 73 compared to the same time last year. If you look at that same time frame (January 1 – September 30) for vehicle burglaries, it's up from 91 in 2021 to 131 in 2022. Since we never have a whole lot of violent crime here in Coconut Creek [i.e. rapes and murders], stolen cars and thefts from vehicles are two of those prime drivers of crime that, if we could reduce, would make a real impact statistically.

The best ways to avoid being the victim of a crime are to lock your car doors at night, shut your garage door, and never give out any personal information to anyone you don't know. If you do those three things, it will greatly reduce your chances of being the victim of a crime. One of the reasons our car thefts are up is because people have the habit of leaving their spare key fobs in the

car, with it unlocked, meaning all the bad guys need to do is push the start button and the car's engine will turn.

When we really look at the statistics from our theft from vehicle cases, or car burglaries, we see that as many as eight out of every ten incidents involve either an unlocked door or no sign of forced entry. We also firmly believe that the thieves like to talk to each other and tell each other. The bad guys notice which neighborhoods had the most unlocked cars and were happy to tell their friends. We often see thieves hit the same neighborhoods time and time again.

Identity thieves will target based not on location but demographic. While it is true that they view senior citizens as potentially easy prey, they also look to a much younger population as a probable victim pool. The fastest growing age group reporting that they were victims of identity scams is ages 18-25. Among the bright spots in our crime statistics through three-quarters of 2022 is the fact that fraud cases are down by more than 44-percent compared to last year.

The bottom line when it comes to crime prevention is we need to get into good habits. Always locking your car door, always be suspicious when a stranger calls you on the phone, always remember the "red flags" of a scam, such as when you're asked to buy gift cards in order to take care of a so-called "debt." These are all good habits to practice, and good habits make it harder for the bad guys to get you.



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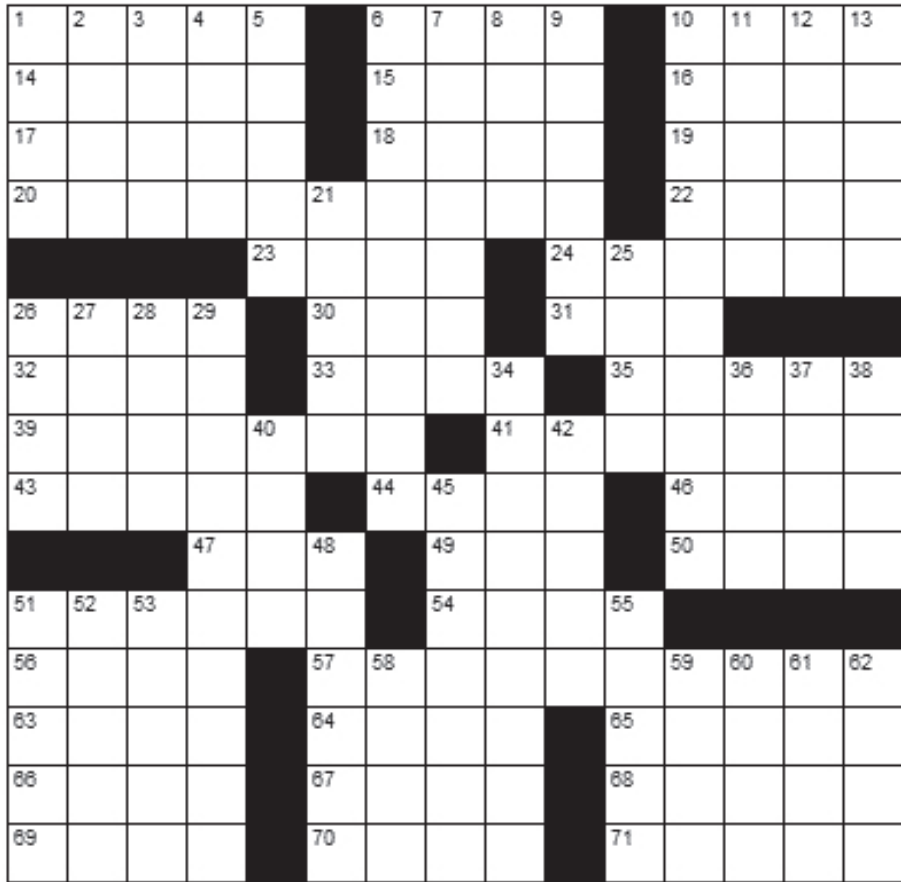
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# Puzzles and Games

Solutions on page 66

## Crossword Puzzle



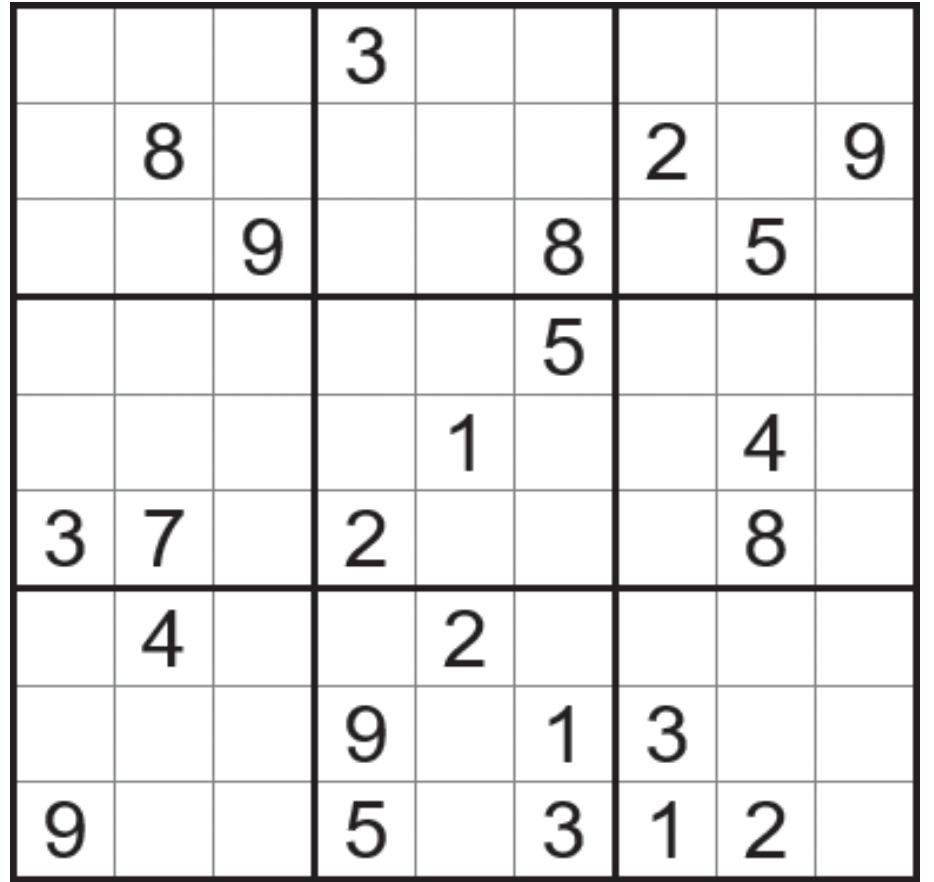
**ACROSS**

- 1. Ice a cake
- 6. Ticket part you keep
- 10. Banquet
- 14. Not upper
- 15. Wife of Zeus
- 16. Mid-month days
- 17. Drama set to classical music
- 18. Not closed
- 19. Knights
- 20. Walker
- 22. Bay
- 23. Hurried
- 24. Is melodramatic
- 26. Mildew
- 30. Cobbler's tool
- 31. Hurry on foot
- 32. Dogfish
- 33. Beams
- 35. Fragrance
- 39. Alike
- 41. Food provider
- 43. Rock
- 44. Mend
- 46. Ascend
- 47. Can

- 49. Decay
  - 50. French for "Head"
  - 51. End
  - 54. Regrets
  - 56. Baking appliance
  - 57. Unrequited
  - 63. Not early
  - 64. Chinese dynasty
  - 65. Cognizant
  - 66. Lyric poems
  - 67. Border
  - 68. A fruit of the gourd family
  - 69. Crimsons
  - 70. Marsh plant
  - 71. Squeeze
- DOWN**
- 1. Epic fail
  - 2. Lariat
  - 3. Was indebted to
  - 4. Arid
  - 5. Garbage
  - 6. Inshore
  - 7. In a lukewarm way
  - 8. Fertilizer component
  - 9. Streamer
  - 10. Discomfit

- 11. Blockhead
- 12. Audacity
- 13. S S S
- 21. Coronet
- 25. Be necessary
- 26. A body of matter
- 27. Leave out
- 28. Luxury car
- 29. Elegance
- 34. Foraged
- 36. A Great Lake
- 37. Bird home
- 38. Tall woody plant
- 40. Luau souvenirs
- 42. Initial wagers
- 45. Set up
- 48. Spay
- 51. Sorrow
- 52. Avoid
- 53. Doled
- 55. Wetland
- 58. Connecting point
- 59. Pitcher
- 60. Rattling breath
- 61. Cupid's Greek counterpart
- 62. Lairs

## 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.

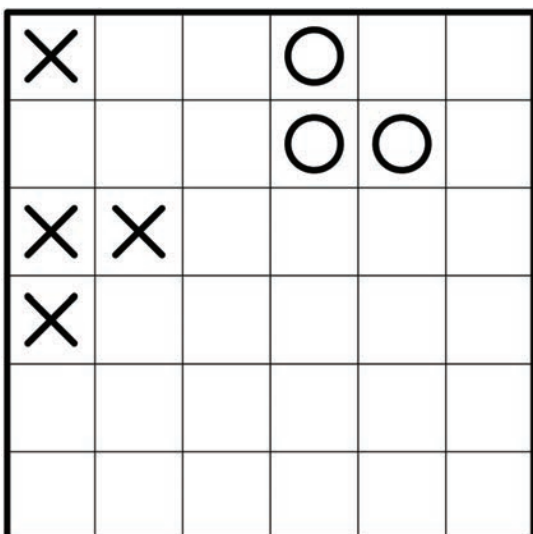
## Dance Crazes

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



- |                |                |               |                 |
|----------------|----------------|---------------|-----------------|
| BALLROOM       | GANGNAM STYLE  | QUICKSTEP     | TEXAS TWO-STEP  |
| BOLLYWOOD      | HAND JIVE      | RIVER         | THE BUNNY HOP   |
| CALYPSO        | HIP HOP        | ROBOT         | THE HUSTLE      |
| CHA CHA SLIDE  | HOKEY POKEY    | RUMBA         | THE JERK        |
| CHARLESTON     | JITTERBUG      | SALSA         | THE RUNNING MAN |
| CHICKEN DANCE  | JUMP ON IT     | SAMBA         | THE TWIST       |
| DA DIP         | LIMBO          | SHIMMY        | THRILLER        |
| DISCO          | LINDY HOP      | SINGLE LADIES | VOGUE           |
| ELECTRIC SLIDE | LINE           | SQUARE DANCE  | WALTZ           |
| FLAMENCO       | MACARENA MAMBO | SUZIE Q       | WATUSI          |
| FOOTLOOSE      | MERENGUE       | SWING         | YMCA            |
| FOXTROT        | MODERN         | TANGO         | ZUMBA           |
|                | MOONWALK       | TAP           |                 |

## Binox



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The finished puzzle should be filled with Xs and Os. Horizontally and vertically, there should never be a continuous run of the same symbol longer than 2. There are an equal number of Xs and Os in each row and column. All rows are unique. All columns are unique, too.

# PREPARE FOR HURRICANE SEASON

## STORM PREPARATION

### DOCUMENTATION

- Take pictures of EVERYTHING inside and outside of your house, vehicles, and any business equipment or crops.
- Gather all important documents including passports, birth certificates, medical records, receipts, etc.

### SECURE YOUR PROPERTY

- Check on your homeowners or renters insurance.
- Protect valuables from flooding and rain by raising items off the ground, packing in plastic, and moving from windows.
- Sandbag doorways for flooding.
- Prepare plywood for windows.

### TAKE SAFETY PRECAUTIONS

- Shut off water and gas line, main break, and unplug items.
- Secure any loose items outside of your home (trash cans, etc).
- Get refills on any necessary prescriptions.
- Restock your first aid kit.

### COLLECT SUPPLIES

- Focus on the essentials and plan to have no power or water.
- Collect enough food/water/medicine for 3-7 days.
- Gas, batteries, radios, chargers
- Supplies for pets including carriers and rabies records.
- Basic tool-kit.

### MAKE A PLAN FOR STAYING & GOING

- Evaluate the risks for your own situation (type of house, trees near your house, flooding, etc.)
- Check the storm surge maps for your area.
- How long are you willing to stay in your house w/o power?

### PREPARE FOR A COMMUTE

- Current roads and markets are not designed for 80-100% of the population to use them, so gas up your cars and know your route.
- Plan on the trip taking 3-4x longer.
- Bring snacks & games for the trip.

## STEPS AFTER THE STORM

After the storm, roads may be closed and power could be out for days if not weeks. Make sure to document all damage, keep all receipts, and be wary of predatory contractors. Review your insurance coverage and utilize the recovery websites and agencies.

Created by: Wit\_Meets\_Grit

## Items Especially For Seniors

In addition to the standard recommendations for a preparedness kit, there are a number of items specific to seniors that you should probably include in your kit as well. These include:

### Medications

You will probably want to include an additional weeks' supply of medications in your kit. To get that extra supply, inform your doctor or other health care provider of the fact that you're putting together an emergency supply.

### Medical Equipment

You will also want to have supplies for your essential medical equipment. This can include:

- Batteries for hearing aids
- Spare pairs of glasses
- Spare dentures
- Equipment for monitoring blood sugar and blood pressure, if needed
- Spare oxygen tanks

Having spares of all these items in your kit will save you time searching the house to make sure you haven't forgotten anything.

### Medical Documents

Just as with all the other essential documents you'll want to have on hand, you'll also want to have information about any medical needs you have. This should include:

- Basic information like your blood type, any allergies you have, and a list of any conditions you're dealing with.
- An outline of the treatment you're receiving and any other essential care or comfort information
- Information about your medical equipment needs
- A list of prescriptions you receive along with the dosages you take
- A list of contact information for your physicians
- Copies of your Medicare, Medicaid, and other types of insurance information.

Finally, if you have a service animal, it might be useful to include their documentation in your kit as well; for all pets, you may want to include immunization information among your documents in case you have to bring them to a shelter or board them somewhere.

### Special Plans

To prepare for hurricane season, the best strategy is to go all out—do the most you can to prepare for the worst. This includes:

- Take an inventory of valuables in case the storm damages the home. This can be as simple as taking a video or pictures of your home's interior using the camera on your phone.
- Make your home as weather-proof as possible, including cleaning out gutters and downspouts and making sure sump pumps and other anti-flooding measures are in good condition. You may also want to make sure that valuable items and important documents are out of the range of any floodwaters.
- Be ready to evacuate. Try to make your emergency preparedness kit is as portable as possible, and, if you have a car, always leave it with at least half a tank of gas during hurricane season to facilitate a quick getaway.

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Wynmoor Insider • October, 2022

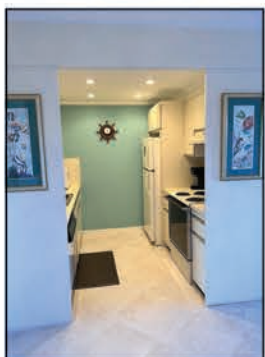
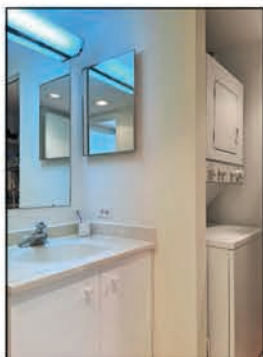
**AWARDED 2021 TOP SALES AGENT FOR NORTH BROWARD AND #3 COMPANY WIDE**

**I arrange and oversee the work** (i.e. handyman, painting, staging, furniture removal, cleaning, etc.) to get the highest Price for your Unit with a great number of my Listings Selling to my numerous referral lines for a **DISCOUNTED COMMISSION.**

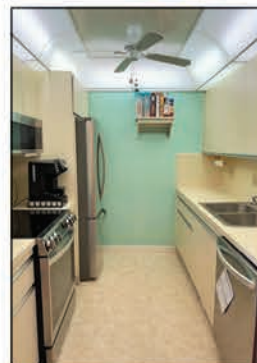
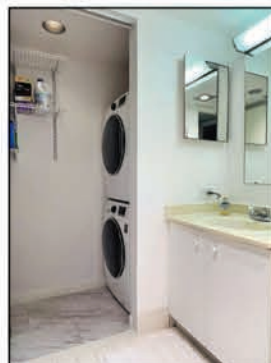
**BUYERS** are shown **ALL MLS Listings** and educated about the Community from a **31yr Wynmoor Specialist** and **15yr RESIDENT** plus they have a **LICENSED TITLE CLOSING AGENT** to assist them through the entire process.

**★ REALTY PROCESSING FEE PAID BY MELANIE IN THE MONTH OF OCTOBER ★**

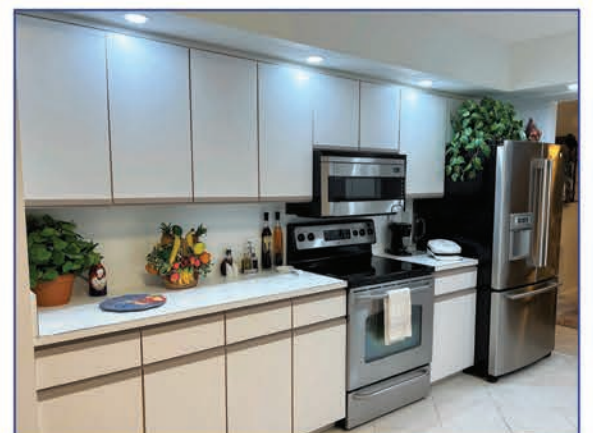
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Waterside Landing is an Alta Senior Living Community, *where people are the top priority.*

Call 954-974-6604 to schedule your tour and complimentary lunch.

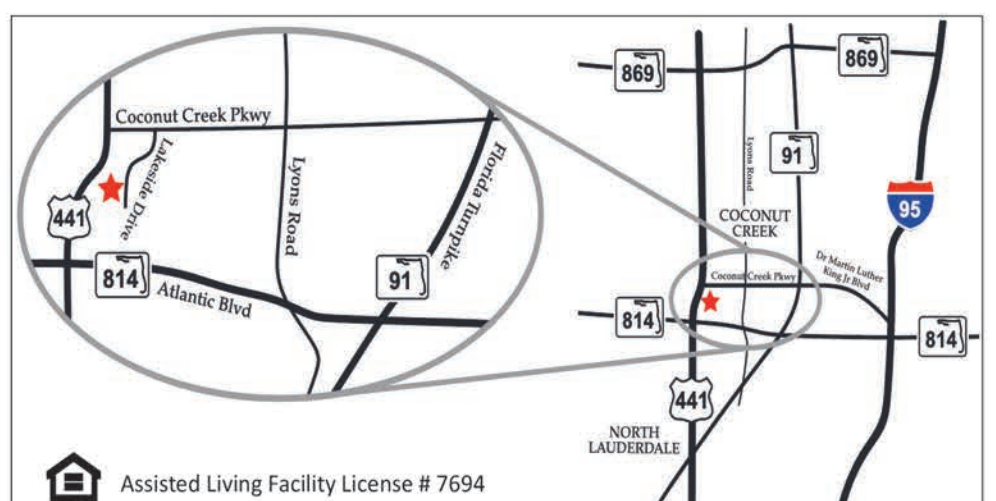


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Main Phone 954-466-1499      Community Relations Director 954-628-5185

[www.watersidemargate.com](http://www.watersidemargate.com)



# Come Home To Your New Spiritual Home

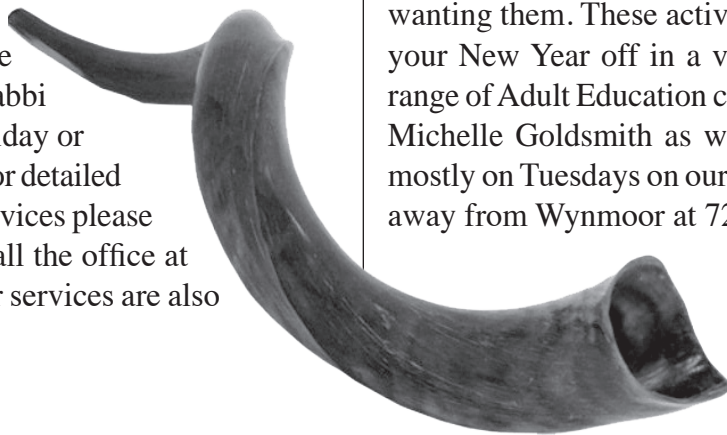
## Temple Beth Am

By Linda Storfer

Fall has arrived and Jewish people all over the world are excited and exuberant about the celebration of the High Holidays. Having just closed the Jewish year 5782 we have just begun the Jewish New Year 5783. Without a doubt this past year has been a very difficult one for many individuals and families including some of our neighbors right here in Wynmoor. Beginning on Tuesday evening October 5th (the 9th of Tishrei) with candle lighting we observe one of the most holy and solemn days on the Jewish calendar, Yom Kippur. The following day we sit in synagogue most of the day and pray to the Almighty for forgiveness and atonement for our transgressions that we have committed during the past year. We pray for peace, prosperity and good health for ourselves and our loved ones. From solemnity we move to celebration and festivity with the high holidays of Sukkot and Shmemini Atzeret/Simchat Torah. Rosh Hashannah and Yom Kippur are viewed as synagogue-based holidays while the latter two are considered more household oriented with the gathering of family and friends seated around the table in the sukkah or house dining on festive meals. The sukkah (temporary hut) serves to remind us of when we wandered in the desert for 40 years and ate and slept in temporary dwellings. On Simchat Torah there is much joy while we hold the Torah and dance in groups inside or outside the synagogue. Everyone is welcome to attend Temple Beth Am beginning on Sunday October 9th at 6:00 p.m. and join us for these wonderful religious celebrations. We are a vibrant congregation with an inspirational Rabbi and look forward to having you join us for a holiday or regular Friday night /Saturday morning service. For detailed information about all our holiday and Shabbat services please check out our website at [www.beth-am.org](http://www.beth-am.org) or call the office at 954-968-4545. If you cannot attend in person our services are also offered online.

Our synagogue is a Conservative egalitarian congregation with an inspirational Rabbi and very friendly members. We have an active Men's Club and vibrant Sisterhood that offer a full array of activities which include programs that are cultural, educational, social, recreational, trips to sports events and holiday celebrations. Sisterhood invites everyone to come to the synagogue on Sunday morning October 9th to participate in the decorating of our unique sukkah in our beautiful courtyard. On Wednesday evening Sisterhood will hold its annual SUKKAH SIZZLE featuring a special program, delicious refreshments and a lot of social camaraderie. If you are new in town and want to meet some friendly people, then this is the event and place to be. The event is free, but registration is required. On Sunday, October 30th Sisterhood will be hosting a book discussion of the book AT THE END OF THE WORLD TURN LEFT which will be interactive and lively. Temple Beth Am also offers everyone an opportunity "to do a mitzvah" by participating in its widely acclaimed Social Action Program. We have a Little Free Pantry in the synagogue's parking light where you can drop off food 7 days a week that will feed the hungry in our community and on Sunday, October 2nd at 9:45 a.m. you can attend services on the beach and then help us clean up the beach at Pompano Beach. Watch in October for the opening of our new Little Free Library which will offer books to those wanting them. These activities will definitely make you feel good and start your New Year off in a very positive way. The synagogue offers a wide range of Adult Education classes and lectures led by our senior Rabbi, Rabbi Michelle Goldsmith as well as visiting guest lecturers. Look for classes mostly on Tuesdays on our website or call the office. We are located minutes away from Wynmoor at 7205 Royal Palm Blvd. in Margate.

On behalf of the Officers and Board members of Temple Beth Am we wish everyone a joyful New Year filled with good health, peace and prosperity.



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Food will be available for purchase by Cafe on the Green between 5:00 PM - 7:00 PM or while supplies last.

## Entertainment

October 6th: Randy Stevens

October 20th: Cesar Calle

### Menu Options:

Hot Dog Combo : \$6.00

Hamburger Combo: \$8.00

Grilled Chicken Breast Sandwich: \$10.00

Chicken Skewer on Pita w/Tzatziki: \$10.00

Spinach Pie w/Greek Salad: \$10.00

All Meals include Coleslaw, Chips and Drink. Sprite, Coke, Diet Coke or Water. \* Cash Only \*



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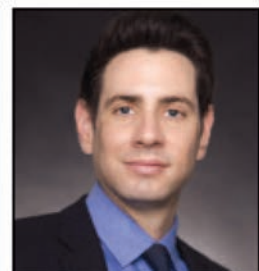
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# Service Equals Reward

By Sheriff Gregory Tony  
**Open and Unsolved**

Cold cases, by their very name, are crimes that remain unsolved. Investigating these cases takes patience, tenacity and innovative thinking. At the Broward Sheriff's Office, unsolved crimes will never be placed on the shelf or forgotten, and the passage of time will not delay our quest for justice.

In 2019, BSO created a full-time Cold Case Unit, whose primary function is to investigate unsolved homicides and sex crimes. The cases date back to 1963; today, about 350 remain open.

The trails of these investigations might have gone cold, but the pain for the families never goes away. The detectives investigating these crimes work tirelessly for the victim's loved ones, never giving up the search for that one clue that could help lead us to solve these crimes.

Making progress on these cases can be challenging; however, significant technological advances have helped immensely. Thirty years ago, DNA testing was in its infancy. Today, we can retest physical evidence to identify potential suspects and link them to a crime. Progress in fingerprint identification has also come a long way. Even minute, unique details of an individual fingerprint can be discerned by new programs, leading to faster and more accurate identification.

Last year, the BSO Cold Case Unit, working with the Miami Police Department, Brazilian National Police and U.S. federal agencies, tracked down the man responsible for the brutal murders of three South Florida women decades ago through DNA and fingerprint technology.



The resolution of the case received worldwide attention. However, it is only one of the eight cases the BSO Cold Case Unit has solved since its inception.

To bring more exposure to these investigations, we launched a cold case video series to uncover possible new leads. The first episode details a North Lauderdale mother and daughter who were shot and killed in their bed in 2017. In another, a Pompano Beach-based American Airlines pilot was shot nine times at his front door in 2011. The latest episode explores the brutal murder of Jerri Emken in 1985, who was found dead at the Pompano Beach bar where she worked. While the murders remain unsolved, detectives hope the series will jog a memory and result in new leads bringing

resolution to these cases. I encourage you to take some time to view this series on the Broward Sheriff's Office YouTube: <https://www.youtube.com/c/BrowardSheriffsOffice>.

You, too, can help bring a critical clue to one of our cold cases. Broward Crime Stoppers is a vital resource for submitting tips resulting in successful outcomes. Even the most minor clues, something someone saw, heard or remembered, can result in a new lead. Anyone with information on unsolved cases is asked to contact the Broward Sheriff's Office Criminal Investigations Division at 954-321-4200 or Broward Crime Stoppers at 954-493-TIPS (8477) to report a tip anonymously.

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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.coonutcreektherapy.com/backpain](http://www.coonutcreektherapy.com/backpain) to claim your free guide. If you prefer, give us a call at 954-972-1200 and we'll be happy to assist you.

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

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(excludes permit fee)

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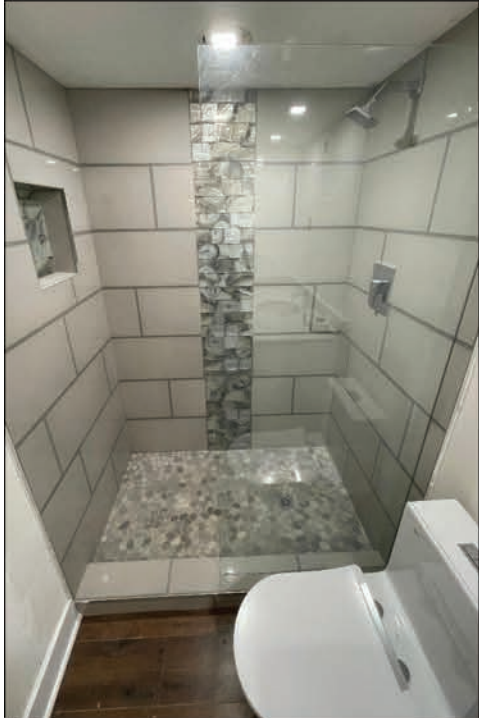
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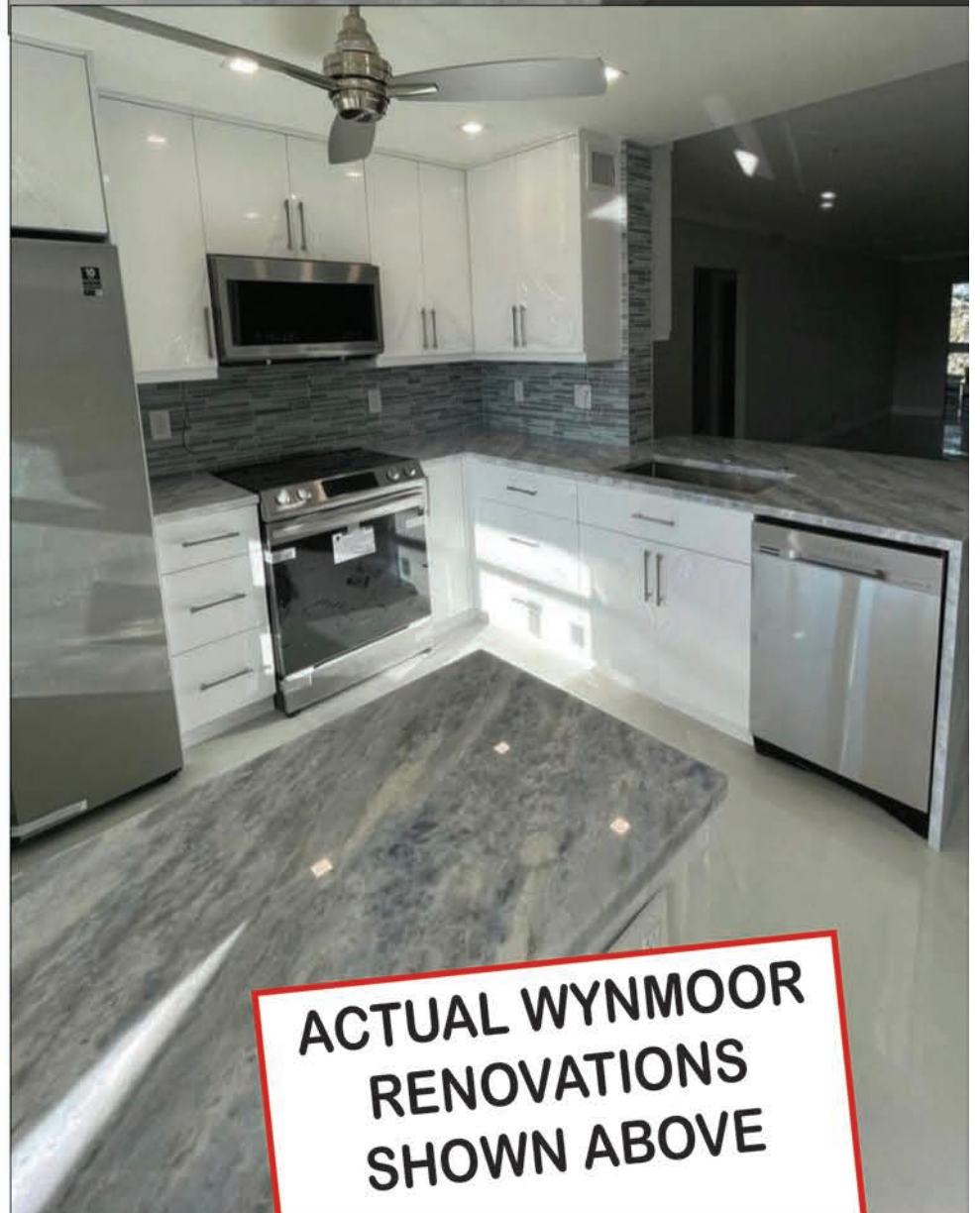


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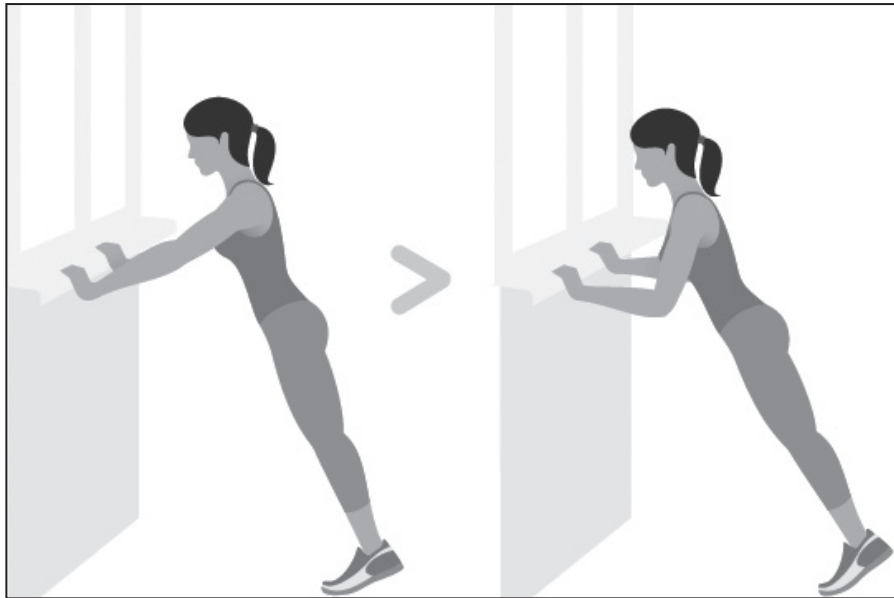
# Balance *and* Aging

By Ron Molino, Certified Personal Trainer

Hello again. Hope everyone is well. Last month I said I would go over some upper body exercises that could be of importance in the issue of balance. As I mentioned you will need some equipment, some small dumbbells, 2s, 3s, 5s, 8s, 10s depending on your strength. I mentioned tubing with handles also. If you don't have any of these items, I would suggest going to the Fitness Center here since it is well equipped. Unfortunately, there is no instructor there to help you.

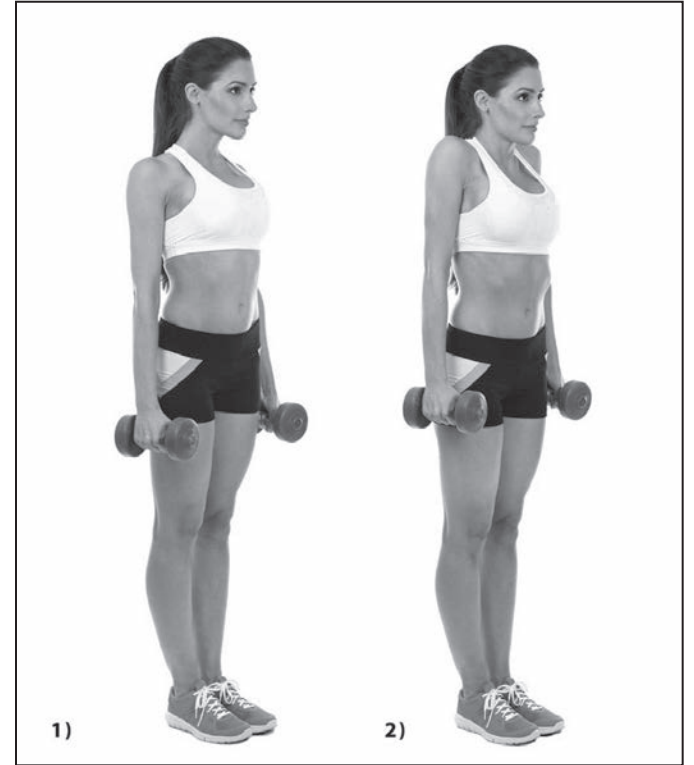
The lower body exercises we went over were easier to perform using thighs, calves, ankles and feet. With equipment and unfamiliar movements, it takes a little more knowledge of the body and how to use the different muscle groups. I will try to explain some simple movements without getting too technical. Again, feel free to call me with any questions at 954-673-6700. These upper body exercises will help you with posture, strength, flexibility, and reflexes. Improving these areas will not only help with balance, but in the event of a fall it will help by having the ability of possibly grabbing a chair or table or a parked car or anything that would stop or slow the fall. Having strong arms, shoulders, chest and back muscles will give you the ability to break the fall. More times than often the head or the face hits the ground first and that leads to more serious problems.

Try doing standing pushups against a wall with hands slightly wider than your shoulders. Do twelve repetitions twice. This will strengthen arms, shoulders, chest and back



muscles. Next are shoulder shrugs. This will strengthen neck and trapezius muscles which will help with holding the head upright and help with posture. Hold dumbbells at your sides and raise and lower your shoulders without pulling with your arms. Do them slowly keeping your arms straight, twelve repetitions twice. Standing or sitting rows, here you will need the tubing or machines in the Fitness Center. Dumbbell curls holding weights at your sides with palms facing up, curl weights up to your shoulders and lower back down slowly.

In addition to help with breaking the fall these strengthening exercises can also help you to get up from a fall if you are alone. I think this is probably enough for this month. Next month I'll cover flexibility and reflexes. Good luck and don't quit.



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# SEASON

# SHOWS

## LINE-UP

## THEATRE SHOWS THIS SEASON

2022 - 2023

### NOVEMBER - DECEMBER

DAY	DATE	TIME	SHOW
Saturday	11/05/2022	8 PM	Shania Twain Tribute
Saturday	11/12/2022	8 PM	Nostalgic Live
Saturday	11/19/2022	8 PM	KC & The Sunshine Band Tribute
Saturday	12/03/2022	8 PM	Motown Magic
Saturday	12/10/2022	8 PM	Brad Zimmerman
Saturday	12/17/2022	8 PM	Stevie Wonder Tribute

### JANUARY

DAY	DATE	TIME	SHOW
Saturday	1/07/2023	8 PM	The Real Miami Sound Machine with Gloria Estefan Tribute
Thursday	1/12/2023	8 PM	Simon and Garfunkle Tribute
Saturday	1/14/2023	7 PM	Robert Klien
Thursday	1/19/2023	8 PM	Carpenters Tribute
Saturday	1/21/2023	7:30 PM	David D'Or
Wednesday	1/25/2023	8 PM	Bronx Wanderers
Saturday	1/28/2023	8 PM	Absolute Queen

### FEBRUARY

DAY	DATE	TIME	SHOW
Thursday	2/02/2023	8 PM	Comedy - Monique Marvez & Mike Marino
Saturday	2/04/2023	8 PM	Tapestry Carol King Tribute
Saturday	2/11/2023	8 PM	Brooklyn Bridge
Wednesday	2/15/2023	8 PM	Little Anthony
Saturday	2/18/2023	7:30 PM	Dudu Fischer
Thursday	2/23/2023	8 PM	Charo
Saturday	2/25/2023	8 PM	Modi

### MARCH

DAY	DATE	TIME	SHOW
Wednesday	3/01/2023	8 PM	Dance Troup
Thursday	3/02/2023	8 PM	Dance Troup
Saturday	3/04/2023	8 PM	Echos of Platters & Drifters
Wednesday	3/08/2023	8 PM	Bobby Collins
Saturday	3/11/2023	8 PM	Sarge
Thursday	3/16/2023	8 PM	Spinners
Saturday	3/18/2023	8 PM	Tom Cotter
Thursday	3/23/2023	8 PM	Abbacadabra
Saturday	3/25/2023	7 PM	Clint Holmes & Earl Turner



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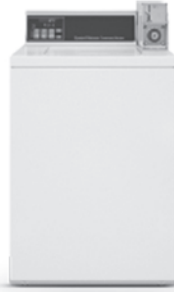
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# Financial Focus®

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## Should You Consolidate Retirement Accounts?

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including these:

- **Less confusion and clutter** – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.

- **Less likelihood of “lost accounts”** – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed.

In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. It's possible that employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don't lose track of your hard-earned money.

- **Ability to follow a unified strategy** – With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain

a unified financial strategy that's appropriate for your goals and risk tolerance. But once you've consolidated accounts with a single provider, you'll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren't as susceptible to swings in the financial markets.

- **Possible improvement in investment options** – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.

- **Greater ease in calculating RMDs** – Once you turn 72, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don't take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs — it will be much easier with all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

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

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# Chicken Soup *and* Veggie Chicken Soup

The *Rosh Hashanah* recipes chosen are quite the classic—chicken soup. Meredith Jacobs shares her recipe for the Jewish penicillin. But have no fear, vegetarians—we've also got a great recipe for vegetarian chicken soup from Leah Koenig that's just as yummy.

## Chicken Soup

Meredith Jacobs

**YOU'LL NEED:**

- 1 chicken (whole, but take out the junk inside)
- 2 turnips, cut into cubes
- 1 bag of parsnips cleaned, cut off ends, cut into chunks
- 6-8 stalks celery cleaned, cut into chunks
- 6-8 carrots cleaned, cut into chunks
- 3 yellow onions, cut and leave the skin on (it colors the soup)
- 1 bunch of dill
- kosher salt, white pepper



**DIRECTIONS:**

1. Put everything EXCEPT THE DILL AND SEASONINGS into a large stockpot. Put cold water over it, filling the pot full.
2. Bring to a boil, then simmer.
3. Simmer until the chicken is falling off the bone (about 2 to 3 hours).
4. Line a colander with paper towels or cheesecloth and put the colander over another stockpot.
5. Slowly pour the soup through it, changing the towels as necessary. You should, in the new stockpot, have a nice broth.
6. Bring the new broth up to a boil, then simmer another hour (this intensifies the flavor).
7. Float dill in it for 15 minutes and remove. Season with kosher salt and white pepper and serve.

## Vegetarian Chicken Soup

Leah Koenig  
Serves 4-6.

**YOU'LL NEED:**

- 2 Tablespoons olive oil
- 1 large onion, roughly chopped
- 2 large carrots, peeled and roughly chopped
- 2 large celery stalks (with leaves), roughly chopped
- 1 parsnip, peeled and roughly chopped
- 5 large garlic cloves, smashed
- 1 leek, cleaned well and roughly chopped
- 9 cups water
- 2 bay leaves
- A handful of flat-leaf parsley, roughly chopped
- 1 stalk lemongrass, split into four small pieces
- 2 Tablespoons coarse kosher salt (or to taste)



**DIRECTIONS:**

In a large stockpot, heat oil and sauté onions for about 5 minutes over medium heat. Add carrots, celery, parsnip, garlic, and leeks and sauté for another 3 minutes, until fragrant. Add water and bay leaves and bring to a boil. Reduce heat and let simmer for about one hour uncovered.

After one hour, add lemongrass, parsley, and salt, and simmer for another thirty minutes. Let soup cool a bit, then strain into a large bowl using a cheesecloth or mesh strainer. If desired, add some of the vegetables back (discard the rest). Serve hot as is or with matzah balls, noodles, kreplach, etc.

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### Fun With Friends 2

Fun With Friends 2 is a members only Dance Club presenting some of the best LIVE BANDS performing in South Florida! We have six remaining dances scheduled between November 2022 and April 2023.

Our August dance, termed Wynmoor's best ever event by many of those who attended, featured Private Stock. The excitement and energy generated by the band provided an evening of non-stop dancing for our members.

Our next BIG dance event will occur on Sunday, November 20th and will feature the **VALERIE TYSON BAND**.

The cost to attend for members is \$10 in advance or \$15 at the door, *if available*. Due to legal occupancy limitations at the Grand Ballroom, our membership rolls are now closed. Event registration information is available by emailing [FunWithFriendsWyn2@Gmail.com](mailto:FunWithFriendsWyn2@Gmail.com).

#### THE VALERIE TYSON BAND

This electrifying band performs all varieties of modern music. The band specializes in Classic Rock, Top Forty Music, R&B, and Latin. Each member of the band brings a combination of vocal and instrumental skills and experience that will keep you dancing all night.

Valerie Tyson, one of South Florida's most sought-after vocalists, has opened for Al Green, Janet Jackson, New Edition, Spyro Gyra, and Earth, Wind & Fire. Her band has played all across the US, internationally, and every major venue in South Florida.

Tickets will go on sale to members starting October 1st. A very **LIMITED** number of \$15 guest tickets **MAY** be available on a first come first serve basis for this event.

FWF2 members, please watch your email for registration information. Please contact us at [FunWithFriendsWyn2@Gmail.com](mailto:FunWithFriendsWyn2@Gmail.com) if you have any questions.



# Announcing

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Our next **BIG** dance event is  
Sunday, November 20, 2022

**The Valerie Tyson Band**



This electrifying band performs classic and modern music. Specializing in Classic Rock, Top Forty Popular Music, R&B and Latin. Each member of the band brings a combination of vocal and instrumental skills and experience that will keep you dancing all night.

Valerie Tyson, one of South Florida's most sought-after vocalists, has opened for Al Green, Janet Jackson, New Edition, Spyro Gyra, and Earth, Wind and Fire. Her band has played across the U.S., Internationally and every major venue in South Florida.



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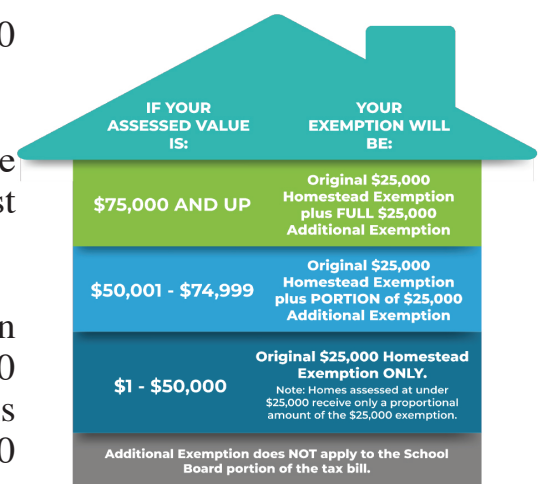


## How is the \$50,000 Homestead Exemption Applied?

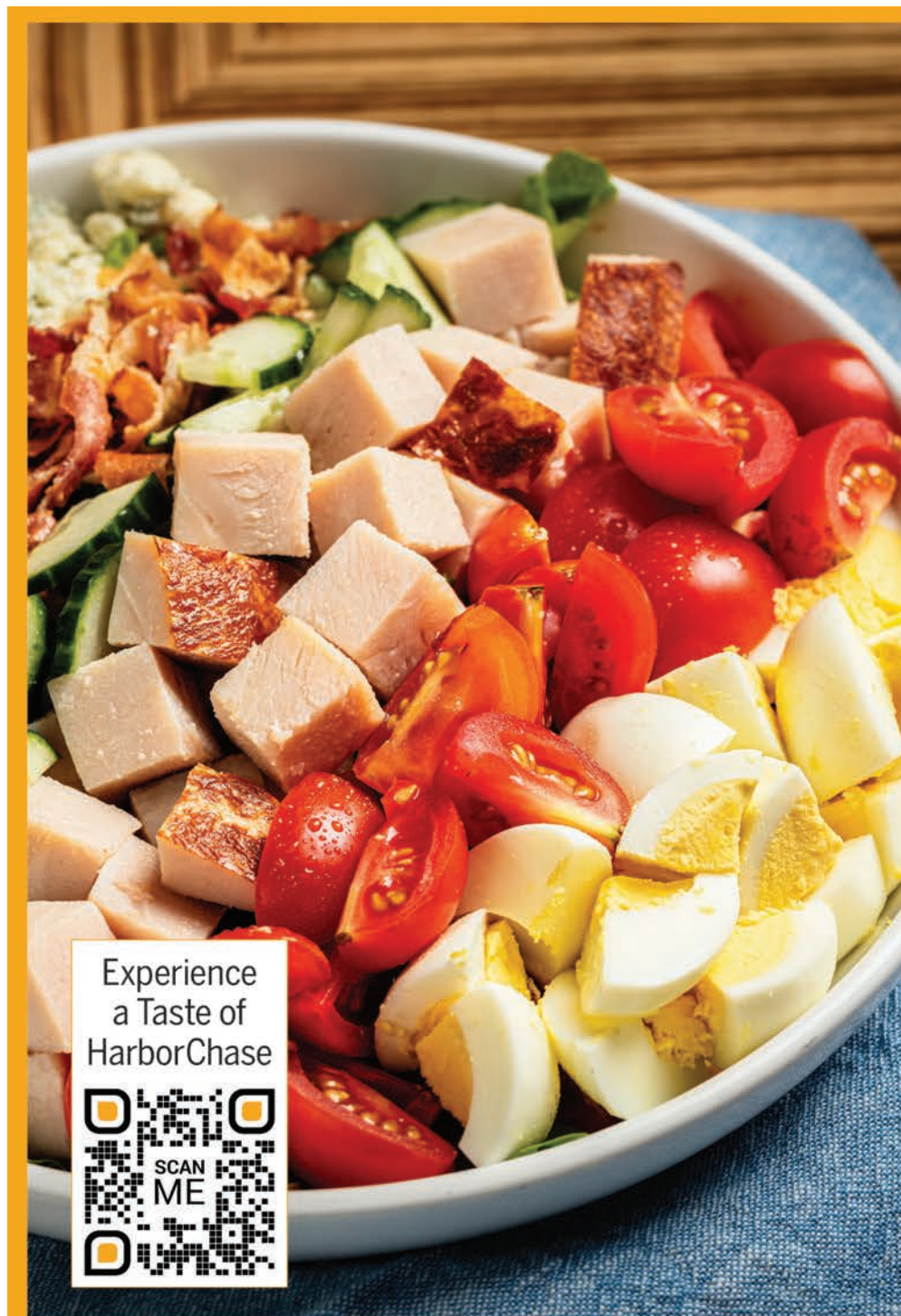
The history of Homestead Exemption dates to 1934 when Florida voters approved a \$5,000 exemption to help ease the burden of property taxes. This exemption amount was increased to \$10,000 in the 1960's by the Florida Legislature but was not yet incorporated into the Florida Constitution. A constitutional amendment adopted in 1980 increased the Homestead Exemption amount to \$25,000. In 2008, Florida voters adopted a constitutional amendment increasing the Homestead Exemption amount to \$50,000 based on the property's assessed value.

This amendment increasing the Homestead Exemption to \$50,000 is a bit complicated for a few reasons:

1. The first \$25,000 of the exemption is applied by all taxing authorities to the first \$25,000 of your property's assessed value.
2. The second \$25,000 exemption is NOT applied to the school portion of your tax bill. The school board budget – at roughly 37% of the entire tax bill – makes up the single largest portion of your property tax bill.
3. The second \$25,000 of the exemption is applied to the portion of assessed value between \$50,000 - \$75,000. This means you will not receive the full benefit of the second \$25,000 if your property's assessed value is less than \$75,000. If your property's assessed value is less than \$50,000, you will not receive any additional savings from this second \$25,000 exemption.



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# Temple Beth Orr Celebrates

By Esther Zipper

**December 7-11, 2022** - The Arts & Scholars Week including a special lecture by Rabbi Mark Gross titled "50 Years of Israeli Songs of Hope," where you can discover how, even amidst more than seventy years of ongoing conflict, the songwriters of the reborn Jewish State have reflected aspiration and affirmation. There will also be a Special "What is Jewish Art?" Brown Bag Lunch and Learn presented by Rabbi Laura Rappaport and an Art and History Tour of Temple Beth Orr.

**Saturday, January 21, 2023** - Comedy Club Night at Temple Beth Orr (There will be a charge for this event).

"We are so excited to bring these events to the congregation this year," said Cathy Glassman, chairman of the event. "These events span the involvement our members have at the Temple - religious, educational and social—there's something for everyone here," she added.



Rabbi Laura Rappaport explained that "the journey and evolution of Coral Springs and Temple Beth Orr are intimately linked. I am thrilled to serve as TBO's rabbi during this exciting time for the homegrown Jewish community of Coral Springs. It is a time to reflect on how our perennially close-knit, warm, and welcoming congregation has continued to change with the times and will continue to do so into the future."

For more information about Temple Beth Orr, please contact the main office at 954-753-3232 x201.

Temple Beth Orr is a multi-generational and multi-ethnic community, made up of singles, couples, and interfaith and gay and lesbian families. It is located at 2151 Riverside Drive Coral Springs, FL 33071 (southwest corner of Riverside Dr. & Royal Palm Blvd.) For more information: E-mail: office@templebethorr.org; website: www.templebethorr.org. Telephone: 954-753-3232 x201

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## Council Meeting Dates

### Management Committee Meeting

Every Tuesday at 9:00 AM -- West Wing I/Hybrid

<https://zoom.us/j/99080305814>;

Meeting ID: 990 8030 5814;

By phone dial (312) 626-6799

### Board of Directors Meeting

1st Thursday of the month at 1:30 PM -- West Wing I/Hybrid

<https://zoom.us/j/87579449300>;

Meeting ID: 875 7944 9300;

By phone dial (312) 626-6799

### Executive Committee Meeting

3rd Monday of the month at 1:30 PM -- West Wing I/Hybrid

<https://zoom.us/j/82591451205>;

Meeting ID: 825 9145 1205;

By phone dial (312) 626-6799

### Budget & Finance Meeting

4th Wednesday of the month at 9:00 AM -- West Wing I/Hybrid

<https://zoom.us/j/86070517713>;

Meeting ID: 860 7051 7713;

By phone dial (312) 626-6799

\* ALL COUNCIL MEETINGS WILL BE TELEVISED ON CHANNEL 99 \* MEETINGS ARE SUBJECT TO CHANGE \*

# CAMERA CLUB

By Nancy Landman



Marlyn Horowitz - Bee and White Coneflowers



Shel Geller - Dead Tree



Ari Hochman - Foreboding Clouds in a Sunset Sky



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# " ENHANCE YOUR QUALITY OF LIFE "

# Appreciating a “Cathedral of Learning” in Historic Baltimore

By Barry Isaac



On two sunny late summer days, I returned to Baltimore’s historic Mount Vernon District to enjoy wonderful Italian Art at the Walters Art Museum. This review describes its fine Italian Art on display from the Gothic Period up to the end of the Baroque Period. From the 11th Century, I appreciated a horn with animals in vine scrolls used as a reliquary which was made of ivory and a head of a crozier produced in the 12th Century also made of ivory from an elephant. Both of these relics came from Southern Italy.

From the 14th Century, these Italian paintings made with egg tempera and gold leaf on wood panel especially captivated me ; Pietro Lorenzetti’s “Virgin and Child With Saints Augustine, Nicholas, Catherine, and Lucy,” made in Siena, Niccolo de Segna’s “Saint Lucy,” Francesco Da Rimini’s “Virgin Adoration,” a fresco, Tommaso Da Modena’s “Wing of Reliquary Diptych With Crucifixion and Saints,” Workshop of Agnolo Gaddi’s “Saint Peter and Saint James The Greater,” and Workshop of Bernardo Daddi’s “Virgin and Christ Child.” All of these paintings were produced, during the Babylionian Captivity of the Papacy when the Papacy left Rome and was based in Avignon, France. Tommaso Da Modena’s painting also employed marble ceramic verre eglomise insets on gilded wood frame.

The following paintings produced, during the Medieval Period in the 14th Century and very early 15th Century also fascinated me; Master of Panzano’s “Virgin and Child with Enthroned With Saints,” Master of Saint Verdiana’s “Archangel Michael Slaying Dragon,” Andea di Bartolo’s “Virgin and Child With 4 Evangelists,” and Olivuccio di Ciccarello Da Camerino’s “Altarpiece With Virgin and Child With Saints.” All of these paintings employed egg tempera and gold leaf on wood panel. These works were produced when the Papacy returned to Rome. Very Early Renaissance Paintings that especially interested me were Sienese Master Giovanni Dei Paolo’s “Virgin and Child With Saints” and Bartolomeo de Tommaso’s “Funeral of Saint Francis.”

From the 15th Century, I saw fine Renaissance Period Paintings by Marco Zoppo, “Saint Francis Receiving Stigmata,” Bartolomeo de Giovanni’s “Myth of Io,” Fra Bartolomeo’s “Ideal City,” Christoforo Caselli’s “Saints Louis of Toulouse, Francis, and Blessed John of Capistrano “Antonio Da Fabriano’s “Saint Jerome In His Study,” and Michele Da Luca Coltellini’s “Madonna Enthroned With Saints,” among others which employed landscapes in its background. I also savored Raphael’s “Madonna of the Candelabra” for its marvelous light effects.

16th Century favorites some of which were produced, during the Catholic Reformation, a response to growing Protestantism in Northern European Countries were Paris Bordone’s “David and Bathsheba,” Lorenzo Lotto’s “Portrait of Fra Lorenzo Da Bergamo,” Giulio Romano’s “Madonna and Child With John The Baptist,” El Greco’s “Stigmata of Saint Francis,” and Francesco Morandini’s “Saint Helen,” among others. All of these works utilized Chiaroscuro, exaggerated light and darkness.

From the 17th Century, paintings produced, during the Catholic Reformation that inspired me were; Genoese Master Bernardo Strozzi’s “Adoration of the Shepherds,” Domenico Fetti’s “Christ And Tribute Money,” Guido Reni’s “Mary Magdalene,” and Spanish Painter, Jiusepe De Ribera’s “Saint Paul The Hermit” inspired which employed superb Tenebrism.

I relished fine 18th Century Paintings with secular subject matter by Francesco Guardi. “Venetian Courtyard,” Giovanni Pannini’s “Roman Colisseum,” and Giovanni B. Tiepolo, “Africanus Freeing Massara.” I also liked the fine sculptural works of Antonio Gai with mythological themes.

The Walters Art Museum is a delightful art museum for those who appreciate Old Master European Paintings, Sculpture, and Religious Antiquities. The city of Baltimore is blessed with this enriching art museum.



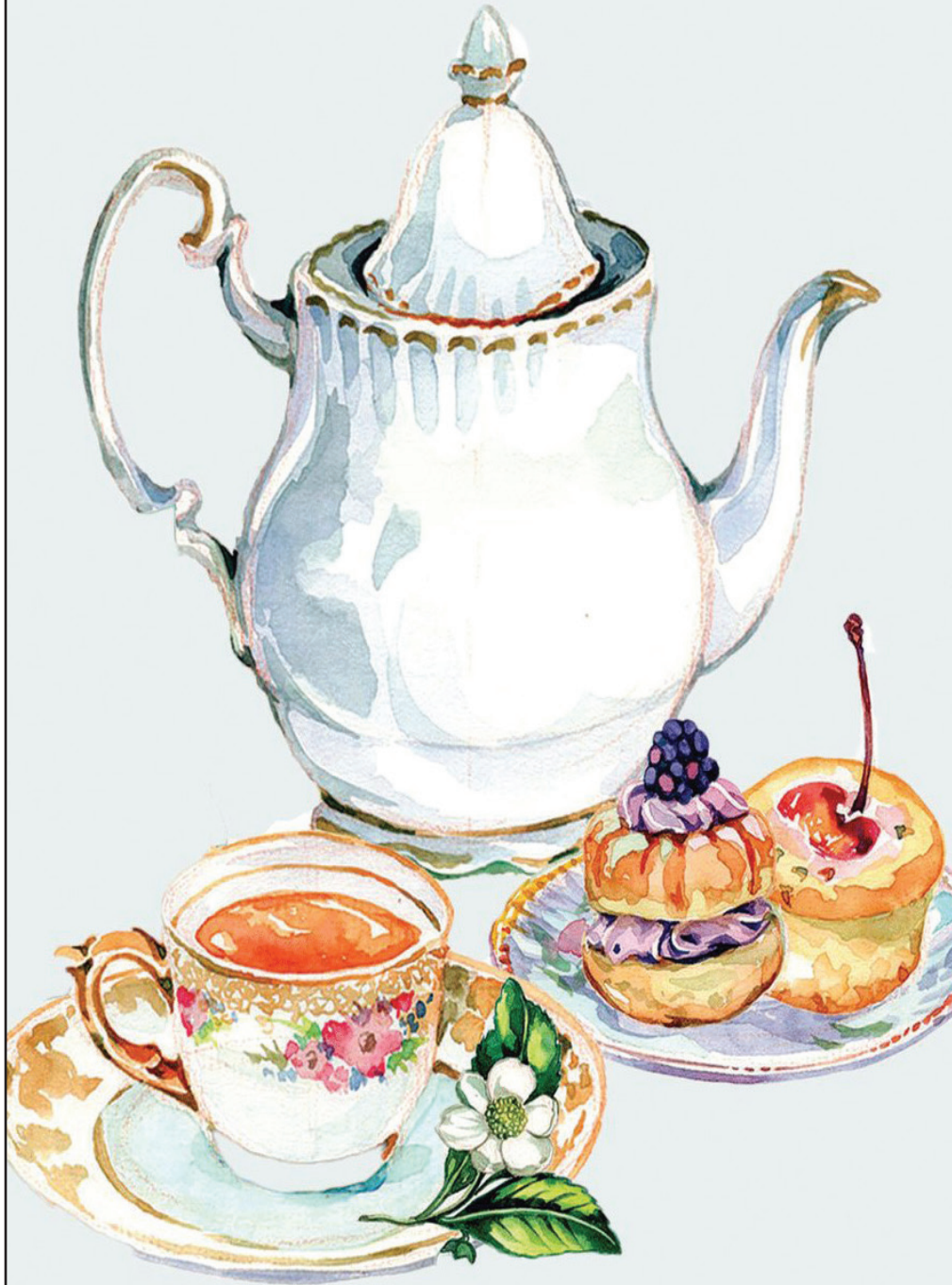
Andrea Di Bartolo



Raphael’s “Madonna of Candelabra”



Tommaso Da Modena



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# WYNMOOR Golf and Tips

By Kevin Battersby, PGA



## What is the best grip for you?

Choosing the best grip for your game may come down to size of your hands or desired shot pattern. The pattern is your preference to draw or fade the ball. Outlined below are some pictures to illustrate the choices you may choose.

**Overlap grip - or Vardon grip**, sometimes referred to as nine

finger grip because the pinky finger of the trail hand rides on the last finger of the lead hand. A very popular grip amongst touring pros. Ben Hogan, Tom Watson, Sam Snead and Phil (LIV) Michelson.

**Interlocking grip** - most notably used by Jack Nicklaus and Tiger Woods.

The last fingers of each hand are locked employed by golfers with small hands or a desire to fade the ball.

**Ten finger or baseball grip** - neither locked or overlapped each finger on the club. Also good for smaller hands and promotes a draw or hook in shot pattern. Notable pros like Beth Daniel and Mo Norman used this grip.

**Double overlap grip** - two fingers of trail hand ride on the last two fingers of lead hand. Used by Jim Furyk, Trey Mullinax and Lee Elder to name a few.

If your struggling with hooking the ball or fat shots give this a try. In addition, I have seen arthritic fingered players using this grip.

Kevin Battersby, PGA

Private Lessons at Palm-Aire Country Club

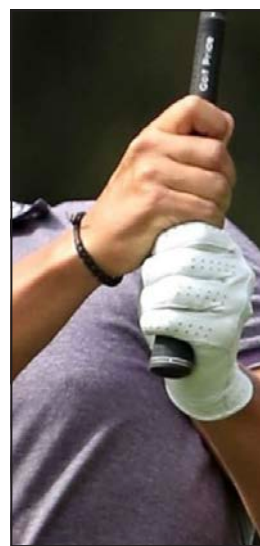
(954) 444-1031



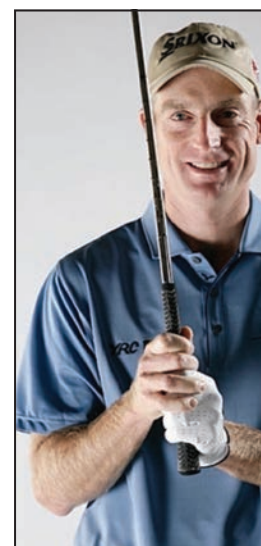
Overlap/Vardon Grip



Interlocking Grip



Ten Finger/Baseball Grip



Double Overlap Grip

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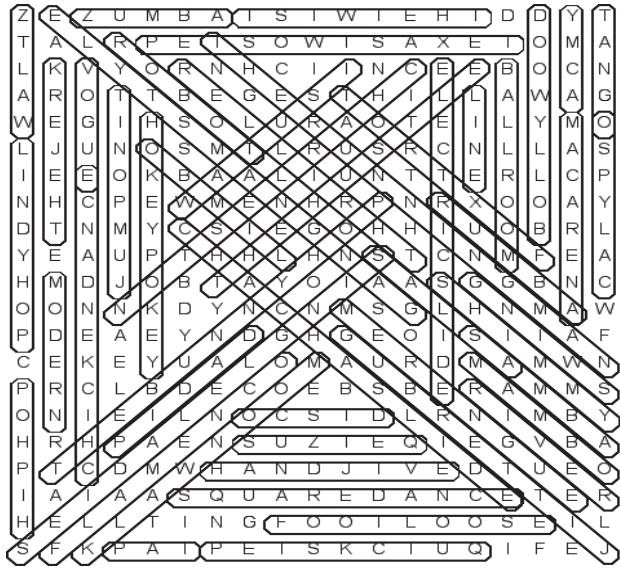
# Puzzles and Games

Solutions from page 33

## Crossword Puzzle

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

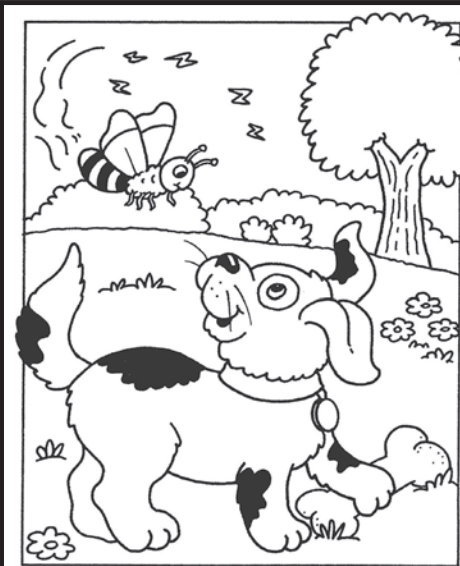
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7	8	1	6	5	4	2	3	9
2	3	9	1	7	8	4	5	6
6	1	8	4	3	5	9	7	2
5	9	2	8	1	7	6	4	3
3	7	4	2	6	9	5	8	1
1	4	3	7	2	6	8	9	5
8	2	5	9	4	1	3	6	7
9	6	7	5	8	3	1	2	4



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X	O	X	O	X	O
O	X	X	O	O	X
X	X	O	X	O	O
X	O	O	X	X	O
O	O	X	O	X	X
O	X	O	X	O	X

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## SWORDS

By Karen Komsa

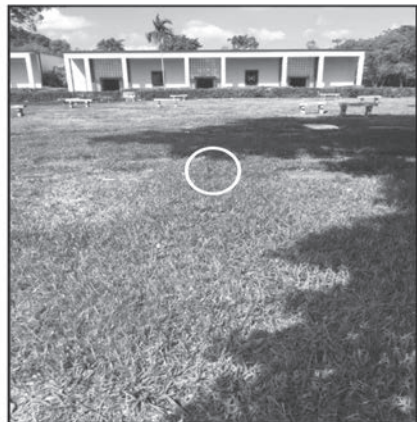
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Wynmoor is a unique development that requires a Real Estate expert who lives and works in the community, or has a Mother who lives in Wynmoor, with the experience to guide their clients through the complex process of buying or selling a condo.

You need agents who work and advertise 7 days a week, who are savvy on the internet with their own business website. We heavily advertise with Trulia.com, Realtor.com, Homes.com, and we are Zillow.com premier agents. What sets us apart is that we immediately return calls to Realtors® asking about our listings and buyers asking questions about what Wynmoor has to offer.

### WHY CHOOSE US?

- **LESS STRESSFUL EXPERIENCE:** Free Professional Photos, Staging, Paint Estimates, Furniture Removal, Estimates For Shipping, Packing, Post Clean Up
- **CERTIFIED RELOCATION EXPERT**
- **CHERYL IS JUST AROUND THE CORNER**
- **FREE HOME OR PHONE CONSULTATION**
- **FREE MARKET ANALYSIS**
- **WE SELL WHAT WE LIST**



# HAPPY HALLOWEEN



*Don't Make a Move Without Us!*

*Daughter*

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*Mother*

[www.WynmoorCountryClub.com](http://www.WynmoorCountryClub.com)



**OUR HONORS:** RE/MAX 100% Club 2021, RE/MAX Hall of Fame, 2021 RE/MAX Executive Club Award for Outstanding Performance Award-Winning Multi-Million Producer in Wynmoor

WYNMOOR HOME BASED BUSINESS  
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