



# The INSIDER

An Independent Newspaper  
For Wynmoor Residents

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## HATE SPEECH...WHEN WORDS CAN KILL

By Diana Guerrero-Cohen, Ph.D

*Diana Guerrero-Cohen is a Clinical Psychologist and Wynmoor Resident*

I recently saw a social media post of a speech by a popular religious figure using hate-filled language directed against LGBTQI people. Whether intended or not, it was the kind of language that can incite hate crimes of assaults and murders that show up all too many times in the news. The speech triggered painful memories from a trip I took to Rwanda in Central Africa.

My husband, an epidemiologist and professor, went with a group of other medical and public health professionals in 2010 to train Rwandan doctors on AIDS/HIV research. I just tagged along. Rwanda is known as the land of a thousand hills, with stunning natural beauty and scenery, warm, friendly people and one of the few places one can see rare mountain silverback gorillas in the wild.

Enjoyable and vivid memories from our trip included seeing the happiness and innocent laughter of school children during the distribution of toys we brought from the U.S. But there were painful, intense and unforgettable memories as well. Wherever we went there were cemeteries: numerous cemeteries with burial markings of entire families of all ages, all with the same date of death. Hospitals, churches, and schools also had plaques honoring the countless men, women and children who were brutally killed in those buildings.

These were some of the victims of the 1994 Rwandan genocide. Victims ranged from babies to the elderly and were overwhelmingly of Tutsi ethnicity, but also included Hutu, Twa and other individuals who opposed the genocide. They were brutally and systematically massacred in the span of about 3 months.

There were countless documented cases of mothers and grandmothers in "Sophie's Choice" scenarios. Hutu wives married to Tutsi husbands had to choose to die with their husbands or leave them to die. We heard of a Mom who chose to leave the church where they were hiding. She hoped to save her 11 children, who were classified as Tutsi because their father was Tutsi. The assailants promised her the children would be spared. When she stepped out of the door of the church, eight of the eleven children were struck down before her eyes. The youngest, a three-year old, begged for his life in vain, after seeing his brothers and sisters slain. "Please don't kill me...I'll never be Tutsi again." Children were thrown into latrine pits and buried alive. Even infants were killed or left to die. The Rwandan genocide did not start with bullets and machetes. It began with hate speech.

Hate speech is a form of communication, whether verbal, written, or symbolic, that discriminates or incites violence towards a particular group based on their identity, ethnicity, religion, nationality or any other distinguishing characteristic. In the case of the Rwandan genocide, the historical division between the Hutu and Tutsi ethnic groups was exploited through a decades-long campaign of hate speech that fanned the flames of animosity and mistrust. Ethnic tensions were exacerbated by spreading unfounded rumors and dehumanizing ethnic Tutsi citizens.

Media outlets in Rwanda, primarily radio stations before social media became widespread, were powerful tools for disseminating hate propaganda. They relentlessly

them," solidifying a perception of the Tutsis as a threat to the Hutu community's well-being and survival. The Rwandan genocide stands as a tragic and deeply disturbing episode in human history. Sadly, it does not stand alone.

The Holocaust did not start with gas chambers, but with hate speech against Jewish people. The Nazi regime adopted laws and regulations to crush Germany's independent media, replacing it with state-controlled radio and print media that disseminated hate speech, anti-Semitic, racist stereotypes, disinformation and lies.

Nazi media campaigns contributed significantly to normalizing atrocity crimes, facilitating the planned and systematic persecution and annihilation of some 6 million Jewish children, women and men. Other minority groups were also targeted: people with disabilities, Germans of African descent, LGBTQI peoples, Poles, Soviet prisoners of war, political dissenters, Roma (Gypsies), and Jehovah's Witnesses were also imprisoned in concentration camps or killed during the Holocaust.

The list of genocides is long and bloody. Despite different countries and different times, they all share an essential feature. The perpetrators promote hatred and fear, portraying the victims as less than human, or as dangerous criminals or sinners.

Can we learn from this bloody history or will we look the other way? Free speech is important. It's not about making hate speech unlawful. It's about making it unacceptable. People may have a legal right to say awful things - but each of us should take responsibility to denounce it when we hear or see it and make efforts to discourage it from being spread around. If we are in a targeted group, it's easy to recognize. But it's just as important, perhaps even more important, to recognize and denounce it when others are the target.

Hate speech and the weaponization of public discourse for political gain is not new. But social media and digital platforms have made it easier and faster to spread it all over the world. Hate speech coupled with disinformation can lead to stigmatization, discrimination and ultimately large-scale violence. Tragic chapters in history emphasize the importance of opposing today's hate speech. Promoting tolerance, empathy, and understanding are essential to stop the "small-scale" violence that is happening all around us almost daily and to prevent "large-scale" atrocities and genocide from happening again.



broadcasted hatred and misinformation, which incited the Hutu majority to kill their Tutsi neighbors. These broadcasts labeled Tutsis as "cockroaches" and called for their extermination. Hate-filled propaganda circulated through the airwaves and played a pivotal role in fueling the hatred and fear that in turn fueled the genocide.

The dehumanization of the Tutsis through hate speech not only justified violence against them but also created an environment where violence became normalized. Fear and paranoia spread among the Hutu population, leading to neighbor turning against neighbor and even family members betraying each other. Hate speech perpetuated a sense of "us versus

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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

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- .....(unless there is a specific approved event)

# INSIDE

President Msg.....	Page 5	Puzzles/Games .....	Page 30
Pen to Paper.....	Page 7	Sheriff .....	Page 35
Camera Club .....	Page 12	Property Appraiser .....	Page 36
Martin Zevin, PA.....	Page 13	Financial Focus .....	Page 38
Safety Solutions .....	Page 14	Museum.....	Page 40
Tea Time With Bruce .....	Page 25	Homestead.....	Page 41
Acupuncture .....	Page 26	Clubs.....	Page 47
Theatre/Shows.....	Page 27	Movies .....	Page 50
Pool/Billiards.....	Page 28	Woodshop.....	Page 52
Ask Dr. Joy.....	Page 29	Puzzles/Games Answers ...	Page 54

# From the President



**Happy September!** Fall is on the horizon, school begins, and we welcome back all our friends returning to their Wynmoor home. As the season is busy, please be careful in your travels.

This month marks the conclusion of our 2024 budget process. On behalf of myself and the Management Committee I would like to thank and congratulate our Administrator, Bruce Bandler, Assistant Administrator, Keith Arnold, our Wynmoor Community Council Treasurer, Fred Stein, and all our Department Heads for a great job on the 2024 budget, which will be brought to the Executive Committee and the Board of Directors for approval.

The future success of Wynmoor is dependent upon many things. Most of us are unaware of the “inner workings” and the system upon which the community was set up. It is safe to say that our founding fathers came up with a rather unique “government,” one upon which Wynmoor has thrived and has been able to achieve and maintain a status of excellence throughout South Florida and beyond. Many communities have looked to us for guidance and advice on a few significant issues over the years and we have proudly collaborated with them to resolve their concerns.

For those of you that might be interested, I thought it might be worthwhile to clarify specific details regarding Wynmoor’s operation.

All of us live in “associations.” Each association has a board of directors who are responsible for the good and welfare of the individual association. They are the governing body; they participate in the budget process, they review and approve contracts, they assist in unit owner issues, and they disperse information to their constituents.

Then we have “Wynmoor Community Council.” The Council’s basic function is to oversee and ensure the successful operation of the facilities; this includes all common property that is not owned by an individual association. Each association has a Council Representative that sits on the Council Board of Directors and participates in the decision-making process on behalf of their association. All “directors” have a fiduciary responsibility to their constituents and are expected to perform with honesty and integrity and assure their residents of representation at meetings.

The “Management Agreement” is the governing document between “Wynmoor Community Council” and the individual “Association.” This document clearly outlines services, responsibilities, etc. to be provided by

“Wynmoor Community Council” for and on behalf of each “Association.”

The Management Committee is chaired by the President of Council and consists of all elected Council Officials. The Council has an Executive Committee which submits its findings and recommendations to the Council Board of Directors. The Executive Committee is composed of the Officers of the Council Board of Directors and one elected representative from each Village; Andros, Antigua I, Antigua II, Aruba, Bahama, Bermuda, Bimini, Cayman, Eleuthera, Granada, Lucaya I, Lucaya II, Martinique, Nassau, Portofino I, Portofino II, and Victoria.

The Budget and Finance Committee consists of all Council Officers plus at least (5) duly appointed unit owners. The Committee reviews the monthly financial operations of the Council Board of Directors. The Committee reviews the Annual Budget submitted by the Administrator. The Budget goes to the Executive Committee to be executed by the Council Board of Directors. Other standing committees include Architectural, By-Laws, Grounds, Hearing, and Long Planning and Advisory. The President shall appoint the Chairperson and members of the standing committees. They may find it useful to conduct hearings and report on policy questions, evaluate operations and submit recommendations for consideration by the Executive Committee and Council Board of Directors.

The City of Coconut Creek is looking to make their opposition to Florida’s Turnpike expansion more official. City Commissioners have proposed a resolution putting on notice the governor and state legislators. The city hired a prominent law firm to fight back against the project that will extend the road from 6 to 10 lanes and bring the highway close to homes on the city’s eastern edge. Wynmoor along with other neighborhoods will be significantly adversely affected by the expansion, including suffering dramatically increased noise, air pollution, traffic, congestion as well as decreased light and physical encroachment into the communities as required to support (4) additional lanes

*Continued on page 6*

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# From the President

Continued from page 5

and the requisite infrastructure. Florida's Turnpike has announced the dates of two upcoming public hearings - September 20th for the virtual hearing and September 21st for the in-person hearing. We will keep you informed as to the time and venue once it has been established. We need our Wynmoor residents to speak up. In a display of unity, we need to fight an enemy that threatens Wynmoor "We need to stop the turnpike expansion. We need to strip the Florida Turnpike Authority of their ability to ever do this again in our backyard."

We can't let September go by without calling to mind the tragedy of 9/11. We must never forget and always keep it in our hearts and prayers.

Enjoy Labor Day with family and friends and we wish everyone blessed holy days.

As always, Good Health and Stay Well.

God Bless,

*Jackie Bailey*



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## Where To Find Yourself – Why Not In America?

By Mobolaji Adedoyin

For many years, some people in the United States claimed they travelled overseas to “find or discover themselves.” I fully understand that concept or goal because I did that many moons ago - I came to America to find myself.

Most Americans that travelled overseas to find themselves had something in common - they were usually from wealthy families. They had money not only to travel but to also feed themselves for a few years - some even have funds to feed themselves for several years. All such people I read about, went to very poor areas in other countries such as India, Pakistan, Philippines, and Japan.

Few years ago, in my line of business, I read in Trust documents about two individuals, born with a silver spoon in their mouths, that disappeared a few years before their wealthy fathers died. One of them, (Mr. A), was a sophomore at a very reputable college in New York and the other, (Mr. B), was in his last semester in college before he disappeared. Mr. A had a younger sister and Mr. B had an older sister and a younger brother.

In a Trust document, the duty of a trustee, or a bank acting as trustee, is to gather a grantor's assets after he or she passed away and distribute those assets expeditiously to the beneficiaries of the deceased. Both banks acting as trustees for those two estates could not locate Mr. A and Mr. B in the United States. Their siblings did not have any idea where they were or could be. However, those banks must try to locate them in other countries based on tips from siblings, relatives, and friends. Mr. A and B inherited about twenty-four million dollars between them. To cut the story short, the two banks found both of those spoiled brats, not related, in two very poor cities in India four months apart.

In Mr. A's letter to his father's bank, he said “I came to India to find myself. I did not tell dad because he would not understand.”

Five years after his father passed away, Mr. B. wrote to his father's bank, “I had to leave home to really know what I want for myself.”

It seems only men and women from wealthy families travelled to poor cities overseas to find or discover themselves. People like me, not born into wealth, travelled to cities in richer countries, such as United States, to find ourselves by either educating ourselves or working hard to make money the old fashion way, earned it.

I decided where to find myself eighteen months after high school, when my dear mother closed her eyes forever. My decision became clearer nineteen months later after my other best friend, my paternal grandfather, closed his eyes forever. I knew then I had to leave my roots and travel overseas to educate myself and try to make a living. I also knew I would not go to a poor city in any country because I did not have a Trust account or large sum of money to inherit later in life.

I do not criticize someone from a wealthy family for leaving home as I did. Wealthy or poor, I know life is not easy, everyone must do their best to make sense of this world we find ourselves in. However, I wonder whether Mr. A and B could have found very poor cities or neighborhoods in America. Poverty in the United States defines the group of people that are in a state of deprivation, lacking the usual or socially acceptable amount of money or material possessions, often not enough to sustain a good standard of living. There are very poor cities with people lacking the usual or socially acceptable amount of money enough to sustain a good standard of living in Detroit, Michigan: Cleveland, Ohio: Dayton, Ohio: Hartford, Connecticut: Rochester, New York: Newark, New Jersey: Jackson, Mississippi: Syracuse, New York: Birmingham, Alabama: and Springfield, Massachusetts. I understand Detroit, Michigan is the poorest city in the United States.

If you know someone, from a wealthy family, who wants to find himself or herself away from home, please suggest one of those cities stricken with poverty in America.

*Continued on page 9*

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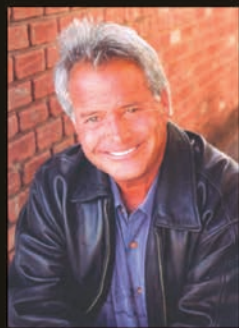
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# pen to paper

Continued from page 7

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## The Best Of Times Is Now

By Linda Storfer

Did you know that older adults are the fastest growing segment of the American population? There are roughly 55,892,000 older American adults, about 16% of our total population of 331,893,750 Americans. We have all heard the term *The Golden Years*. What do *The Golden Years* usually refer to? Aging has been defined by sociologists as the biological, psychological, and social processes that affect people as they grow older. Today thanks to technology and medical advancements people are living longer with the average age of life expectancy being 78 years. The average age for women's life expectancy is 85, with men's being 83. If you are reading this article and are older, consider yourself fortunate. Fewer people are living in nursing homes with fewer disabilities. The national trend over the past decade is remain in your own home even if one requires an aide to assist them with their daily living activities.

According to the most recent census 48.1% of older adults are retired with the highest population density living in Maine, Florida, West Virginia, and Vermont. For many, retirement is a big adjustment as they transfer from working to a leisurely lifestyle. For some retirement is a smooth transition while for others it is somewhat difficult as all change usually is. After working for most of their lives, many retirees volunteer, travel around the country and to foreign countries, spend more time engaging in active sports like golf, tennis and pickleball, visit their children and grandchildren who live long distances from them while some people spend more time in activities that are hobbies such as writing, painting, crafts, photography, sewing, knitting. etc. I always promised myself that when I retired that I would return to painting as I did during my college years, and I have kept that promise. Painting for me, like cooking is therapeutic, creative, and relaxing. Retirement should be synonymous with relaxing and living a stress-free life daily.

Another thing that I do is take classes because of my love of learning. If you

have your mental capabilities and wits about you, you are never too old to learn. Taking classes now is much more enjoyable because there is no stress, pressure, exams, grades, or competition as many of us remember back in college or graduate school. We have the privilege of studying subjects that we are truly interested in and have a strong desire to learn more about. A few months ago, I discovered the Levi Yitzchok Senior Academy which is designed for older adults and caters to their interests. I enrolled in a four-week Jewish History course and at the conclusion found that it was the best history class I have ever taken. The instructor had a wealth of knowledge to impart, and the class makeup allowed for interaction and student engagement. The best part of this experience was that I did not even have to leave my home since it was on Zoom, which is accessible on your cell phone, computer and, believe it or not, on your landline too. No travel time or road traffic. Oh yes, the vast majority of their classes are free, and even the ones that have a fee, it is nominal, and they will waive it if necessary. The Levi Yitzchok Senior Academy offers comprehensive program with current courses in Jewish History the period of King Solomon, Jewish Ethics based on the teachings of the Lubavitcher Rebbe, Code of Jewish Law regarding reciting blessings and Philosophy. For the coming winter semester, they plan to offer two additional courses on foreign languages: Firstly, an interactive conversational Yiddish class and secondly, a conversational Hebrew class. This will be an extraordinary opportunity to have some nostalgic memories and brush up on these languages that are so close to our hearts.

The academy is currently running a survey to win a cruise for two to find out what Judaic topics are of interest to Jewish retirees and seniors. Here is the link for the survey <https://form.jotform.com/232115176081145>

The Levi Yitzchok Senior Academy is an arm of United Jewish Generations, A Chabad organization for Older Adults. They offer classes Sundays thru Fridays for both men and women. For more details and further information on how to register check out the website at [JewishSeniorAcademy.com](http://JewishSeniorAcademy.com) or call 954-458-6000.

Continued on page 10

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# pen to paper

Continued from page 9

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Have you ever considered taking classes for enjoyment and treating yourself to leisurely study and learning but never had the time because you were working, or other life matters interfered? The best of times is now. As we approach Rosh Hashanah, you owe it to yourself to expand your Jewish knowledge and intellectual horizons. Do not wait another day—seize the moment and join our growing group of interesting people who love learning. May you and your families be blessed in the New Year 5784.

## No Dogs Allowed

By Chuck Nistico

It was January 2022 when I came to Florida to escape the cold of Vermont and perhaps find a place to live. I found a realtor online; she had some properties lined up for me to see when I arrived here in South Florida.

I had just convinced myself that I was over 55, so I was interested in seeing just what this type of community had to offer. I saw both 55+ and regular condo communities; the closer to the ocean we went, the more expensive the price and lower the value.

Then she showed me a place in Wynmoor. We drove through the main gate (seemed very efficient

and well maintained). On to the unit; first floor, back door onto a golf course, two bedrooms, redone kitchen, and baths. I'll take it! JUST TO LET YOU KNOW, SIR, NO DOGS ALLOWED!

Okay, my days of dogs, cats, rabbits, horses, were behind me, so no problem. Went to closing in February, moved in on April 1st to take advantage of the Florida spring, and my lush surroundings. Then I went for a walk around my building. The first thing that I saw was a DOG. But wait, everyone told me NO DOGS. Well, these are emotional support DOGS.

It is now a little over a year since I have lived there (I'm year-round); I am happy to say I have met many dogs here at Wynmoor and am even happier to say that I have also met and become friendly with the dog owners.

I love living here at Wynmoor. Beautiful, well maintained grounds, infinite number of things to do, and lots of nice people. And don't forget the dogs. I like to think of them as my own "part time" emotional support animals. Every time I see Emma, Apollo, Reo, or any of the Wynmoor dogs, it brightens my day. Rather than begrudge them and their owners, I smile and say thank you for making me smile today.

With so much division and hate in the world, let's not destroy paradise over some furry animals. We can all get along on this simple issue.



## A Sailing Terror On Clark's Cove

By Lawrence E. Correia

In the summer of 1983, I went from San Antonio, Texas to New Bedford, Massachusetts to visit my family and friends whom I had not seen for several years. After several days of dining and partying with family and friends, my brother Dennis called me aside to tell me of a new toy that was his pride and joy. To my surprise it was an 18-foot sailboat. It should not have been too great a surprise because both Dennis and I have always had a love for sailing. I must admit she was a beauty, and I could readily see why he loved her so. Seeing my reaction to his pride and joy Dennis invited me to go sailing with him the next day.

The next morning, I was introduced to my brother's sailing friend David Hanley who was having some problems with his own vessel. My brother offered to take out David's boat to find out what was the problem. So, Dennis and I set sail in David's vessel while he sailed in my brother's boat. So, there we were in the middle of Clark's Cove, when disaster struck. It seems that David did not account for the wind change and failed to adjust the sail and rudder direction causing the vessel to capsize.

Upon seeing his vessel capsize Dennis immediately called out "my boat oh God my boat," and then immediately released his control of the sail and rudder on Dave's vessel to dive in the water to rescue his own boat. Little did Dennis realize that when he dove to rescue his own vessel, he left me with no control of the sailboat. As a result, the sail arm came back in my direction knocking me into the water causing Dave's boat to capsize on me. Luckily, I landed in the water directly under the sail itself. As I surfaced, I could hear Dennis calling out my name and hoping I was still alive. I came out from under the sail and said I'd right this vessel and he could work on his own.

I swam over to the opposite side of the vessel, lined up the rudder, grabbed the lines to the sail and used my body weight to act as a counterweight while trying to right the sail. With some effort and careful timing, I was able to right the vessel. Then the hard work began as I spent considerable time using a bucket to empty the boat of water so I could sail it to shore. Dennis and Dave did the same for my brother's vessel. When the three of us reached shore, I guess I could have yelled at Dennis for leaving me in the boat as he did, but we were all soaking wet and too tired to care. The next day Dennis took me out in his vessel and apologized for what happened, but what the heck he is my brother and I do love my (Dennis the Menace) no matter what happened.

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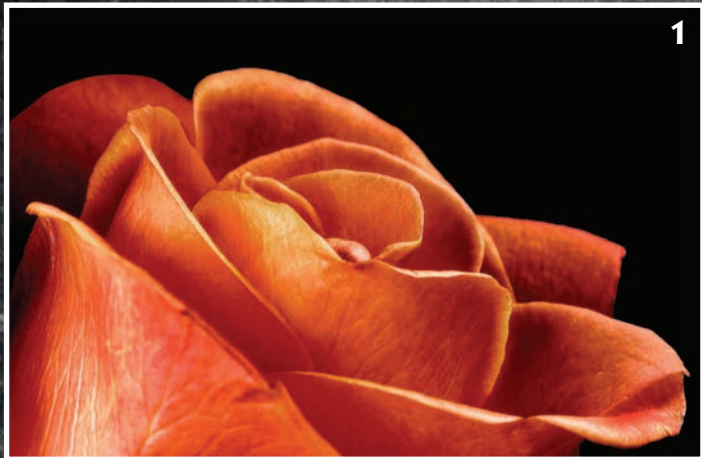
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# What To Do When Your Spouse Or Partner Dies

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 health to give yourself time for the grieving process.

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

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

If 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).

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

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

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# Safety Solutions

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

## Potential Scams Top Search Engines

Potential scams are popping up more and more as top line ads in search engine results. Here's what I mean. Let's say you're on Google and you type in the name of your bank... say it's Bank of America for example. The search engine then spits out everything from Bank of America's homepage to a link to its Facebook page.

But when you click on that Bank of America home page. How do you know that's actually Bank of America's home page?

Start looking for "https," at the top left-hand corner of your screen, that means you're entering a secure account.

In Bank of America's case, it would look like <https://bankofamerica.com>. Big companies are constantly on the lookout for scammers cloning their websites and take action as soon as they find them. But some of these cloned sites can get through. If the website leaves off the "s" in "https," or in other words is just says "http" then that means the site is not secure. It could still be a legitimate site but be wary.

Instead of using Google to access your bank, power company, or water-sewer provider, get used to typing the name in at the top yourself. For example, instead of going to Google to find out how to pay my Coconut

Creek water bill online, I would just type in "coconutcreek.net."

Also get into the habit of never clicking on any ads in a search engine such as Google or Yahoo. While the vast majority are probably legit, you might find one or two that's not. For on-line shopping, such as on eBay, watch for misspellings in the ads and "too good to be true" deals, like that puppy you're looking to buy your granddaughter at that unbelievably low price. There's a reason why that price is unbelievable.

Lastly, start saving your banking website, and other important ones, as "bookmarks" on your browser. It's pretty easy to do. On Google for example, all you have to do is go to the website you want to bookmark and click the star icon on the top right. Then click the star icon with the little plus sign in it to save it as a bookmark. It works basically the same way on other browsers.

There's no telling how many of these phony ads pop up on places like Google and Yahoo each and every day. The companies are good about spotting and eliminating them but they might not get to them all before an unsuspecting victim does.

Awareness is the key. If something doesn't feel right then don't do it. If the site you think is your banking site all the sudden starts asking you questions like "What is your social security number?" you should immediately think: Why would they need that? Or... shouldn't they already have that?

The bottom line is to make sure you are on a secure website... and be alert for any questions about your personal information.

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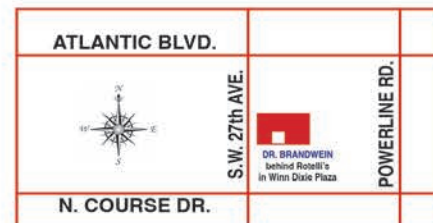
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# Are You Living With, Or Worried About Someone Suffering With Chronic Back Pain?

By Leading Back Pain Expert, Todd James

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

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

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

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

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

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

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

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

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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.

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

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**ROSH HASHANAH**  
SATURDAY, SEPTEMBER 16

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**SUNDAY, SEPTEMBER 17**

10:00 Morning Services  
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**YOM KIPPUR DAY**  
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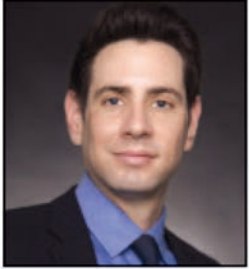
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**Fun With Friends 2**  
By Benjamin Zoe & Debbie Chait



Fun With Friends 2 will be on hiatus during the month of September but returns with our dance on Sunday, October 15th. The event will feature the WolfePak Band.

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The WolfePak Band is a virtual powerhouse of musical genius faithfully replicating the best Grammy and Hall of Fame hits in Rock, Jazz, Funk and Blues.

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Don't miss your chance to experience WolfePak – **Get Your Tickets Starting SEPTEMBER 23rd!**

Memberships for the June 2023 to May 2024 season are still available at a cost of \$15. **While members have priority for ticket sales on a first-come first-served basis, membership does not guarantee dance admission due to the Ballroom's legal occupancy limits.**

The cost to attend our events is \$10 in advance for members and, if space is available, \$20 for non-members. Tickets sales for members to the October dance will begin on September 23rd. A **VERY LIMITED** number of \$20 non-member tickets **MAY BE** available on a first come, first served basis beginning on October 4th. **NO TICKETS WILL BE SOLD AFTER OCTOBER 8th.**

Event registration forms will be emailed to members on September 23rd. Non-members can request registration forms and for all further information send email to: OUR NEW EMAIL ADDRESS, FWF.2nd@gmail.com.

**Alert for 65+ in Florida: Prevention is Key Against Skin Cancer in the Sunny State**

By Fabiano Bellati

Life is fantastic in Florida, but hey, folks aged 65 or older, pay attention! Excessive sun exposure can be risky, especially with so much sunshine around. Therefore, prevention is crucial, even more important than hitting the beach club!

Let's get straight to the point: sunscreen is your best friend in this situation. Use at least SPF 30, and apply it generously, don't hold back! Taking a break from the sun between 10:00 a.m. and 4:00 p.m. when it's most intense is a good idea. Hats, sunglasses, and covering clothing are not just stylish but also protective!

Take this seriously, people! Perform a monthly skin self-exam and schedule regular visits to the dermatologist – it's like a skin check-up, easy peasy!

By the way, you know Florida has the highest concentration of sunlight, right? Skin cancer is on the radar! But hang on, we don't have the most updated data on the cancer rate. Check with the experts CDC, ASCO, and NCI for the freshest numbers!

So, let's go, life is meant to be enjoyed, but we also must take care of our skin, got it? Keep it stylish, stay protected, and let's show skin cancer how to dance!

**Israel Network**

By Linda Storfer

If you have family members living in Israel, we would like to invite you to join our new monthly group. Please join us for a lively discussion at our new group on Tuesday, September 19th at 11:30 a.m. at the far end of the Cove in Wynmoor. Our special guest speaker will be Miriam Lax who will share her personal and moving story about Israel with all who attend. Refreshments will be served. There is no charge, but reservations are requested. Please call 412-816-6883 to RSVP.

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See our article on page 53.

# You've Tried The Rest, Now Try The Best. Temple Beth Am, Margate

By Linda Storfer



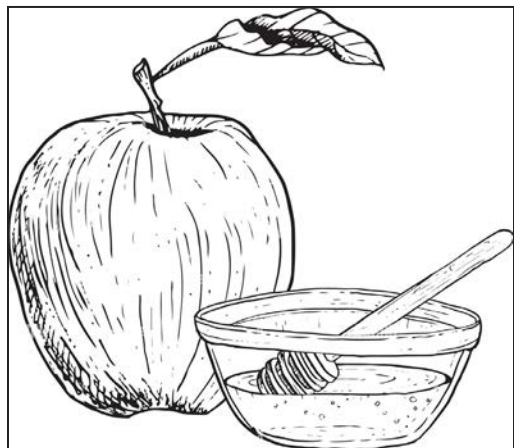
L'shanah Tovah Tikatevu! Happy New Year and Happy Birthday to the world. Rosh Hashanah marks the date that G-d created the world and created Adam and Eve. When I think of Rosh Hashanah, I recall beautiful childhood memories and images of this major Jewish holiday. I see pictures of holiday candles burning, round challahs instead of long braided ones, the blowing of the shofar (ram's horn), sitting in synagogue for two days and asking the Almighty to be inscribed for a good year, festive meals with family and friends and apples dipped in honey. Growing up on the lower Eastside of New York City I remember going with my sisters and seeing close to a thousand people, men, and women, young and old including children and babies all dressed up in their holiday finery walking to the East River on the first day of the holiday to recite prayers including "tashlich" when they threw bread into the river and symbolically discarded their sins. Many years have passed but this image is permanently imbedded in my mind although the numbers of people have greatly decreased because of the changing neighborhood. Another popular custom or tradition is to refrain from eating spicy or sour foods on the first day because we want to ensure that the coming year will be a sweet year. On the second day it is customary to eat something new or different that we have not eaten all year. In our house my mother always purchased pomegranates which we enjoyed.

Last month I attended Sabbath services and our oldest Temple Beth Am member Albert Brunn celebrated the 86th anniversary of his Bar Mitzvah. Albert turned "66 years old" which is 99 upsides down. When Albert chanted his Haftorah I closed my eyes and thought that I was listening to a 13-year-old boy read and sing so eloquently. Although it took a lot of practice, Albert recited it so beautifully and made it sound so easy to do. Albert, a Holocaust survivor born in Berlin, was put on a Kindertransport train at the age of 14 by his parents and ended up in England. I am sure that Albert has vivid memories of his childhood with his beloved parents and older sister Lilly like mine celebrating Rosh Hashanah although we started our lives in different places under very different circumstances. The life story of Albert Brunn reads like a great novel or a Hollywood movie that will hold the reader's or viewer's attention. But it is not fiction, and every word is true.

Tickets for this year's High Holiday services at Temple Beth Am are selling fast but you still can purchase your tickets today by calling our office or stopping in during the week in person. The week before the holidays begin on Saturday, September 9th at 8:00 p.m. we will be holding a slichot service led by our senior Rabbi, Rabbi Michelle Goldsmith which will be preceded by the Tom Hanks movie A Man Called Otto with a lively discussion and desserts. Everyone is welcome to attend but we ask that you register. On Sunday, September 10th our Social Action Committee is holding its 3rd annual "reverse tashlich" where they will clean up a beach from 9:00 - 11:00 a.m. Our weekly BINGO games on Mondays at 6:15 p.m. and Wednesdays at 9:30 a.m. continue with opportunities for large cash prizes, refreshments, and fun. For more information about these programs and events please check out

our website at [www.beth-am.org](http://www.beth-am.org) or call our office at 954-968-4545.

On Friday evening September 15th at sundown millions of Jews all over the world will begin the observance of Rosh Hashanah as they have done for thousands of years. On behalf of TBA's Rabbi, Board of Directors, and our members we wish everyone a very Happy and Sweet New Year in 5784.



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# Acupuncture for Chronic Pain? Here is what the science says.

By Marcus Smith, Licensed Acupuncture Physician

*(The following is an excerpt from an article which recently appeared in the Miami Herald. Special thanks to my friend Doreen for sending the article!)*

**By Trisha S. Pasricha, MD. Dr. Pasricha is a physician at Massachusetts**

**General Hospital, an instructor in medicine at Harvard Medical School and a medical journalist.**

**Q:** I've tried a lot of medicines for my chronic pain, and nothing works. Should I try acupuncture?

**A:** Critics once dismissed the benefits of acupuncture as purely a placebo effect, a notion that still lingers among a portion of the public. But research has found a benefit for certain conditions, including chronic pain.

The data is so promising that, in 2020, the Centers for Medicare and Medicaid Services started covering acupuncture therapy for chronic low back pain. Clinical trials over the past several decades have suggested acupuncture may be a beneficial treatment for other conditions, such as chronic obstructive pulmonary disease and constipation.

To determine if acupuncture really works, researchers have compared it to "sham" acupuncture.

Acupuncture is a treatment composed of activating specific locations – or acupoints – on the body, commonly with fine needles. In traditional East Asian medicine, activating acupoints is thought to help restore the flow of chi, the body's vital energy.

In sham acupuncture, the acupuncturist inserts needles, but deliberately avoids established acupoints. It's not a perfect double-blind system, because trained acupuncturists know they're administering a sham.

From the patient's perspective, however, the experience is essentially the same. And if the benefits of acupuncture were entirely due to a placebo effect, the sham and the real thing would produce similar results.

In some cases, they don't.

A 2018 meta-analysis of over 20,000 patients in 39 high-quality randomized controlled trials found that acupuncture was superior to both sham and no acupuncture for back or neck pain, osteoarthritis, headaches and shoulder pain. These outcomes mostly persisted over time – even after 12 months of receiving treatment.

But it isn't a magic cure-all. Like any treatment, it may not be a good fit for everyone. Though it's popular among people undergoing in vitro fertilization treatments, for example, research has shown it does not improve fertility.

## THE SCIENCE OF ACUPUNCTURE

Some skepticism persists over a lack of explanation from a Western medicine perspective of how acupuncture works. But scientists have started to unlock the answer: The brain.

"People talk about psychedelics reshaping the nervous system. Acupuncture kind of does the same thing," said Richard Harris, a professor and endowed chair of the University of California, Irvine Susan Samuelli

Integrative Health Institute. His group conducted a series of analyses on acupuncture among chronic pain patients. They found that acupuncture – but not sham – changed brain activity in terms of activating the receptors that bind opioids, which help control pain in the body. Electroacupuncture, in which the needles are stimulated with minor electrical currents, also impacted how different areas of the brain were connected, essentially rewiring the brain's pain network.

Consider this: In a 2017 study of 80 patients with carpal tunnel syndrome, scientists discovered that electroacupuncture of the afflicted wrist was as effective in relieving symptoms as acupuncture at the opposite ankle.

## HOW COULD THAT BE?

Subjective recovery aside, both groups had improvement in how well the median nerve of the wrist could transmit electrical signals — which didn't happen to those who got sham acupuncture. This would suggest that acupuncture can act locally where the needle is placed, but also may have the ability to act on parts of the body nowhere near that spot.

One way this could occur is via the central nervous system. So, scientists looked at the subjects' brains using functional MRI imaging. They found that needling at the wrist and ankle both resulted in significant changes to how stimulation to the fingers was mapped onto the cerebral cortex.

More research is needed to further uncover the ways acupuncture influences the body, but studies have provided convincing evidence that it's far more than just a placebo effect.

## WHAT ARE ACUPOINTS?

The World Health Organization consensus recognizes 361 standardized acupoints on the human body. Acupoints appear to respond to varied stimulation, such as from pressure, heat and electricity.

There's still a lot we don't know about how acupoints work. Some studies have shown that traditional acupoints may have a high density of nerve endings and mast cells. Stimulating these areas may lead to the release of chemicals in the body (such as hormones) and ultimately impact the brain.

## IS ACUPUNCTURE SAFE?

If you're considering acupuncture, talk to your physician about your options, and ask them about finding a qualified acupuncturist in your area.

Acupuncture is generally considered safe when done by a well-trained practitioner. Serious complications and fatalities related to it are exceedingly rare. Fainting or pain at the site of needle insertion are also infrequent.

## WHAT I WANT MY PATIENTS TO KNOW

Some people in the United States are biased against treatments not based in Western medicine. But when doctors like me suggest acupuncture to their patients — which I often do for pain or constipation — it's not because we've run out of ideas, or that we're grasping for a last resort. We recommend it precisely because of how compelling the data is.

(For more information about Acupuncture and how it may benefit you, your family, and friends, please visit our website at [MarcusSmithAcupuncture.com](http://MarcusSmithAcupuncture.com) or call us directly at 954-907-1036).

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**SAT, SEPT. 16<sup>TH</sup>**  
**8:00 PM**  
**POPPITRIO**



Poppy Band is an exciting and energetic self contained musical. They have played all over the country and all over Florida spreading their message of fun, good times and all kinds of music. Marian Weinberg, founding member & vocalist, flutist, keyboard player & dancer. Jerry Crepeau with drums & Harry Hafferkamp as guitarist. Poppy's unique style and humor combined with musical excellence insures rave reviews wherever they perform!

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Photos by George Soussou

By Bob Horowitz

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For more information about the Pool and Billiard Club, to join our e-mail list or to sign up for an event or meeting, Email WynmoorPoolClub@gmail.com

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Pancho - 1st Place, Bob H, Janet, Rich R - Tied 2nd Place



Tom P - Tied 2nd Place



Tony C - 2nd Place, Tom P - 1st Place



Tony C, Tom P, & Bill B - Tied 2nd Place, Bob S - 1st Place

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# ASK DR. JOY

By Joy Berke Sanchez Ph.D.

## The Mind-Body Connection



This article is from last September and once again I am starting a class on The Mind-Body Connection. Reading this article is a pre-requisite for being in the class.

Do any of the following sound like you?

*It runs in the family.*

*It's flu season again.*

*I was just on a plane (or in a crowd), that's why I have a cold.*

*Disease is caused by bad diet and bad habits.*

*God uses disease to teach us something.*

*It's 'going around.'*

*Disease builds character.*

*When you reach a certain age, bodies just start falling apart.*

I can probably go on and on with this but you get the idea. See if you have some of your own pet ideas that I didn't think to put on my list.

It's not only your beliefs and attitudes that have an effect on your health. Your physician's beliefs also matter. Dr. Larry Dossey, who writes extensively about this, says that your doctor can influence you and your outcomes in both positive and negative ways. He says that physicians can exert powerful effects through their beliefs. If they strongly favor a certain medication or therapy, and talk up the effects in a cheerleader manner, a patient will 'catch' their enthusiasm and even a placebo will work. On the other hand, Dr. Dossey speaks of a patient of another doctor who was seriously ill and wrote to him. In part this was her letter, "I began to realize that my doctor doesn't believe I'm going to live. It takes me two weeks to recover from a visit to him. He leaves me depressed and feeling sicker. After a while I begin to feel more positive and physically healthier and then the cycle begins again when it's time for my next appointment. Why do I feel like my own physician is killing me?" Why indeed?

As I've mentioned in previous articles, thoughts are vibrations that go out into the universe and attract like thoughts to themselves. We rendezvous with these like thoughts and people constantly and pick up their vibrations as they pick up ours. Especially if we believe that the person, like your physician, has the credibility to know the 'truth.' We then believe it and our own thoughts can create our health or illness.

There is a book out by Dr. Bruce Lipton which says our thoughts can actually change our DNA. How about that? I find that remarkable and it should eliminate the 'it runs in the family' excuse.

We all know and agree that stress and constant negativity and negative expectations can change our health as can depression and anger. But how about opposite feelings? Can extreme positivity and joy also affect your health? Of course it can, along with feelings of peace, love and serenity. These will lead to a sense of well-being and your body will get the message and transform itself and manifest that well-being physically.

When Dr. Dean Ornish was all the rage, maybe in the 80s and 90s he had a three step program for people with heart disease. The first step was to become a vegan, the second was mild exercise and the third, which to me summed it all up, was to meditate and share in a support group that stressed wellness rather than regurgitation of fears and complaints. All his participating patients improved but the ones who consistently meditated and attended the group meetings did remarkably better.

I can write so much more on this subject especially the power of prayer which I will briefly touch on here. There was a study done regarding in vitro fertilization where the success rate was about 20% on the first attempt. A group of prayers got together and anonymously prayed for the women getting the procedure. The patients were not told about this at all and had no idea they were being prayed for. So what happened? The success rate for the women who were prayed for by strangers and didn't even know it, jumped to over 50%. So what do we define prayer as. "The act of praying is actually the clear focus of intentional thoughts with the expectance of a favorable outcome by a power greater than we are." That power can take the form of a religious being or the vibrations or quantum energy of the universe. However you see it, use it.

Health is our natural state and through negative beliefs, our own and others that we have bought into, we add or attach disease into our being. Our goal is to eliminate these add-ons and picture ourselves in our natural state of wellness. It's all mind work. We have a powerful tool at our disposal if we just learn to channel and direct it. Good luck with this. It's really easy and effective.

If you are interested in joining the class please contact me at JoyB212@aol.com. The class will close at 20 people because I hold it in my apartment.

Hope everyone had a great summer.

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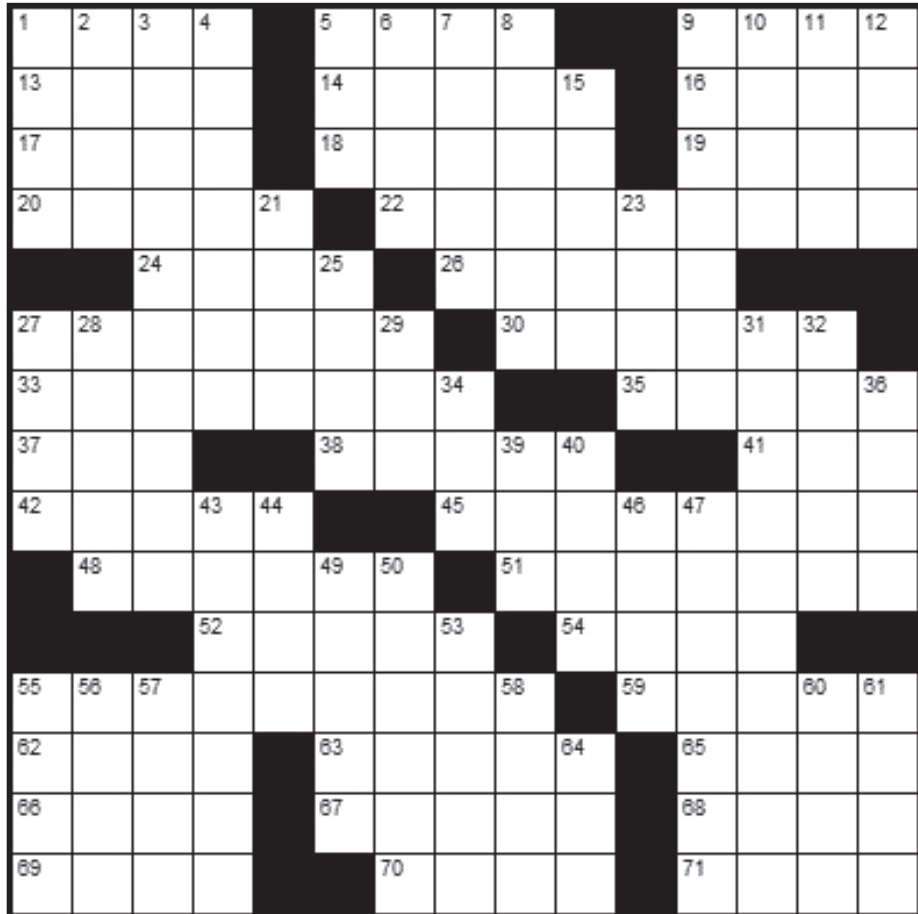
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# Puzzles and Games

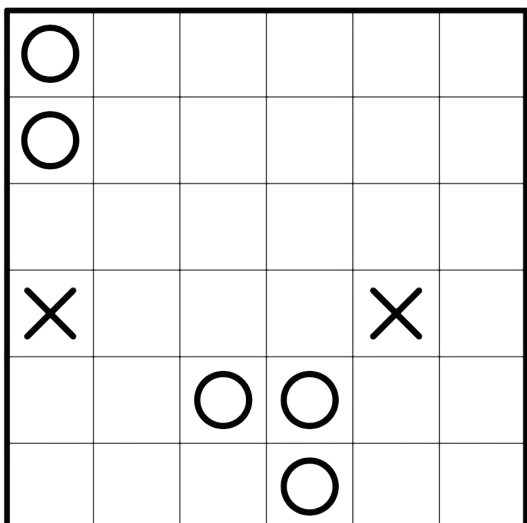
Solutions on page 54

## Crossword Puzzle



- ACROSS**
- 1. Burlap fiber
  - 5. Unidentified flying objects
  - 9. Iridescent gem
  - 13. Any minute
  - 14. A type of writing tablet
  - 16. Deviate
  - 17. Data transfer unit
  - 18. Rose dye
  - 19. Otherwise
  - 20. Upswell
  - 22. Parisian police
  - 24. Nil
  - 26. Cranium
  - 27. Endurance
  - 30. Benne
  - 33. Where you're from
  - 35. Drama set to classical music
  - 37. An uncle
  - 38. Excuse
  - 41. Black bird
  - 42. Jeans material
  - 45. Nirvana
  - 48. Exert much effort
  - 51. Cut out
  - 52. Command
  - 54. Couch
  - 55. Strolled
  - 59. Consumer of food
  - 62. Salon service
  - 63. Forestall
  - 65. Give as an example
  - 66. Environs
  - 67. Embankment
  - 68. Frog
  - 69. Horse color
  - 70. Stitched
  - 71. Be aware of
- DOWN**
- 1. Quick short punches
  - 2. Sloth
  - 3. A sporting competition
  - 4. Chess closing
  - 5. Employ
  - 6. Whip
  - 7. Desert watering holes
  - 8. Smells
  - 9. Intersection
  - 10. Inner surface of the hand
  - 11. Rear end
  - 12. Strong cleaners
  - 15. Empower
  - 21. Rewrite
  - 23. As well as
  - 25. Dwarf buffalo
  - 27. Outbuilding
  - 28. Weighty books
  - 29. Cobbler's tool
  - 31. Profound contemplation
  - 32. Delete
  - 34. Bite
  - 36. Blown away
  - 39. Not good
  - 40. Ticks off
  - 43. A Marvel superhero
  - 44. Shopping place
  - 46. Balm ingredient
  - 47. Actual
  - 49. Utopian
  - 50. Fretfulness
  - 53. Female ruff
  - 55. Box
  - 56. Designed for flight
  - 57. Component used as fertilizer
  - 58. Illustrated
  - 60. French for "State"
  - 61. Overhaul
  - 64. Right after nine

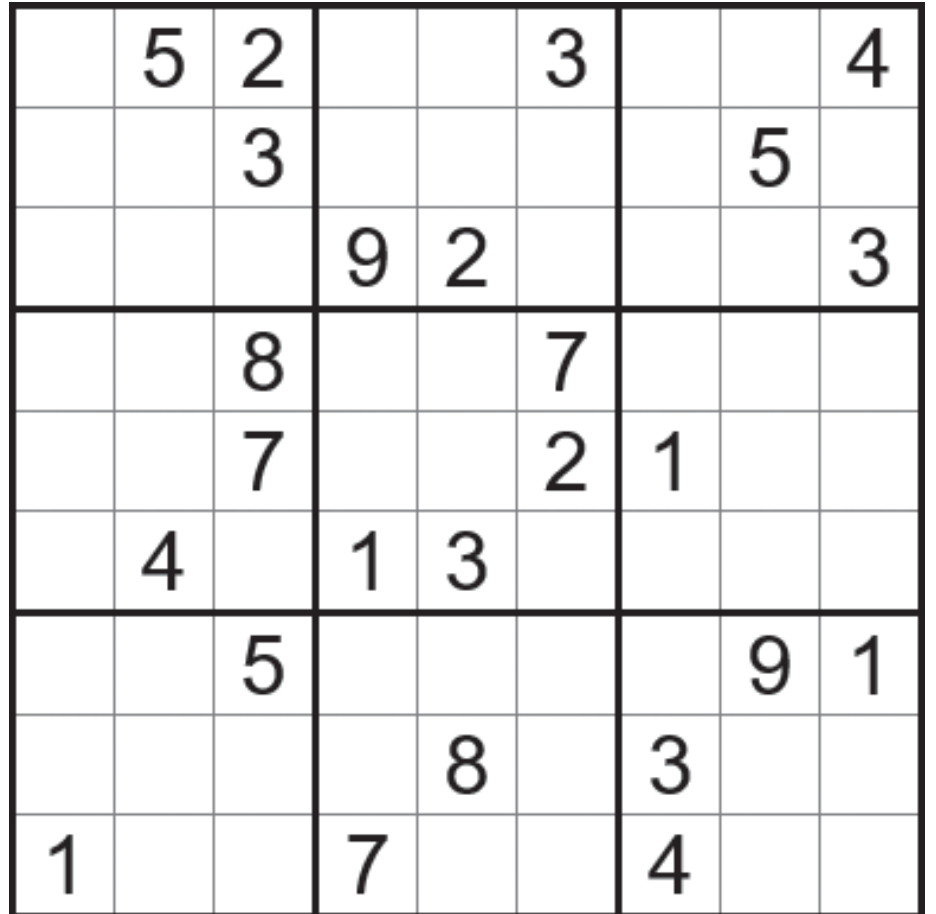
## Binox



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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.

## 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.

## Family Ties

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



- |          |              |           |            |
|----------|--------------|-----------|------------|
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| AUNT     | FATHER       | MOTHER    | SISTERS    |
| BOND     | FOLKS        | NEICE     | SON        |
| BROTHERS | GENEALOGY    | NEPHEW    | SPOUSE     |
| CHILDREN | GRANDPARENT  | NEWLYWED  | STEPPARENT |
| CLAN     | HALF BROTHER | OFFSPRING | TRIPLETS   |
| COUSINS  | HALF SISTER  | PARENTS   | TWINS      |
| DAD      | HUSBAND      | PROGENY   | UNCLE      |
| DAUGHTER | KIN          | RELATIONS | WIFE       |
|          | MARRIAGE     | RELATIVES |            |



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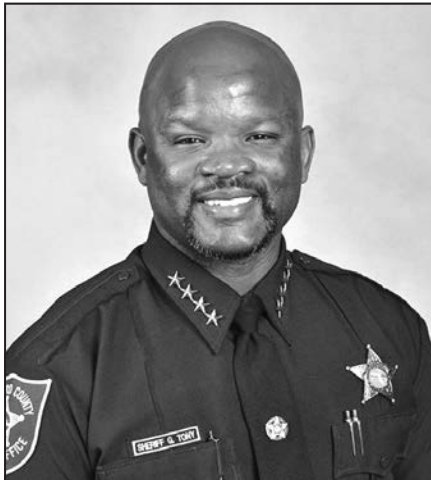
By Sheriff Gregory Tony

## INVESTING IN OUR COMMUNITY

Investing in our community is paramount to public safety. Children’s Harbor is a non-profit organization that serves as a home for kids without a family and keeps foster siblings together. While caring for these at-risk youth, this organization also guides them toward independence, building academic success, life skills and confidence through mentorship programs. The foundational values of Children’s Harbor are aligned with our own at the Broward Sheriff’s Office, and we are honored to have a small hand in their success.

I am proud to say through our Law Enforcement Trust Fund (LETF) Program, BSO supports Children’s Harbor and many community organizations like it. We choose these local non-profits on the merit of their mission to improve the lives of Broward County residents. The money we award comes from the seizure and forfeiture of contraband used in the commission of a crime. State law allows us to use these funds to reinvest into charitable 501(c)3 organizations that benefit our community.

Under my administration, the LETF selection process has been elevated to become a fair and impartial process. All qualified organizations have the same



opportunity to compete for funding, and funds are distributed equitably. This year, we had the great privilege of investing nearly \$900,000 back into the community by funding 88 different programs for selected non-profit organizations.

As an agency, we understand community stability is a core variable of public safety. We must identify gaps and service needs within our community and connect our resources with organizations that can serve as a force multiplier to have a greater impact throughout Broward County. Whether it’s connecting with youth, providing crime prevention programming, mentorship opportunities, mental health assistance, veteran services, or academic development, we are committed to utilizing these LETF funds in a way that supports a thriving and prosperous community.

We will continue to evaluate and select new organizations whose mission is focused on the betterment of Broward County. To determine if your charitable organization is eligible to receive LETF funds or to learn more about the process, please visit [sheriff.org](http://sheriff.org) or email [LETF@sheriff.org](mailto:LETF@sheriff.org).

Congratulations to this year’s LETF recipients!

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## Questions About Your 2023 Property Assessment or Exemptions?

Our office mailed over 776,000 TRIM (proposed tax) Notices to Broward County property owners last month. The 2023 Just/Market Values are based on the market data from 2022 as Florida Statutes require our office use January 1 as the date of assessment each year.

The TRIM Notice you received shows your 2023 Just/Market Value, any tax-saving exemptions you are receiving, and the proposed tax amounts as set by the various taxing authorities listed on the notice. *It is important to remember the Property Appraiser's Office does not set or collect taxes.*

If you believe you are entitled to a Homestead Exemption or any other exemption not shown on your TRIM Notice, you may still late file for any 2023 exemption until September 18, 2023. For a list of all the available tax-saving exemptions and to apply for these exemptions online, please visit our website at <https://web.bcpa.net/bcpaclient/#/Homestead> or call us at 954-357-6830.

If you have any questions about your 2023 Just/Market Value or exemptions, please email or call us prior to September 18, 2023.

Exemptions & General Questions .....	CSEgmt@bcpa.net .....	954-357-6830
Residential Property Values .....	ResTRIM@bcpa.net .....	954-357-6831
Condo, Co-op & Timeshare Property Values.....	CondoTRIM@bcpa.net .....	954-357-6832
Commercial Real Property/Duplexes Values.....	CommercialTRIM@bcpa.net .....	954-357-6835
Tangible (Commercial) Personal Property .....	tpp-docs@bcpa.net .....	954-357-6836
Agricultural Property Classification .....	ag-docs@bcpa.net.....	954-357-6822
Report Homestead Fraud .....	DPSC@bcpa.net .....	954-357-6900

*If you have questions or concerns about any of the proposed tax rates or non-ad valorem fees, including fire assessments, please contact the taxing authority listed on the TRIM Notice.*

**The ABSOLUTE deadline to file an application for any 2023 exemption or to appeal your property's 2023 Just/Market Value is September 18, 2023.**

### Value Adjustment Board

The Value Adjustment Board (VAB) is an independent quasi-judicial review board. If you believe your Just/Market Value is not what a buyer would have reasonably paid for your property on January 1, 2023, you should first contact our office. If after speaking with one of our appraisers, you still do not agree, you can file an appeal with the Broward County Value Adjustment Board. If you were denied an exemption, you may also file an appeal with the Value Adjustment Board challenging this denial. The absolute deadline for Value Adjustment Board petitions is September 18, 2023. If you would like to file a petition online, please visit the VAB website at <https://bcvab.broward.org/axiaweb2023>. Should you have any questions for the Value Adjustment Board, they can be reached at [vab@broward.org](mailto:vab@broward.org) or 954-357-7205.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at [martykiar@bcpa.net](mailto:martykiar@bcpa.net).

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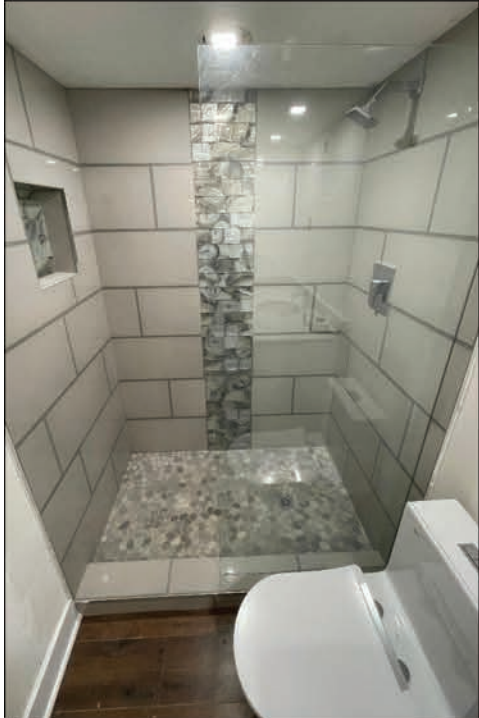
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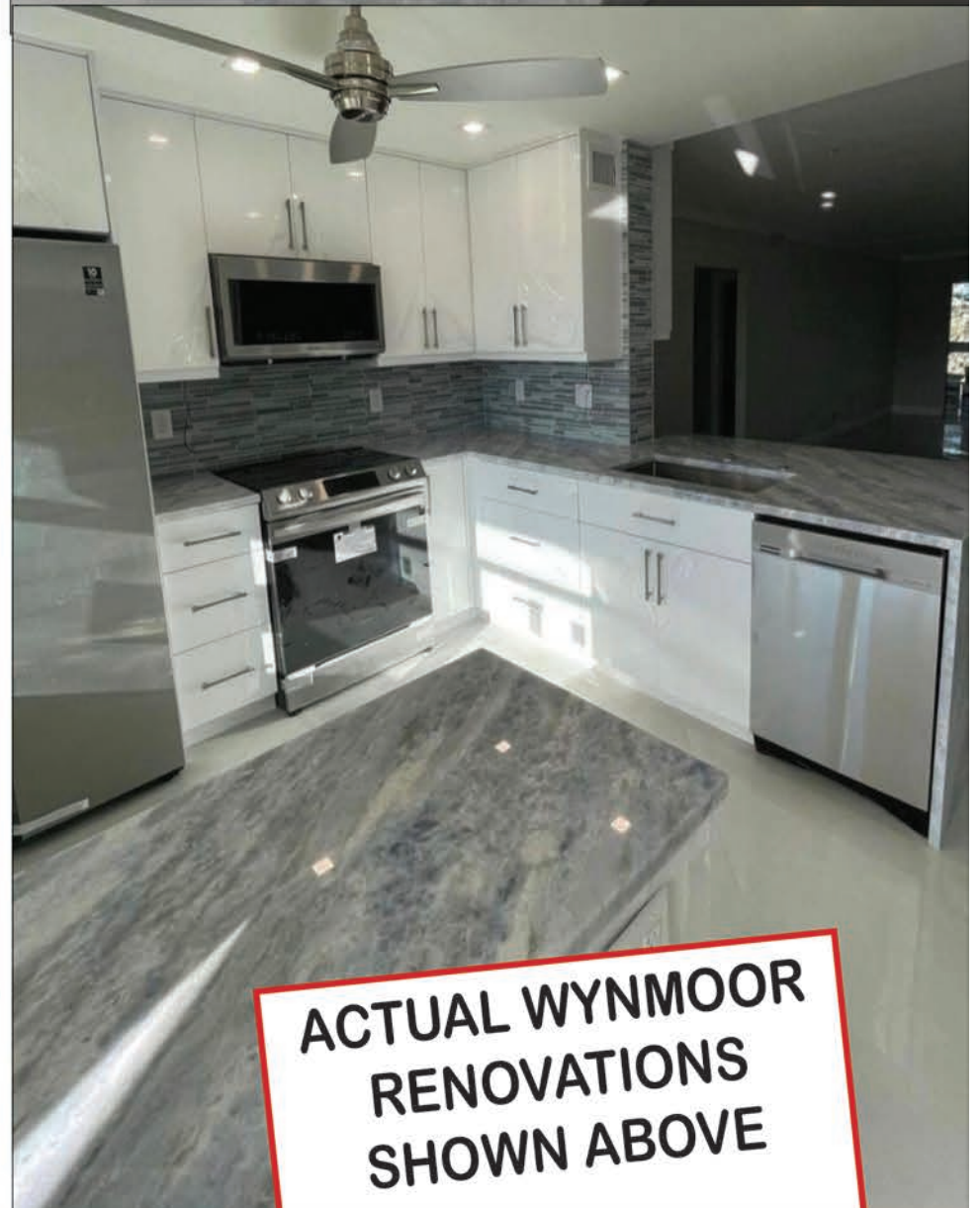





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## Can you benefit from new RMD age limit?

When you're working, you may spend decades contributing to retirement accounts such as your 401(k) and IRA. Once you're retired, though, you'll likely need to begin withdrawing from these accounts to help pay for your living expenses. In fact, you'll be required to take money from them at a certain age — but that age requirement is changing, and it could lead to changes in your financial strategy.

Let's look at some background behind this development. You put in pre-tax dollars to a traditional IRA and 401(k), so your contributions can lower your taxable income and your earnings can grow on a tax-deferred basis. Eventually, though, you must take withdrawals from these accounts or face tax penalties. (A Roth IRA does not have the withdrawal requirement; you can essentially keep the money intact as long as you choose.) As part of the SECURE Act 2.0 of 2022, the age at which you must take these withdrawals — technically called required minimum distributions, or RMDs — has increased from 72 to 73. So, if you turn 72 in 2023, you now have another year before you're required to take RMDs.

The SECURE Act 2.0 also mandates that, in 2033, the RMD age will increase again — to 75 — so, depending on your current age, you may have even more time to plan for the effects of RMDs. Of course, you may need to start taking withdrawals from your retirement accounts before you reach either RMD age — 73 or 75 — so the additional time may not mean much to you. But if you can afford to wait until you must start taking RMDs, what issues should you consider?

Perhaps the most important one is taxes. Your RMDs, which are based

on your life expectancy and account balances, are considered taxable income in the year in which you accept the money. If you have sizable amounts in your traditional IRA and 401(k), these RMDs could be large enough to bump you into a higher tax bracket, leading to greater taxation of Social Security benefits and a Medicare surcharge. So, the ability to delay taking RMDs can be beneficial from a tax standpoint, at least for a time. On the other hand, by delaying RMDs, you might eventually have to take bigger taxable withdrawals from your accounts that may have larger balances because they've had more time to potentially grow.

You could address the issue of taxable withdrawals by converting your traditional IRA to a Roth IRA before you're faced with RMDs — and now, you have more time to do so. Roth IRAs have no RMDs, and since a Roth IRA is funded with after-tax dollars, your withdrawals are tax free, provided you don't begin taking them until you're at least 59½ and you've had your account at least five years. Again, though, taxes are the issue — any pre-tax dollars you convert from a traditional IRA to a Roth IRA will be taxable in the year of the conversion. To reduce this tax hit, you could space out the conversion over several years.

When thinking about delaying RMDs or doing a Roth IRA conversion to avoid RMDs, you'll need to consult with your tax advisor. But the new RMD age limits do give you more flexibility in these areas, so think carefully about how you might benefit from the added time.

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

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# The Importance of Vanity for Self-Esteem and Health in Aging

By Fabiano Bellati



In the process of aging, vanity plays a crucial role in maintaining self-esteem and health. Taking care of oneself, regardless of age, is essential to cultivate a positive view of aging and life in general.

The use of light make-up and appropriate moisturizers provides the skin with the necessary nourishment, helping it to stay radiant and healthy. Hair care is also fundamental, as well-treated and well-cut hair contributes to a more youthful appearance.

Beyond appearance, internal hydration is equally relevant. Drinking water regularly is essential for the body's overall health and skin. Similarly, the use of light perfumes contributes to a feeling of freshness and well-being.

We should not neglect foot care, using urea-based creams to keep them hydrated and healthy. Personal hygiene, such as taking daily showers, is also indispensable for overall well-being.

These care practices are not exclusive to women, as men also benefit from a personal care routine. Shaving daily, regular haircuts, trimming eyebrows, and tending to ear hair contribute to a well-groomed and youthful appearance.

In addition to physical aspects, good oral health is important. Brushing teeth after meals helps maintain a healthy and confident smile.

Part of aging with self-esteem involves accepting and embracing the changes that come with age. Seeing wrinkles as marks of experiences lived and the signs of time as witnesses to challenges overcome are ways to cultivate a positive view of the aging process.

The practice of healthy habits, such as waking up early, walking, and getting sufficient sleep, has a significant impact on the quality of life during aging. Maintaining a healthy weight and moderate sun exposure are also important measures for health and well-being.

Vanity, when well-directed, brings joy to life and contributes to positive self-esteem, which is essential for facing the aging process in a healthy and happy way. Therefore, always remember to take care of yourself, respecting and embracing every day. Live life with confidence and gratitude for each phase traveled on the journey of time.

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# Elated to Enjoy 20th Century Art at Buffalo's AKG Art Museum

By Barry Isaac

The AKG Art Museum in Buffalo, New York has reopened. Recently, I returned to this art museum which emphasizes European and American Art from the late 19th Century to the present day. This review disseminates information about its permanent collection from the 20th Century produced by European and American Artists.

I saw quality Post-Impressionist Paintings by Henri Matisse "Musique," "Glimpse of Notre Dame Cathedral, Paris," Pablo Picasso "Le Toilette," Chaim Soutine "Carcass of Beef," Andre Derain "Trees," Marc Chagall "Peasant Life," and Eduard Vuillard "Painter X Roussel And Daughter," among others.

I appreciated fine exemplars of German Expressionism by the following painters: Ernst Ludwig Kirschner "Portrait of Woman," Franz Marc "Wolves, Balkan War," Max Beckmann "Hotel Lobby," and Max Ernst "Age of Forests." Paintings by Beckmann, Franz Marc, Max Ernst, and Ernst Ludwig Kirschner were outlawed in Germany when the Nazis were in control of the German Government. These artists were labelled, "Degenerate."

I also savored fine 20th Century European Paintings by Amadeo Modigliani, Giorgio di Chirico "Anguish of Departure," very surreal, Joao Miro, Piet Mondrian, and Francis Bacon "Man With Dog," among others. I enjoyed later 20th Century Paintings by Alexandra Exter "Composition," Laszlo Moholy-



Nagy "DIV," also associated with the Bauhaus School, Hans Hoffmann "Exuberance," Max Bill "Field of 32 Parts In 4 Colors" and the fine creations of Claes Oldenburg "Soft Manhattan" and Jacque Lipchitz "Sacrifice."

I relished fine early 20th Century American Paintings by John Singer Sargent "Venetian Bead Stringers," Thomas Eakins "Music," Marsden Hartley "Painting Number 46," relates to World War One, Robert Henri "Tam Gan," George Bellows, Charles Burchfield

"Winter, East Liverpool, New York," Jacob Lawrence "Seaman's Belt," and Arthur Dove "Fields of Grain As Seen From Train."

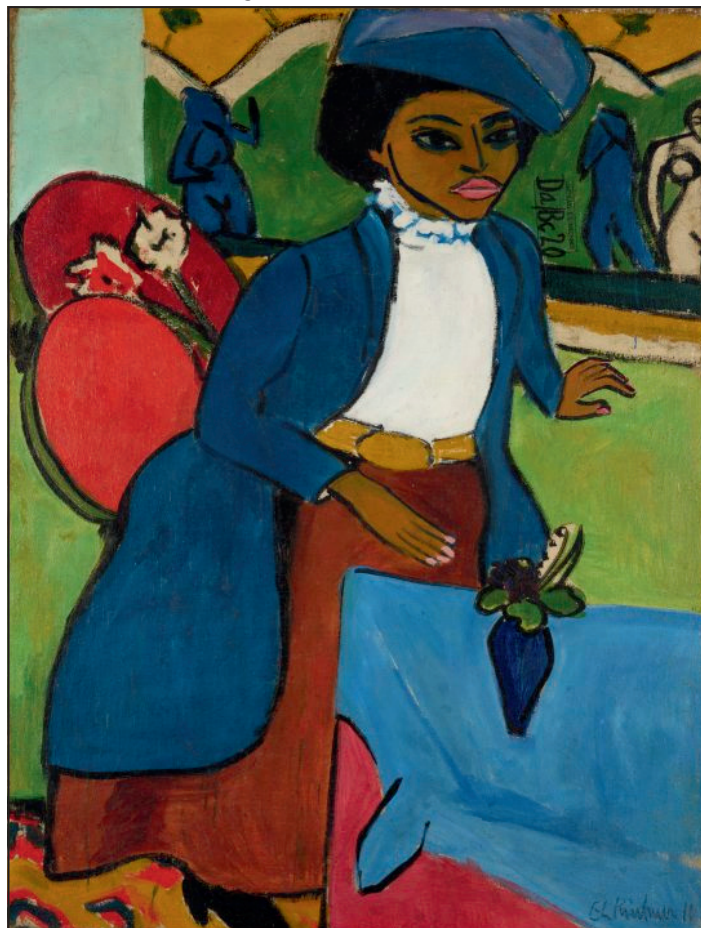
Fine Later 20th Century American Paintings were additional sources of delectation; Milton Avery "Bucolic Landscape," Horace Pippin "Self Portrait" Jasper Johns "Numbers In Colors." Jackson Pollock "Convergence," Ellsworth Kelly "New York," Frank Stella "Jill," and Robert Motherwell "Glory to the Spanish Republic," relates to the Spanish Civil War in the 1930's and the Abraham Lincoln Brigade. I saw fine creations by Louise Nevelson, George Segal "Man of Wood," Anna Dunbar "Jewess," sculpture, and Niki Saint Phalle "Samuela Two Nana," mixed media, levitating woman worthy of recognition.

The AKG Art Museum is an outstanding art museum for those who are captivated by late 19th and 20th Century Art.

Claes Oldenburg "Soft Manhattan"



Ernst Ludwig Kirschner "Portrait of Woman"



Henri Matisse, "A Glimpse of Notre-Dame in the Late Afternoon"



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- September 28, 2023
- October 26, 2023
- November 16, 2023
- December 14, 2023



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# The Liberal Jewish Temple is Your Religious Home!

By Lee Temares and Iris Arlan

Now that we have comfortably settled into our home at Centura Parc we have room for everyone who wishes to join us for Services. You are cordially invited to visit us on September 8th at 7:30 p.m. for a taste of what you can experience during our High Holiday Services. Remember...membership is only \$100 per person, and High Holiday tickets for members is \$100. Non-members will be \$125. The Clubhouse at Centura Parc is located at 2395 NW 36th Ave., Coconut Creek. Lyons Road North to Copans, right 2 lights to Centura Parc. Right, through the gate, to the Clubhouse. There is plenty of parking and the building is handicapped accessible.

Lots of activities coming up in the Fall. Along with a Rabbi's Lecture and Brunch at Centura Parc in October, we also are sponsoring a Juke Box Bingo in of course the Ballroom at Centura Parc. Everyone is welcome. Price for tickets will be \$18. There will be refreshments and prizes. Contact Carla Romaner at 954-974-7768 for information and reservations. Our Annual Garage Sale will be held on December 2nd. Lots of hidden treasures. Come join us.

Did you know that the island of Jamaica was once home to more than 22,000 Jews? Today, most Jews live in the capital of Kingston. The approximately 500 Jews who live in Jamaica today come from all over the world, but mostly from Poland, France, Italy, Africa, Israel, and Turkey. Like Jews in other parts of the world who have adapted local customs to their own ways of living and practice, the Jews of Jamaica have their own recipes for Jamaican dishes, which include ackee, saltfish, fried bammy, breadfruit, potato pudding, dukono pastry and jerk chicken. The synagogue has a dirt floor such as seen in other synagogues in the Caribbean.

Some Jamaican Jews trace their origins to Portugal, where their ancestors were forcibly converted to Catholicism by King Manuel the first in 1497. They could not legally emigrate but still found ways to leave, moving to Spanish Portuguese communities in Germany, England, Italy, and Amsterdam. For the next decade some of these conversos went from Amsterdam to the Caribbean, including Jamaica. They settled in many towns throughout the island. Jamaica was a Spanish colony, but because it was controlled by Christopher Columbus' family, the inquisition could not establish a base on the island. To practice Judaism was illegal, but people were not persecuted.

The British colonized Jamaica in 1655. Under the British, it became legal to practice Judaism. The island's first synagogue was established in Port Royal, which was a bustling commercial community. The oldest Jewish burial ground in Jamaica is just across the Bay from Port Royal in Hunts Bay cemetery. The skull and crossbones appear on 7 graves. And yes, there were Jewish pirates.

One of the most famous of the pirates was Moses Cohen Henriques, who would steal shipments of gold and silver from Spanish boats off the coast of Cuba. Henriques had his own pirate island off the coast of Brazil and worked with captain Henry Morgan in Jamaica after 1654.

The Jewish community of Jamaica reached its peak in the late 18th and early 19th centuries. Under British rule, the Jews flourished by selling sugar, vanilla, tobacco, gold, rum, and other products. By the early 20th century many Jamaican Jews had emigrated to the United States, England, and Australia. The high point of Jewish population was in 1881.

There was only one synagogue in Jamaica from 1921 until 2014 when Chabad opened a center in Montego Bay. Sharre Shalom, in Kingston has 13 Torah scrolls in the ark, many from previously active congregations.

Rastafarianism, a religion developed in Jamaica in the 1930s and was popularized by Bob Marley and his reggae music, uses many Jewish symbols and themes. Many Rastafarians focus on the Hebrew Bible, particularly the themes of freedom and justice. They also believe that the Ethiopian emperor Haile Selassie was the Messiah because he was a descendant of King Solomon. Rastafarians use the symbols of the Star of David and the Lion of Judah.

Many Jews were prominent in Jamaican government after Jamaica became independent from Britain in 1962. However, in the 1970s, some Jews left for political reasons. When Edward Sega was elected in 1980 some of these emigrants returned. Today, the Jewish community is small but highly active.

If you wish to learn more about Jews in the Caribbean, especially pirates, please read Edward Kritzer's book, "Jewish Pirates of the Caribbean," published in 2008.

For general information about The Liberal Jewish Temple, please call Iris Arlan at 954-532-5268. For information about Reform practice, please call Lee Temares at 954-968-4236. Happy September!

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&

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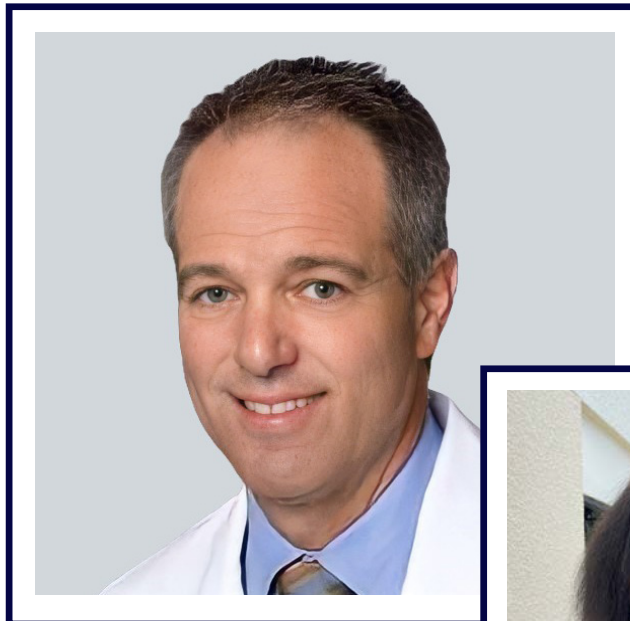
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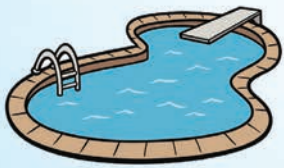
SEPTEMBER 3RD: PAUL SOLO  
SEPTEMBER 10TH: EDIE DICARO  
SEPTEMBER 17TH: EDDIE CRESPO  
SEPTEMBER 24TH: STEVE MICHAELS



1:00 PM - 4:00 PM



WE CANNOT TOLERATE DISORDERLY CONDUCT. PLEASE REFRAIN FROM THE USE OF THREATENING, OBSCENE OR ABUSIVE LANGUAGE. FIGHTING AND/OR PHYSICAL ALTERCATIONS ARE STRICTLY PROHIBITED. VIOLATORS WILL BE SUBJECT TO FINE AND SUSPENSION.



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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

The Belly Dance class is suspended for the Summer and will resume in the Fall. Belly dance improves your balance, stamina, and energy level. The class is complementary to Wynmoor residents. The location and time will be published at a later date. Hope to see you in the Fall. Marcia 516-659-3367.

.....

## Ben's Friends Art Club

By Rene Monblatt

New members are always welcome. We meet 9:00 a.m. every Saturday morning in the Art Studio. This gives you a year-round opportunity to meet new friends and get inspiration from like-minded creative colleagues. Hope to see you Saturday mornings.

.....

## Billiard & Pool Club

By Bob Horowitz

All residents and their guests are welcome to play at the Wynmoor Billiards and Pool Room located in the Wynmoor Country Club building, next to the Library. Boasting 14 tournament grade regulation size pool tables, 4 heated billiard tables, and one regulation snooker table.

Players of all skill levels are welcome. The Room is open 7 days a week from 8:00 a.m. to 11:00 p.m. Use of the room and tables is free to all residents. Please have your Wynmoor ID with you.

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

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## Bocce Ball Club

By Jim Erickson

New members, men, and women always welcome. We meet at 8:00 a.m. Monday - Sunday. Also, Monday, Wednesday, and Saturday at 10:00 a.m. Dues only \$10 per year. Come and join the fun. Any questions contact Jim at 954-400-9302.

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## Bookies

By Myrna Greenberg

September 5 - "The Stolen Lady" by Laura Morelli. Story of the Mona Lisa and World War II and it's survival from the Nazis.

October 3 - "The Night Travels" by Armondo Lucas Correa. The night that Lilith was born a raging winter storm raged in the midst of spring.

November 7 - "Lessons in Chemistry" by Bonnie Garmus. Many aspects of life, love and grief are depicted. Strap on your seat belts it's going to be a bumpy ride!

December 5 - "The Measure" by Vikki Erlick. Would you like to know how much time you had to live? Changes?

Books in 2024: January 2 - "Tomorrow and Tomorrow and Tomorrow" by Kurt Vonnegut short story originally written in 1953 as a short story rewritten as a semi science fiction that depicts multigenerational dynamics.

Book Club meets first Tuesday of the month in the Sunrise Room on left side of Wynmoor Theater from 3:00 - 5:00 p.m. Come and share your love of reading with a fun and gregarious group. Contact Myrna Greenberg at 754-231-6368 or Elaine Kerzner at 954-973-4545.

.....

## Bridge Club

By Bram Hamovitch

Bridge players of all levels are welcome to join us in the East Wing of the Theater Building for our ACBL-sponsored duplicate games. We play on Tuesdays and Fridays at 12:30 (arrive 12:15).

Commencing Tuesday, November 7th, Lenny Fagen will be offering free lessons that are open to anybody, prior to our Tuesday games. The lessons will start at 11:45 a.m. The theme of the lessons is "The Language of Bridge, Informal Lessons on How to Communicate With Your Partner."

"Limiting Your Hand" and "Bidding the Values of Your Hand" will be a central theme of Lenny's lessons. He will be teaching us to think about what you know about your partner's hand after every bid. The "Law of Total Tricks," "Losing Trick Count," "Using Favorable Vulnerability" to

your advantage and "Avoiding Vulnerable Disasters" will all be discussed.

More information about these lessons and our bridge club can be obtained at <https://www.wynmoor.com/recreation/clubs/2245-2/>

Questions? Please contact David at 917-940-1552 or dmrice@mindspring.com. You can also email us at wynmoorbridge@yahoo.com.

If you need assistance in finding a partner, you can reach Terry at 216-401-5739 (voice or text) or thamovit@yahoo.com.

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## Camera Club

By Nancy Landman

The Mission of the Camera Club of Wynmoor is to provide a welcoming environment to Wynmoor residents with all levels of experience, who want to learn photography and grow in their ability to make photographs. 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 upcoming 2023-2024 season full of interesting presentations and creative photographs to view and review.

Yearly Membership: Individual \$10, Couple \$15. If you'd like to register as a member and receive info and updates, send an email to CCWynmoor@gmail.com.

For more information, call or text Nancy Landman 954-496-1965 or Helen Storm 416-452-1313 (Canada).

.....

## Ceramics Club

By Tamara Tresniowski

Summertime Summertime Sum Sum Summertime! Come into our air conditioned, friendly Ceramics Room. Make new friends while being creative. Our club is still open all year long so come join us, new member classes continue, come in and sign up. Our nicely air-conditioned studio is a creative, cool respite from the warmer weather. We look forward to seeing all our regular year-round friends and to making new friends as well. Our new member class is \$40 and you get lessons and a set of paints and tools to get your journey started. Dues are \$15. Our club is located at the clubhouse and our new hours are Monday-Thursday from 9:00 a.m. to 12:00 p.m.

.....

## Chess Club

By Hillel Cohen

The Wynmoor Chess Club will continue meeting during the summer season. We get together every TUESDAY evening from 6:30 p.m. through 9:00 p.m. in Card Room 1 at the Clubhouse. All chess players at any level are welcome and no partner needed. There are no dues and no fees. Chess sets are provided. Games are casual and relaxed so come and play. Masks are optional. Chances are you haven't played for years or decades or since you were in high school (We hear that a lot!) Don't worry. As long as you have a vague recollection of how the pieces move, it will come back to you and no one's keeping score or rankings. The point is to have a pleasant evening while exercising our brain. Now it's your move.

.....

## Clay Sculpture Club

By Sandy Werner

The Clay Sculpture Club studio is bordered by the golf course on one side and the Cove on the other. The studio is light and beautiful and open to anyone in our Wynmoor community who would like to try their hand at sculpture. We will be offering some introductory courses to encourage and to give courage to those who have not "played with clay" for a very long time.

Please call Sandy Werner at 973-476-6943 or Pierrette Zeestraten at 514-704-4497 for more information.

.....

## Conservative Club

By Andrea Frankel-Bellitto

The Conservative Club of Wynmoor hopes everyone is having a wonderful summer.

We would like to remind everyone that we are on hiatus for August and September. Our meeting would fall on the Jewish holidays and of course in observance of Rosh Hashanah and Yom Kippur. We would like to wish all who observe a happy and healthy New Year and break fast.

We will see you October 17th. We have a wonderful speaker. I will tell you about him in the October issue.

An update: Our papers are still pending in Tallahassee to legally change our name to The Republican Club of Wynmoor as it used to be. Remember, we cannot use the Republican brand unless we use it legally. Thanks to all our 1st responders, police, firefighters, healthcare workers.

# Clubs and Activities

Continued from page 47

## Current Events

By Susan Myers

Please join us each week as we discuss various topics of interest to Wynmoor residents who get together every Tuesday morning from 10:00-11:30 a.m. in Card Room 1 within the Country Club area. Topics vary depending on the needs of the individual speaking. We begin each meeting with news related to Wynmoor management issues based on their most recent meetings. Following each meeting, we often get together for lunch. You are always welcome!

David Behr 954-975-9191, Susan Myers 954-933-7743.

.....

## Democratic Club

By Steve Vajda

Join us, Tuesday, September 5th, in the Country Club Ballroom promptly at 2:00 p.m. (doors open at 1:15 p.m.).

Presentations: Tiffany Grantham, Southeast Regional Coordinator, Florida RTCW Citizen Initiative, will speak on The Right to Clean Water: Every Floridian Deserves Better. Please come and sign the petition.

Anthony Caggiano, Vice President of the Broward Black Caucus and long-time Democratic Party leader in Broward, will fire us up and reveal the FACTS of Democratic successes vs. Republican mistakes over the last 10 years. Cheering is allowed.

Also, come early: From 1:15 – 2:00 p.m.: Representatives from the Broward Supervisor of Elections Department will be onsite to assist you to check your current voter registration and to help you apply for a Mail-in Ballot.

For info., contact Steve Vajda at 305-720-5860 or stevevajda@hotmail.com.

.....

## Drawing and Painting Club

By Lynn Miller and Beatrice Horowitz

The Club is open Monday and Friday mornings to club members and Wednesday afternoons from 1:00 p.m. If you are interested in joining us, please come to the Art Room opposite the Doctor's Room on Wednesdays.

.....

## Fun With Friends 2

By Benjamin Zoe

Memberships for the June 2023 to May 2024 season are still available at a cost of \$15. As a reminder, while members have priority for ticket sales, due to the Ballroom's legal occupancy limits, membership does not guarantee dance admission. Tickets will be allocated on a first come, first served basis. FWF.2nd@gmail.com for information.

.....

## Hadassah

By Toby Gordon

For those who were away for the summer months, welcome home. Hopefully you had a safe and enjoyable summer visiting with friends and family. Our Program Vice-President and her team have been working very hard to bring you new, interesting and enjoyable programs for the upcoming season. Our first general meeting will be held on September 6, 2023. The doors to the West Wing will open at 12:30 p.m. for a nosh and a visit with those we have not seen all summer. Unfortunately, because of the rising prices of everything, we are forced to raise our donation price to \$5.00. This includes the cost of our coffee, bagel and smear. Our President, Bernice Riback, will call the meeting to order at 1:00 p.m., with a short business meeting. Then the fun starts! Our Program Vice-President will take over and present our program. Our main meeting will be a "party" celebrating the 40+ years that Hadassah has been going strong in Wynmoor. This celebration will include the songs of Iris Revson.

Our Card Party on July 23rd was very successful and a good time was had by all. Gentlemen, where were you? Please join us at the next Card Party on October 22, 2023.

Watch the carousel outside of the business office for our flyers.

This is the place for further information about other activities that we have planned.

If you need a tree or certificate to commemorate any important occasion, please contact Bernice Riback at 954-984-1703 and she will be glad to help you. As always, Wynmoor Hadassah appreciates your continued support.

To those who celebrate the upcoming High Holidays, the members of the Hadassah Chapter, along with its Executive Board, wish you and yours a sweet and joyous New Year.

.....

## Health and Wellness Club

By Hope Myers

The Health and Wellness Club is thrilled to present the HEALTHY LIVING EXPO on Tuesday, October 10, 2023 in the Main Ballroom at the Clubhouse.

The event is scheduled from 10:00 a.m. – 12:00 p.m. This is your chance to meet many health professionals from the nearby area. Doctors will be speaking on their specialties from the stage and available to answer your questions at their individual booths. A free boxed lunch including a sub, chips and a bottle of water will be given to the first 250 people to attend. If you need a gluten-free lunch, please call Hope Myers at 954-971-9538 to order. A Broadway singer will entertain. Lots of raffle prizes will be given away. This event is promises to be informative and great fun!

The Expo is the Club's activity/meeting for the month of October. The next general meeting of the Health & Wellness Club will be in November. More information will follow in subsequent publications. The mission of the Health and Wellness Club is to provide Wynmoor residents with information to live a healthy lifestyle. The Club meets once a month from October – April. We hope to see all of you at our meetings. For more information contact Hope Myers, President at 954-971-9538.

.....

## Ladies Circle Club

By Diane San Anton

The Ladies Circle Club will hold their first official meeting of 2023 on Thursday, September 28th at 11:30 a.m. in Ballroom C. This will be a "meet and greet" meeting to share ideas and welcome both old and new members. The Ladies Circle Club is a non-profit social club with on-site programs as well as outside activities. Some of the future programs being considered are: flower arranging, the benefits of massage, a day of beauty, and a chair yoga demonstration. Outside activities may include Ladies tea, the ballet at the HARID, The Museum of Amazing Things, with lunch. Special events will be Juke Box Bingo and a card party. For more information, please call Diane at 954-590-2794, Patti at 954-531-4887 or Harriet Lopez (President) at 954-242-5421. Annual dues will be \$15. An RSVP would be most appreciated as refreshments will be served.

.....

## 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

By Tamara Tresniowski

September 4th Labor Day there will be NO DANCE. Come to the Ballroom Mondays 6:30 to 9:30. Lesson usually begins around 6:45. It is \$5 to join for the year and \$2 each week. Guests are welcome and are \$5. Coffee and treats are provided.

.....

## Nature And Arts Club

By Jane Chilewich

*"I believe nature brings solace in all troubles"* Anne Frank

Despite the terrible heat we are all experiencing in much of the country, seeing a pretty bird or flower definitely soothes me. We must all be aware of the dangers, however, and be certain to stay inside in the air conditioning and drink plenty of water to avoid heat stroke. We also need to be prepared for hurricanes, especially those of us living in Florida.

September is around the corner and although our full season's activities don't begin until November, it is time to focus on membership for the 2023-2024 season. Your membership dues of \$15 are payable by check to: WYNMOOR NATURE AND ARTS CLUB and should be sent to our Membership Coordinator: Sheryl Darby, 3302 Aruba Way, J2, Coconut Creek, FL 33066, sheryldschiess@comcast.net, phone: 631-398-1829.

Checks should include your name, email address, and birth month, so that we can update our records. Members will receive detailed email each month.

Our Board is working very hard once again to provide you with an exciting schedule of trips and meetings. Mark your calendars now for our first light breakfast meeting November 2nd. We look forward to seeing you all then. If you have any questions, please contact Nancy Moskowitz, co-president, at laughlady55@aol.com or phone 954-973-2181.

Stay cool, stay safe and most importantly, stay well. Happy Labor Day!

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Continued on page 53

**JOIN A CLUB - BRING A FRIEND**





**Saturday Night West Wing**

# Dance EVENTS

Doors Open at 8:15 pm

September 3 <sup>rd</sup>	John Brown
September 9 <sup>th</sup>	Eli Arroyo
September 16 <sup>th</sup>	John Pearl
September 23 <sup>rd</sup>	Leiza Michaels
September 30 <sup>th</sup>	Charlie D.

Join us for the complimentary dance at the West Wing!  
From 8:30 pm - 11:00 pm. **Doors open at 8:15 pm.**  
\*Complimentary coffee will be provided. BYOB\*

For Wynmoor residents with valid Wynmoor I.D Only.  
Guests are permitted accompanied by host residents; \$5.00 admission fee for guests.  
Shorts are not permitted.




# The Cove

The Cove is located on the Country Club Patio on Thursdays from 5:00 PM - 8:00 PM.

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

## Entertainment

September 7<sup>th</sup>: King Arthur  
September 14<sup>th</sup>: Randy Stevens  
September 21<sup>st</sup>: Cesar Calle  
September 28<sup>th</sup>: Marian Weinberg

### 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\*



\*For more information, call Recreation at 954-978-2600, press 1.\*



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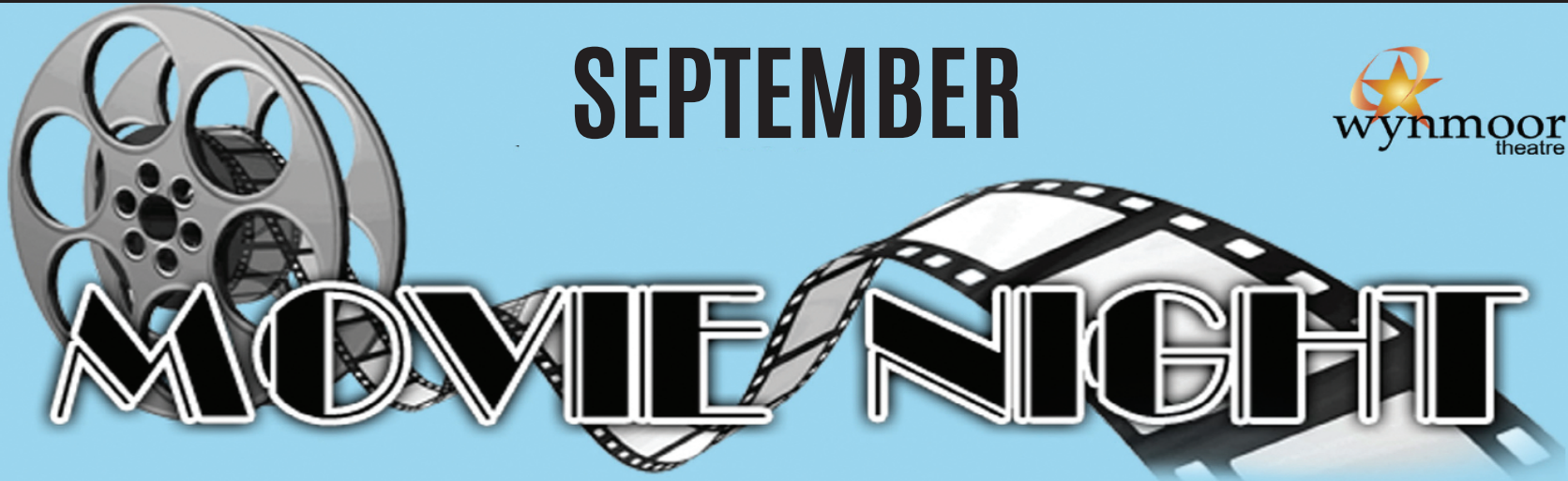
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# SEPTEMBER

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# MOVIE NIGHT



## **The Little Mermaid**

2 hours, 15 minutes

Wednesday, Sept. 6th at 2 PM\* & 7:30 PM  
Sunday, Sept. 10th at 7:30 PM\*

\* (Open Caption)

Starring Halle Bailey, Jonah Hauer-King & Melissa McCarthy. The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.

**Rated PG for action/peril and some scary images. Adventure, Family, Fantasy.**



## **Transformers: Rise of the Beasts**

2 hours, 7 minutes

Wednesday, Sept. 13th at 2 PM\* & 7:30 PM  
Sunday, Sept. 17th at 7:30 PM\*

\* (Open Caption)

Starring Anthony Ramos, Dominique Fishback & Luna Lauren Velez. Optimus Prime and the Autobots take on their biggest challenge yet. When a new threat capable of destroying the entire planet emerges, they must team up with a powerful faction of Transformers known as the Maximals to save Earth.

**Rated PG-13 for intense sequences of sci-fi action and violence, and language. Action, Adventure, Sci-Fi.**



## **The Flash**

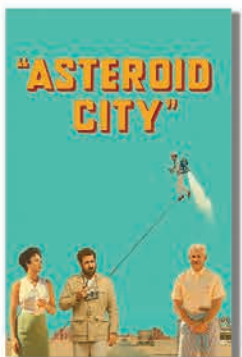
2 hours, 24 minutes

Wednesday, Sept. 20th at 2 PM\* & 7:30 PM  
Sunday, Sept. 24th at 7:30 PM\*

\* (Open Caption)

Starring Ezra Miller, Michael Keaton & Jonathan Goldstein. Worlds collide when the Flash uses his superpowers to travel back in time to change the events of the past. However, when his attempt to save his family inadvertently alters the future, he becomes trapped in a reality in which General Zod has returned, threatening annihilation. With no other superheroes to turn to, the Flash looks to coax a very different Batman out of retirement and rescue an imprisoned Kryptonian -- albeit not the one he's looking for.

**Rated PG-13 for sequences of violence and action, some strong language and partial nudity. Action, Adventure, Fantasy.**



## **Asteroid City**

1 hour, 45 minutes

Wednesday, Sept. 27th at 2 PM\* & 7:30 PM  
Sunday, Oct. 1st at 7:30 PM\*

\* (Open Caption)

Starring Jason Schwartzman, Scarlett Johansson, Tom Hanks & Margot Robbie. Following a writer on his world famous fictional play about a grieving father who travels with his tech-obsessed family to small rural Asteroid City to compete in a junior stargazing event, only to have his world view disrupted forever.

**Rated PG-13 on appeal for brief graphic nudity, smoking and some suggestive material. Comedy, Drama. Romance.**



## **Sound of Freedom**

2 hours, 15 minutes

Wednesday, Oct. 4th at 2 PM\* & 7:30 PM  
Sunday, Oct.. 8th at 7:30 PM\*

\* (Open Caption)

Starring Jim Caviezel, Mira Sorvino & Bill Camp. After rescuing a boy from ruthless child traffickers, a federal agent learns the boy's sister is still captive and decides to embark on a dangerous mission to save her. With time running out, he quits his job and journeys deep into the Colombian jungle, putting his life on the line to free her from a fate worse than death.

**Rated PG-13 for thematic content involving sex trafficking, violence, language, sexual references, some drug references and smoking throughout. Action, Biography. Drama.**

**\*\* MASKS ARE OPTIONAL \*\* Open Caption Unavailable**

Movies start on time. No reserved seating for movies. Movie tickets are \$2.00 (check/cash); exact amount is REQUIRED! NO CHANGE WILL BE PROVIDED.

IDs are required; Guests are permitted accompanied by host Resident! Hearing Assist unavailable. Children younger than 15 are not permitted Theatre.

No food/drink allowed in Theatre. Bottled Water - OK. No smoking in Theatre including E-Cigarettes. Movies are subject to substitution.

There are no refunds or exchanges. Some people are allergic to perfume and cologne. If you must use these items, please go lightly.



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**Come Together In Our  
House of Light:  
Celebrate A New Day!**

By Esther Zipper

It's a new day at Temple Beth Orr! We've been through so much in the last several years! We've experienced a pandemic, the passing of loved ones, loneliness, economic hardships and fears of an unprecedented level. But we've Zoomed through it all and now we're looking ahead to new and exciting times.

At TBO, we have a warm and engaging Rabbi, Laura Rappaport, who is here for all our members in times of sorrow and joy, and an open and welcoming congregation who helps make everyone feel that they belong.

During the recent Passover holiday, Rabbi Rappaport asked us one of many thought-provoking questions when discussing the Exodus of the Jewish People from Egypt: *Do You Know Where You Want to Go?* Sometimes we know what we are leaving, but do we know where we want to go?

Hopefully, we all feel safer now and have a new direction. We know what we've been through, and now it's time to make new connections, new friends and share time with a landmark institution standing proud after 50 years. We just celebrated our 50th year at TBO during which we enjoyed many joyous occasions. We would be so happy if you could join us as the new year begins - to worship with us, celebrate with us, and simply become a part of our TBO family as you enter through our very welcoming doors.

Our events are back in-person – social events, wine & cheese, exciting Bingo, a re-forming Brotherhood, a vibrant Sisterhood, and an opportunity to learn, pray and have fun within our warm and inclusive temple. We are a dynamic Reform congregation warmly welcoming singles, seniors, couples, and families, including interfaith families. We serve Coral Springs, Parkland, Coconut Creek, Tamarac, and all the surrounding Broward and Palm Beach communities. And we would like to see you!!

Join us and find out more! Ask about our 2023 Holidays!

Visit our website: [www.templebethorr.org](http://www.templebethorr.org) or contact me directly: [ezipper@templebethorr.org](mailto:ezipper@templebethorr.org)

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# WOODSHOP

By Ernie Fleury  
Photos by King George

The Woodshop produces a variety of crafted items and presented in both the Insider and News & Views monthly. We are constantly updating the display windows in the front of the shop to also showcase these items. This month we have selected some that are totally different from the previous months' publications. Most creations are from members who have attained competency on most of the machines and are now working on items that require more technical ability to achieve their goal. Below is provided a brief description and the background of each item.



Dave Norcross and Marty worked on the next piece of art! Dave's cutting board has three inlays of canary and bubinga encased in 2 pieces of African Mahogany all wrapped up with African Vermelle Padauk. Marty supplied his selection of period handmade wood cutlery.



The Shop does repair work for residents regularly. This photo is of a hand carved African gazelle in disrepair and in need of a base. The next photo is the finished product with a Wenge base cleaned and refinished.

George Soussou, resident photographer has a fine selection of plants and flowers that now have a new home made from wood thanks to George. In his spare time when not fixing something in the shop, George managed to create this pepperoni pizza board.



Yank took 4 wood wine crates sent from France and created 2 serving trays displaying the vineyards named and origin. Each tray is held together by ebony splines to add a finishing touch. With the wood remaining Everett made two stand up wine totes with square holes and handle. Ernie is presenting a wine barrel on a stand with an operable spigot which can hold a gallon of spirits (not shown). Mark



Moskowitz is one of the Shop's newest members and he is presenting two teak bottle openers, a one-of-a-kind championship golf ball holder, 2 magnificent cutting boards and a bank for his grandchild.



Bob Whitley made the fuselage then attached these balsam wings that he covered with progress monocot substrate. Bob drove out to Indiana and

took second prize in the National Aerobatic Competition. The last photos are of 2 custom picture frames made for a very special resident. they are made with Shedua, Padauk, Maple and Tiger wood with 6 coats of gloss finish.



Marty Levin out did himself this time with his Gypsy Wagon hand made from the wheel on up, including all the furnishings inside that cannot be seen in the photo. Notice the minute details in the painting and the roof construction.



# Clubs and Activities

Continued from page 48

## Needlework Click

By Barbara Bilello

September already, where does the time go?? Our next meetings are on the 12th and 26th; each Tuesday of the month. We are in the West Wing from 1:00 - 4:00 p.m. We serve coffee, tea, and yummy snacks. Everyone is invited to join us. If your new to Wynmoor come and make new friends.

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

.....

## 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.

.....

## Pickleball Club

By Mayda Coombs

Our Saturday morning class for Beginner and Intermediates ends September 20th. If you are interested in the lessons please send an email to pcw.classes@gmail.com. You must register to attend. No walk ons. We supply the balls and paddles. You just need to wear proper sneakers, eye protection, and bring a water bottle. We will be having more lessons in the coming months so just keep an eye out for flyers with more information.

We are always excepting new members. Dues are \$10 per person. Anyone interested in joining please contact Chuck Milstein at 954-366-1149.

.....

## Pottery Club

By Edwin Meyer

Summer has proven to be an exciting time at the Pottery Club. We continue to have an active and busy membership enjoying the new comforts of our expanded Studio which is always a cool respite in this summer's heat...

Thanks to more space, we continue to make a dent in our waiting list and can now accommodate our first Summer Class from July through August. This summer class has been held in the evenings to accommodate Wynmoorites who have very busy day schedules or are still working and eager to Clay Play!

In the following months we will be hosting Open Studio events and benefits so stay tuned to this space for future announcements. Have a Happy Labor Day.

.....

## US Club

By Ceil Eitman

Our Pre-Season Get Together is on Tuesday, Sept. 12th from 6:30-9:00 p.m. in the Ballroom. Doors open at 6:00 p.m. Listen or dance to live music. Play your favorite games. Bring your own refreshments. Coffee and tea only will be served. Admission is free for 2023 members and guests. \$5.00 at the door.

.....

## Women's Pool Group "The MsCues"

By Bob Horowitz

Open to all levels of skill from the beginner to the advanced player. Have fun and meet new friends! This is a free event for all Pool Club members and their guests. We meet every Tuesday at 3:00 p.m. in the Pool & Billiard Room. Questions, contact Carol at: cas242@hotmail.com or 978-979-1681.



For more information about the Pool and Billiard Club, to join our e-mail list or to sign up for an event or meeting - WynmoorPoolClub@gmail.com. The cost to join the club is only \$5 for the whole year!

FREE POOL LESSONS • Pool Lessons are free for Wynmoor Pool Club Members. They are \$5 each for non-members or join the Club for \$5 for the entire year. For information: WynmoorPoolClub@gmail.com.

## Woodworking Club

By Ernie Fleury

The Wynmoor Woodworking Club is open 7 days a week from 9:00 a.m. to about 4:00 p.m. We are located at the east end of the Clubhouse. There is a club officer present daily and inquires can be addressed by most members present at that time.

.....

## Writer's Workshop

By Judy A. Weissman, PhD

Hello, are you planning to write-poems, stories, memoirs this Fall? Come for encouragement, feedback, and inspiration. We in the Writer's Workshop expect to meet in person three times weekly and one time on Zoom, monthly Saturdays from 10:00 a.m. -12:00 p.m.

If interested, contact Nancy Heller Moskowitz, Club President at laughlady55@aol.com. Please put "Writer's Workshop" on the subject line.

.....

## Wynmoor's Got Talent

By Sherry Jankelevich

We had a fantastic show in 2023 and are planning to have another fantastic show in 2025. There are so many talented people in our community, and we would love to have you join us in our next production. You will make new friends and have fun! We need dancers (if you can't dance we can teach you!) singers, comedians, actors, or would like to share your specific talent, we would love you to take part. If you can help with scenery, if you are a seamstress, or if you can offer backstage help, let me know. A meeting will be held in the Fall and the details will be published at a later date. If you are interested, please call Sherry Jankelevich at 954-591-3469 or email me at sjanke7114@gmail.com.

.....

## Wynmoor Ladies Golf Association

By Linda Sue Lewis-Moors

Members of WLGA (Wynmoor Ladies Golf Association) continue to enjoy league play throughout the summer every Tuesday morning. In addition, all ladies league 18-hole golfers, 9-hole golfers and social members are invited to our annual summer off-site lunch. Details will be posted at the women's information center near the Golf Shop. For more information about joining the active, fun loving WLGA, come to the golf shop.

.....

## Wynmoor Republicans

By Miriam Mendelson

We're Back!!! Our First Official Republican meeting will be held on Monday, October 9th, at 7:00 p.m. in the West Wing. Russell DiPerna a retired NYPD will be our guest speaker. He Assisted in the evacuation of the South Tower at the World Trade Center when the 2nd plane hit. He worked for Steve Bannon the Former Chief Strategist to the President of the United States as a foreign policy research analyst for Bannon's podcast, "The War Room." He has a Bachelor's Degree in History and A Master's Degree in Political Science, with a concentration on Middle East Eastern Studies. A Graduate Certificate in Counter-Terrorism Studies & attended the Interdisciplinary Center for Counter-Terrorism Studies in Israel. He served in the US Marine Corps and US Navy Reserves. Currently, he conducts Threat Management for a Hedge Fund Manager.

We will have a 50/50 raffle with the first \$11 being donated to Tunnels to Towers. Dues will start in January. Come and enjoy yummy desserts. All are welcome to come and listen to this dynamic speaker.

.....

## Wynmoor Short Film Festival Club

By Enid Wolf-Schein

Want to be a part of our next Short Film Festival? We would welcome the opportunity to review any short films (up to 12 minutes) you have made to see if they would be appropriate. We will have Friday evening and Saturday matinee screenings in the Country Club Lecture Hall followed by a reception in the Ballroom. Date is not yet announced but will be in Feb. or Mar. 2024.

This year was a great success with 11 fun films shown to an enthusiastic sold-out audience each day. If interested, please email: threebridgepub@aol.com

.....

## 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.

# Puzzles and Games

Solutions from page 30

## Crossword Puzzle

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

## Family Ties

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

The hidden message is: FAMILY REUNION

## Sudoku

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

## Binox

○	×	○	×	×	○
○	×	×	○	○	×
×	○	×	×	○	○
×	○	○	×	×	○
○	×	○	○	×	×
×	○	×	○	○	×



## Mah Jongg CARDS

If you are interested in ordering the 2023 Mah Jongg Card please contact Nancy Smith at 954-610-1539. The National Mah Jongg League has raised the prices - \$14 for the Standard Card and \$15 for the Large Card. They will donate \$5 of every card sold to the Alzheimer's Association. The card will be mailed directly to your home address. Please help us to fight this disease!

If you have any questions please do not hesitate to contact Nancy or Judy Palma at 609-577-5946.

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