



The INSIDER

An Independent Newspaper
For Wynmoor Residents

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MARCH 2024



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| 3402 BIMINI (1/1.5 WITH W/D) | \$ 129,900 |
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| 1901 BERMUDA | \$ 165,000 |
| 2101 LUCAYA (REMODELED/LAKE VIEW) | \$ 234,000 |
| 2004 GRANADA (CORNER) | \$ 249,000 |
| 2001 GRANADA (UPDATED) | \$ 187,000 |
| 2102 LUCAYA (UPDATED) | \$ 219,000 |
| 2403 ANTIGUA (REMODELED) | \$ 285,500 |
| 1905 BERMUDA (CORNER) | \$ 179,000 |
| 1703 ANDROS | \$ 219,900 |
| 1502 CAYMAN | SOLD \$ 210,000 |
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| 1501 CAYMAN | SOLD \$ 299,000 |
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Wendy Peck
Daughter
Cheryl Stein
Mother

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| 2502 Antigua • Updated Kitchen, All Tile, Smooth Ceilings, Water View, Just Painted | \$169,000 |
| 1901 Bermuda • 3rd Floor, No Carpet | \$139,000 |
| 2302 Lucaya • Top Floor, Pool View, Unfurnished & Priced for Quick Sale | \$159,000 |
| 4402 Martinique • Impact Patio, Remodeled Kitchen, Red Bridge /Golf/Water View | \$229,000 |
| 4402 Martinique • <i>Furnished</i> , Lake/Golf View, Newer Water Heater and AC | \$189,000 |
| 3203 Portofino • <i>Remodeled</i> , All Impact, No Carpet, Smooth Ceiling, Furnished | \$199,000 |
| 3203 Portofino • Water View, Patio Faces South | \$159,000 |
| 3004 Portofino • All Impact, Completely Renovated, Lake View, Kichen | \$375,000 |

2 BEDROOMS / 2 BATHROOMS - INSIDE W/D

| | |
|--|-----------|
| 3303 Aruba • <i>Remodeled</i> , 1,360 sq.ft., Open Custom Kitchen, Lake/Golf View, All Tile, Knockdown Ceilings, Furnished | \$375,000 |
| 3501 Bimini • <i>Remodeled</i> , Impact Windows & Patio, All Tile Flooring, Golf View, Tub Converted to Shower | \$235,000 |
| 1501 Cayman • <i>Completely Remodeled</i> , All Impact, All Tile, Smooth Ceilings, Furnished | \$365,000 |
| 1502 Cayman • 1,350 sq.ft., North Exposure | \$229,000 |

2 BEDROOMS / CORNER - LUXURY

| | |
|---|-----------|
| 3306 Aruba • 1,280 sq.ft., Extra Closets, No Carpet | \$199,000 |
| 3501 Bimini • Top Floor, All Impact Glass & Enclosure, 1,800 sq.ft. Under Air, Updated Kitchen, Waterproof Vinyl Floors, Carpet in Bedrooms | \$267,000 |

2 BEDROOMS / CORNER

| | |
|--|-----------|
| 1805 Eleuthera • Water View, Enclosed Patio | \$169,000 |
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| 2903 Victoria • Built-in Bar, Completely Furnished, Updated Bathroom, Lake View | \$220,000 |

1 BEDROOM / 1.5 BATHROOMS - INSIDE W/D

| | |
|---|-----------|
| 3401 Bimini • <i>Remodeled</i> , 2nd Floor, Open Kitchen, All Tile, Glass Enclosed Patio, Furnished | \$174,500 |
|---|-----------|

ANNUAL RENTALS

| | |
|--|-------------|
| 1503 Cayman • 2nd Floor, Remodeled, Inside Washer Dryer | \$2,500/mo. |
| 3002 Portofino • First Floor, All Tile, Shower In Both Bathrooms, Enclosed Patio | \$2,300/mo. |

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Mother **Cheryl Stein**
WynmoorRealtor@gmail.com
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Daughter **Wendy Peck**
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SECURITY NEWS

Dispatch: 954-978-2667

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

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

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

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

Your Guest List

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

Make sure your guests have I.D.s ready when approaching the gate for proper verification. They must have the NAME and ADDRESS of the resident they are visiting.

Important Numbers

For Medical Emergencies Always Dial 9-1-1

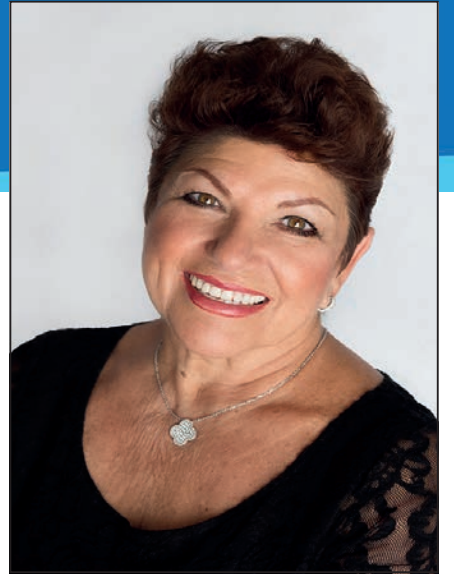
- Emergency:..... 954-978-2663
- Automated Gate Access:..... 954-978-2666
- Security Dispatch:..... 954-978-2667
- Resident Registration Office:..... 954-978-2600, ext. 321
- Coconut Creek Police, Non-Emergency: 954-346-4400

Hours of Operation

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

| | | | | |
|--------|--------------------------|---------|-----------------------------|---------|
| INSIDE | President Msg..... | Page 5 | Museum..... | Page 42 |
| | Pen to Paper..... | Page 7 | Safety Solutions | Page 47 |
| | Camera Club | Page 8 | WLGA Fashion Show | Page 51 |
| | Billiards | Page 10 | Clubs..... | Page 56 |
| | Financial Focus | Page 12 | Movies | Page 58 |
| | Puzzles/Games | Page 22 | Woodshop | Page 62 |
| | Property Appraiser | Page 26 | Pickleball Tournament | Page 64 |
| | Ask Dr. Joy | Page 28 | Acupuncture | Page 65 |
| | Martin Zevin, PA..... | Page 30 | Classified | Page 66 |
| | Sheriff | Page 33 | Puzzles/Games Answers ... | Page 66 |

From the President



We have had the pleasure of hosting a “New Residents Orientation,” once a month to introduce ourselves and explain how the Wynmoor governing body operates and all the amenities it has to offer. It has proven to be a very successful event and a rewarding experience to be able to meet our new residents and show the wonderful Wynmoor way of life.

Your Officers of the Wynmoor Community Council remain intact due to the election that was held at the February 1, 2024 Annual Board of Directors meeting. For those of you who may not know who we are, let me introduce your Officers; Vice Presidents, Selma Bass, David Mintzes; Ronny Sydney, and one Vice President seat is open for election this month; Secretary, Alan Wagner and Treasurer, Fred Stein; and I, who ran unopposed. As Officers of Wynmoor Community Council, our responsibility is the common areas and amenities. Congratulations to all, looking forward to a very productive term. As Officers, our responsibility is the common area and amenities.

Through our experience as a team, we have learned to work well together allowing us to focus on the issues and accomplish our set goals. By listening to one another’s opinions and hearing various points of view, we have come to understand the importance of compromise and have successfully fine-tuned each project, the results of which have proven to satisfy a greater majority of our resident population.

I would like to take this opportunity to address those who have taken the responsibility of becoming Directors of all our 44 Associations. It is imperative that decisions are made regarding your Associations with the authority of the entire Board of Directors. No single Director has the authority to make changes and decisions on their own and must be in compliance with Florida State Statute 718 and your governing documents. To avoid any conflicts a united decision will benefit all residents.

I thought it might be worthwhile to revisit and clarify specific details regarding Wynmoor’s operation.

Wynmoor has 44 associations, each with their own board of directors. Each association elects a representative (and alternate) to serve on the Council Board of Directors, thereby granting every association equal voting rights regarding community decisions. The Council Officers are comprised of 7 individuals; the president, 4 vice presidents, the secretary and the treasurer. The 44 members that make up the Wynmoor Community Council Board nominate and vote to fill the Officer’s seats.

There will be times when it is necessary to have discussions with smaller groups of Board members to benefit from feedback and suggestions. Upon completing these discussions, the Officers along with the Administration review, research and provide detailed information to assist in the decision-making process. At times, a specialized committee will be selected to research and provide detailed information to assist in the decision-making process.

Once deemed to have sufficient merit, a motion will be composed and voted on at a duly called Executive Committee meeting, then the motion moves on to the Board of Directors where this vote decides the final outcome. The Executive Committee is comprised (18) elected representatives, (1) elected representative from each of the Villages. Only elected representatives shall have one vote each. The Villages to be so represented are Abaco, Andros, Antigua I, Antigua II, Aruba, Bahama, Bermuda, Bimini, Cayman, Eleuthera, Granada, Lucaya I, Lucaya II, Martinique, Nassau, Portofino I, Portofino II, and Victoria. This explains the difference in the number of representatives on the Executive Committee versus the Council Board of Directors, which is comprised of Association Representatives.

I want to take this opportunity to thank all the volunteers of the Council who serve our residents with due diligence.

The days are getting longer and although it’s not quite spring, Daylight Savings time is nearly upon us. Don’t forget to “spring” forward on Sunday, March 10th and turn your clocks ahead 1 hour. It’s surprising how far an extra hour of sunlight can brighten your entire day!

Those that believe in luck, don’t forget to wear your green on March 17th. You just might find your Pot of Gold at the end of the Rainbow!

GOD BLESS,

Jackie Railey, WCC President

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How Do You Maintain Your Sanity?

By Mobolaji Adedoyin

According to a dictionary, "sanity is the ability to think and behave in a normal and rational manner." Sanity is derived from the word "sane" which means sensible, or mentally normal. Peace of mind is a whole different ball game. Peace is something that refers to the state of mind when you are calm, and not stressed, and not overthinking about anything. A person's sanity is his/her ability to think and behave normally and reasonably.

This article is not about sanity pertaining to criminal law. In criminal and mental health law, sanity is a legal term denoting that an individual is of sound mind and therefore, can bear legal responsibility for his/her actions. This discussion is also not about individuals already diagnosed with mental illness.

There are many little things people do, and do not realize, to maintain their sanity. Some of those things we do not pay too much attention to have become our way of life. For married couples, sometimes the challenge is to make your significant other understand and accept what you need to maintain calmness in the family and allow you to do just that as needed. However, it may be difficult to explain or convince your spouse that you enjoy watching women in bikinis on the beach - that it allows you to daydream and calms you down.

Sometimes a family can make mutual decisions for peace and happiness at home. I remember, a former neighbor and his wife with two children moved from their apartment in New York City to Rhode Island, close to her parents, just to preserve their sanity.

There are thousands of legal things people do to calm down and maintain their sanity. However, people also do certain things which are not kosher, healthy, or sensible, which they claim help them to calm down and think well. It is unreasonable to argue that someone's involvement in any of the vices of life such as too much drinking, gambling, smoking, or use of illegal drugs are meant to calm him/her down.

In the early seventies in Brooklyn, one neighbor smoked marijuana almost every day. He said marijuana calmed him down and allowed him to think clearly. Sadly, he graduated from smoking marijuana and started to use crack and cocaine. Because of him, his family moved to Arizona and convinced him to go into a drug rehabilitation facility. Only God knows how his story ended.

Another friend of a friend, a middle-aged man from a very religious family, was addicted to New York off-track-betting on horseracing. He said watching and betting on horse races "calmed me down." Unfortunately, he became obsessed with gambling and lost his wife after he gambled and lost the money, they saved to purchase a house.

Which one of the following do you do to maintain your sanity and reduce stress in your life?

- Are you calmer whenever you meet your friend(s) for lunch or dinner once a week or once a month?
- Do you like writing poems and reading them in front of a small audience?
- Is a walk on a beach early in the morning or at sunset a calming therapy for you?
- Must you visit a small coffee shop for a cup of cappuccino to meditate?
- Is there someone that keeps you sane - someone you love to discuss anything and everything?
- Must you go out dancing at least once a week? Do you enjoy dancing by the main pool on Sundays or at the East Wing on Mondays?
- Are you at peace whenever you volunteer at a daycare for children?
- Must you play pickleball four times a week to be relaxed at home?
- Do you like to go out with a particular friend for a drink or brunch once a month?
- Must you go on a jazz cruise at least once a year?
- Sometimes, must you play pickleball with the ladies instead of men?

Continued on page 13

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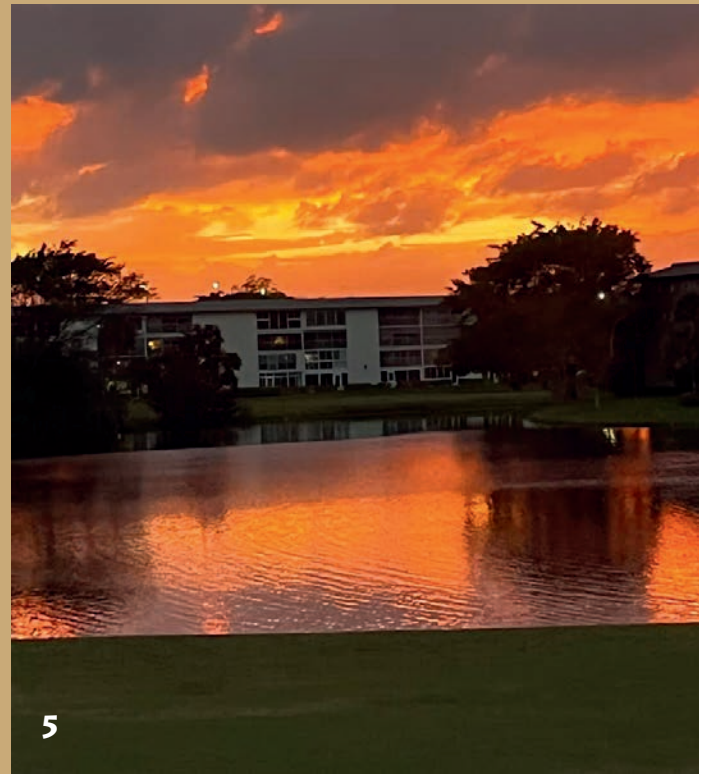
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CAMERA CLUB

- 1. PAUL VILLANO - PINK FLAMINGO
- 2. JENNIFER JAMES - DANCE MOVES
- 3. MIKE BRODIE - GRAND CENTRAL PANO
- 4. SHEL GELLER - STILL LIFE
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**Wanted: Wynmoor Residents
With Relatives Living In Israel**
By Linda Storfer

If you have relatives living in Israel, including your children and grandchildren we invite you to join us at our next IN (ISRAEL NETWORK) group meeting on Tuesday morning, March 19th at 11:30 a.m. at the far end of the Cove. We are a new group of people who support each other and network about ways to stay connected to our families. This is not a political or religious group. We are excited to present a very special guest speaker



Rabbi Paul Plotkin, Rabbi Emeritus of Temple Beth Am in Margate. Rabbi Plotkin is the acclaimed author of *THE LORD IS MY SHEPPARD WHY DO I STILL WANT?* and his most recent book, *WISDOM GROWS IN MY GARDEN*, which he will discuss as well as his perspectives of life in Israel today. Rabbi Plotkin is a widely renowned author and lecturer and a highly sought-after speaker throughout the US and Canada. There is no charge for this event, but reservations are a must as seating is very limited. Please call 412-818-6883 to reserve your seat.



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Wednesday Night 9-Ball Winners

Photos by George Soussou

By Bob Horowitz

Have fun and meet new friends! Open to all levels of skill from the beginner to the advanced player. Open to men and women. Our popular Round-Robin, Handicapped, 9-ball tournament is open to all Wynmoor Pool Club Members* and their guests. This event is 6:00 to 8:00 p.m. every Wednesday at the Wynmoor Clubhouse/Poolroom.

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

FREE POOL LESSONS: Pool Lessons are free for Wynmoor Pool Club Members. They are \$5.00 each for non-members.



Dave, Franco and Tom P - all tied 1st place



David K - tied 3rd, Bob H - 1st place, Fred F - tied 2nd place, Franco - tied 2nd place, Jon-tied 3rd place



Richard R - tied 2nd place, Franco - 1st place, Jon - tied 2nd place



Three way tie for 1st place



Tony C - 1st place, Andre - 2nd place

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What Should You Do With Your Tax Refund?

It's almost that time of year when many people start receiving their tax refunds. If you get one, what will you do with it?

Of course, the answer will depend somewhat on how big your refund is. Last year, the average refund amount was about \$2,750, according to the Internal Revenue Service's Filing Season Statistics report.

Whatever the size of your refund, you'll want to maximize its benefit. Here are a few suggestions:

- **Contribute to your IRA.** If you were to receive about \$2,750, it would go a long way toward funding your IRA for the year — but any amount would help. You still have until April 15th to contribute to your IRA for the 2023 tax year, but if you've already "maxed out" on it, you could use your refund for 2024, when the annual contribution limit for a traditional and Roth IRA is \$7,000, or \$8,000 if you're 50 or older. And by getting an early start toward fully funding your IRA for the year, you can reduce the pressure of having to come up with large amounts later.

- **Build an emergency fund.** Your tax refund could help you start or expand an emergency fund. It's a good idea to keep up to six months' worth of living expenses in such a fund, with the money kept in a liquid, low-risk account, separate from the funds you use for your daily expenses. You might need to draw on this fund for unexpected expenses, such as a major home or car repair or a medical bill that's not fully covered by your insurance. Without such an emergency fund in place, you might be forced to dip into your IRA or other

retirement accounts to pay for these types of costs, and such a move could be expensive, resulting in taxes, penalties and lost opportunities for growth.

- **Contribute to a 529 plan.** If you have children or grandchildren and you'd like to help them further their education someday, you might consider investing in a 529 education savings plan. With a 529 plan, earnings and withdrawals are federally tax free, provided the money is used for qualified education expenses. Based on where you live, your 529 plan may provide state tax benefits, too. (It is possible, though, that 529 withdrawals could affect financial aid packages, depending on who owns the account.) A 529 plan can be used to help pay for college, accredited trade school programs, some K-12 expenses and even to help repay some student loans.

- **Pay down debts.** Most of us probably wish we could reduce our debt loads. Your tax refund may give you a chance to do just that. But which debts should you tackle first? You could follow the "snowball" method by paying off the smallest of your loans or debts as quickly as possible. Or you could choose the "avalanche" route by making minimum payments on all debts and using extra funds — such as your tax refund — to pay off the debts that carry the highest interest rates. Either method could help you save money in the long term.

Your tax refund can be a valuable asset — so use it wisely.

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

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pen to paper

Continued from page 7

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- Do you enjoy playing ping pong with one person?
- Must you ride a bike or jog by yourself early in the morning?
- Are you one of those that need more sleep to maintain a state of calmness?
- Do you facetime or zoom to see your grandchildren ones a month?
- Must you travel overseas at least ones a year?
- Must you have a foot massage once a month?

Life and living is not a science - life is not easy. Remember, you must do whatever it takes to maintain your sanity and stay healthy. Good luck.

A Rude Awakening

By Lawrence Correia

At 10:00 p.m. October 10, 2023, I prepared myself for a restful sleep, because the next morning I was to take my wife to the hospital for a series of tests regarding her health. For the previous week I kept up a positive attitude about her tests. Little did she know how worried I was about these tests and their possible outcome. You see, 10 months earlier she had similar exams that revealed a cancer on her back, which required surgery and three months of treatment she had to endure.

It was my turn to care for her by cleaning the surgical wound, making sure infections would not result of my treatments, and watching all the pain she had to endure during this time. I was afraid that something like this would happen again.

My worries, like a mystical ghost, followed me to my slumber. It was there at around 5:00 a.m. on October 11th, that I rolled out of my bed and landed headfirst on the concrete floor. The fall rendered me unconscious and bleeding on the floor and inside my skull. My dutiful wife Lynn tried stop the bleeding, but when it wouldn't stop, she called EMS. It was when the EMS personnel arrived and loaded me onto a gurney and wheeled me

into the ambulance did I regain consciousness. It was at that moment that I realized I missed taking my wife to the hospital for her tests.

The EMS unit took me to the North Broward Medical Hospital Trauma Unit for emergency care where I received excellent care from both doctors and nurses for the next three days. I say this because I later found out that my insurance would only cover my stay at this hospital for only one day. Yet the hospital staff kept me for three days because they felt only one day was not enough time to stabilize my injury to release me. While I was at the Broward Hospital, I found out all the tests for my wife gave her a clean bill of health. Thank God something wonderful came from all this scare.

After leaving the hospital, I returned home for three days rest and then admitted to Holy Cross Hospital for two weeks of careful observation of both my physical and mental growth and healing. It was during this time Dr. Brookings performed surgery on my skull to stop the internal bleeding. My surgical wound was sealed with sutures and a type of medical glue to seal my head. I was so anxious to go home that I got dressed to leave the hospital that the staff said, "Hold on for a moment. We can't release you until we are sure that you are both physically and mentally healed enough to be released." So it was agreed by the medical staff that after four additional days I had regained both physical and mental stability to be discharged from the hospital.

To truly understand how I survived this serious accident that could have left me physically or mentally dead. I owe it all to several important persons who came forth at the right moment in my life, my wife who had the wisdom to call for help when I needed it most, the medical staff of both hospitals who not let me leave until they were sure I was stable enough to leave, and most of all to the ALMIGHTY who allowed my recovery and granted me the privilege of seeing another sunrise in this world.

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Wynmook Short Film Festival

The Annual Wynmook Short Film Festival

By Enid Wolf-Schein

Friday evening, March 22nd at 7:00 p.m. and Saturday afternoon, March 23rd at 2:00 p.m., mark the dates of the 4th Annual Short Film Festival to be held at Wynmook. And this one is going to surpass the previous ones! We have 11 short films, each one a little gem, plus, something original for our Reception; a "Kaleidoscope of Stars" to pay homage to some of the great movie music.

The Film Festival was first conceived in 2019 to add another dimension to the artistic events available to Wynmook residents. It was one evening. After the success of the first one, a matinee was added with both events including the same films and Reception activities. Along the way we added a genuine Red Carpet with a super background for photo taking as seen at major film festivals; encouraging guests to dress as if they were attending Cannes, or Sundance. We have also added to the film repertoire original Instructional Line Dances, including a performance, to enhance resident's knowledge of popular Wynmook line dances. At each event we have ballots enabling guests to tell us their favorite film and the best one is encored the following year. The event is specific to Wynmook except for special filmmakers and casts associated with the films selected from outside our Village.

For those residents not yet familiar with this event, it begins with a screening in the Country Club Lecture Hall. After guests are seated, Master of Ceremonies Marcus Wolf introduces each group of films after which Filmmakers and casts from those films are introduced.

Later, during the reception, they are available to take questions and discuss their work. This year's 11 films encompass a variety of topics. Just some examples: "Chip" is a story about the life of a Chipmunk and is this year's encore. "Lost Treasure" shows us what happens when a killer 'Secret Sauce' lives up to its name! "The Interview" is a poignant and funny film about a critic's interview with a mercurial Hollywood star. Other films are: "Gotta Get Away", "Canine", "Duality", "Outsourcing," "A Senior Moment", and "Wakodahatchee Wetlands". Come and all will be revealed. The instructional videos are "Belly Dance Line Dance" and "Just a Gigolo."

Following the screenings everyone is invited to a film-oriented reception in the Country Club Ballroom for wine and other drinks with popcorn available all evening. Guests can photo themselves on the Red Carpet at leisure. Once everyone is sated the evening's entertainment starts with seven musical acts that we are calling a Kaleidoscope of Stars; the "Stars" being talented residents, Myrna Berger, Susan Austin, Carol & Jack Czocher, Peg Bonner, James Sloan, Sherry Jankelevich, Lesley Miller, and Susan Baladi.

Then, the Line dances shown in the screening will be led by the dancers in the films themselves. Great movie music and fun continues for the evening.

Ticket sales began the end of January and a sellout was expected as in previous years. Ticket prices remain at \$5.



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

By Leading Back Pain Expert, Todd James

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

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

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

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

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

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

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

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

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



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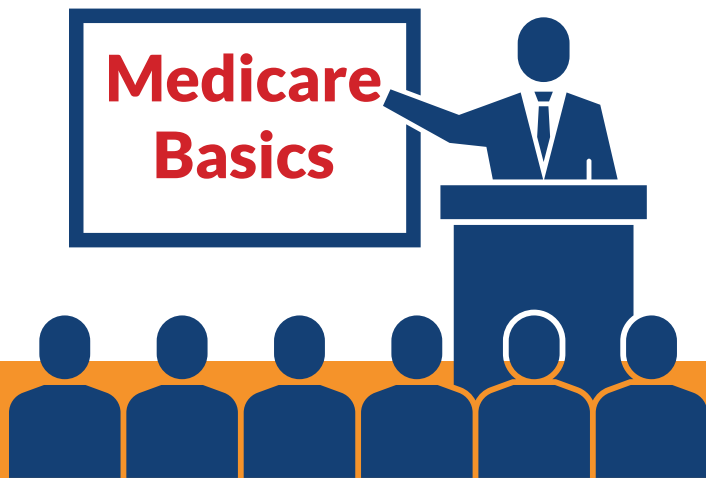
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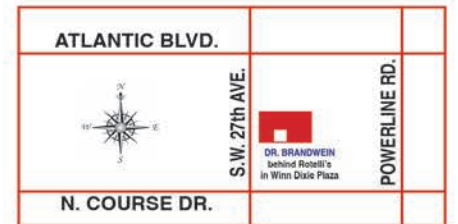
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Balance and Aging

By Ron Molino, Certified Personal Trainer



Hello again fellow Wynmoor residents. Last month I wrote about what I was seeing and hearing. Things like people here falling and needing canes and walkers and the decline in mobility and balance. I don't like having to cover these things again, but I have seen more things, including a man sitting close to me at the main pool on Wednesday lose his balance, falling and hitting his head on the pool deck. Myself and my friends ran over and helped him back in his chair. Fortunately, it didn't look like there was any visible injury. I'm sure he was sore after.

Also, this past month I ran into several people in Wynmoor that I haven't seen for a while. Some were using canes, and some had walkers, and some told me they had fallen at least once. Their fear of falling again is great. I believe the lockdowns had a lot to do with their decline. Not exercising or going out to even walk contributed much to the decline. It's sad that this has happened.

Unfortunately, I couldn't get to the last Health and Wellness Club meeting, but I will be there for the next meeting to demonstrate some balance exercises and to answer questions. Feel free to call me for advice or questions.

Ron 954-673-6700.



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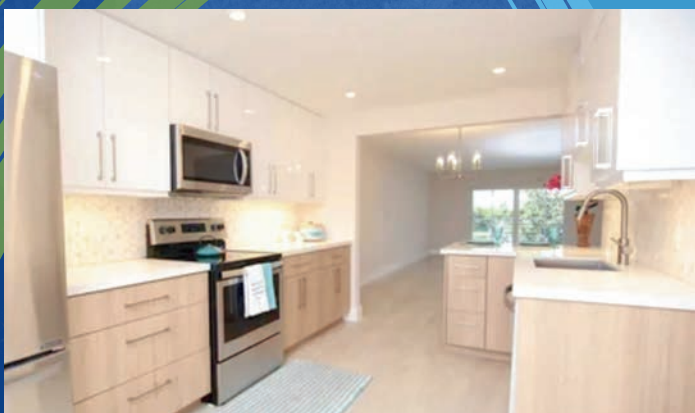
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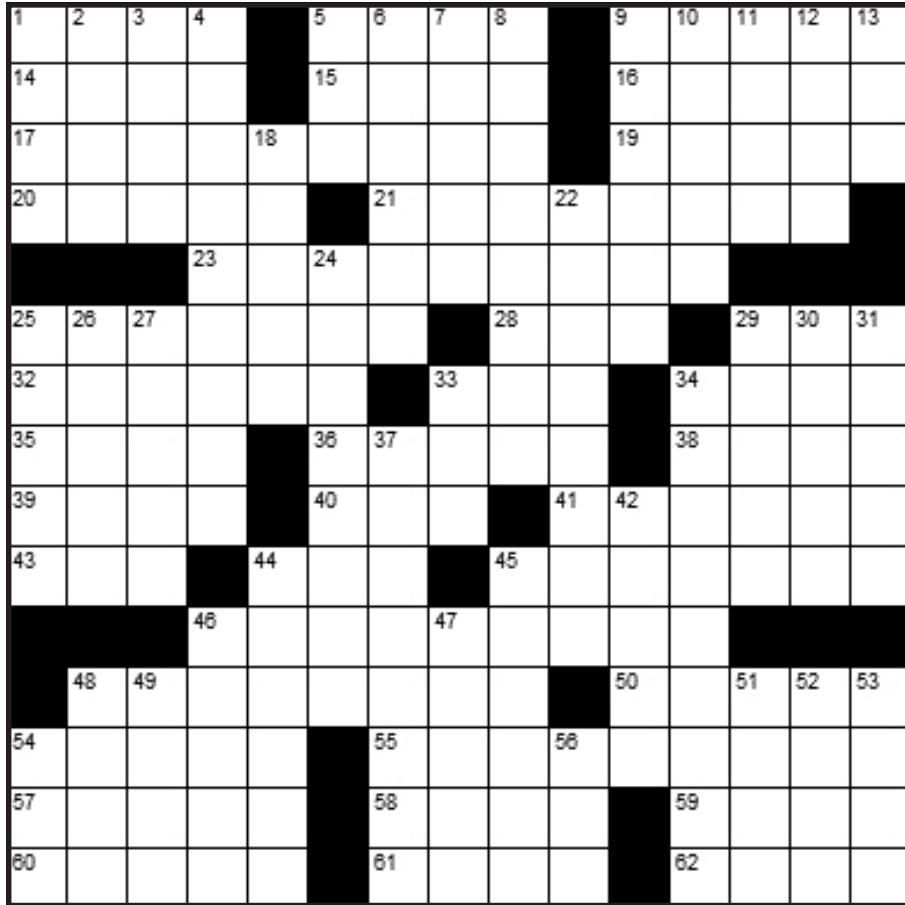


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Puzzles and Games

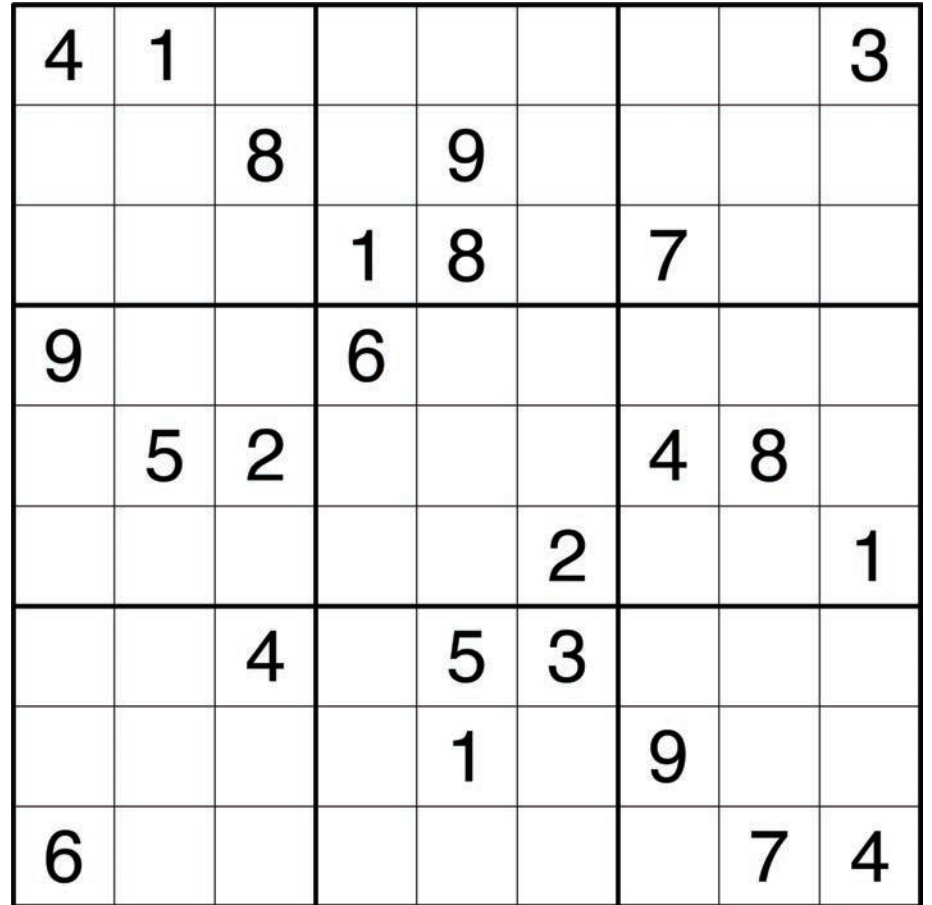
Solutions on page 66

Crossword Puzzle



- ACROSS**
- 1. Aspersion
 - 5. Passed with flying colors
 - 9. Absolute
 - 14. Melody
 - 15. Awful
 - 16. Nigerian money
 - 17. Perplexing
 - 19. Highly favored
 - 20. Paved outdoor area
 - 21. Cold storage
 - 23. Pennants
 - 25. Garments
 - 28. Prohibit
 - 29. Faster Than Light
 - 32. Alcove
 - 33. Anagram of "Dew"
 - 34. Fat cut of tuna (Japanese)
 - 35. Assert
 - 36. Drama set to classical music
 - 38. Devastation
 - 39. Oceans
 - 40. Mesh
 - 41. Opportunity
 - 43. Female chicken
 - 44. Tavern
 - 45. Comes with lightning
 - 46. Make longer
 - 48. Slaughterhouse
 - 50. Category
 - 54. Ready for anything
 - 55. Preposterous
 - 57. Tropical fruit
 - 58. Rear end
 - 59. Rip
 - 60. Daisylike bloom
 - 61. Fill to excess
 - 62. River to the North Sea
- DOWN**
- 1. Stair
 - 2. Moon goddess
 - 3. Module
 - 4. Records
 - 5. American Dental Association
 - 6. Metropolises
 - 7. Genus of heath
 - 8. Year end month
 - 9. In utero
 - 10. Anklebone
 - 11. Connections
 - 12. Celtic language
 - 13. Rodent
 - 18. Wool eaters
 - 22. Cephalalgia
 - 24. Sonorous
 - 25. Car accident
 - 26. Embankment
 - 27. Sea
 - 29. Discovered
 - 30. Instant
 - 31. Hermit
 - 33. Damp
 - 34. From one language to another
 - 37. Garden structures
 - 42. Gut feeling
 - 44. One who wagers
 - 45. Lunge
 - 46. Immense
 - 47. Coronet
 - 48. "Oh dear!"
 - 49. Crooked
 - 51. Cain's brother
 - 52. Thick slice
 - 53. Arid
 - 54. American Medical Association
 - 56. G

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.

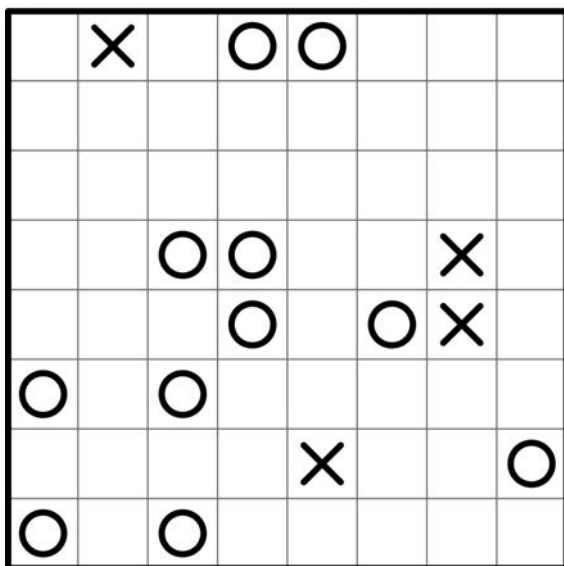
St. Patrick's Day

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



- BEER
- BELFAST
- BISHOP
- CABBAGE
- CELEBRATION
- CELTIC CROSS
- CHRISTIAN
- CLOVER
- CORK
- CORNED BEEF
- DANCING
- DUBLIN
- EVENTS
- FEAST DAY
- FESTIVAL
- GREEN
- GUINNESS
- HERITAGE
- HISTORY
- HOLIDAY
- HOLY DAY
- IRELAND
- IRISH
- LEPRECHAUN
- LIMERICK
- MARCH
- MISSIONARY
- MUSIC
- PARADE
- PATRON SAINT
- POTATOES
- SEVENTEENTH
- SHAMROCK
- SNAKES
- SODA BREAD
- TRADITION
- YEARLY

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.



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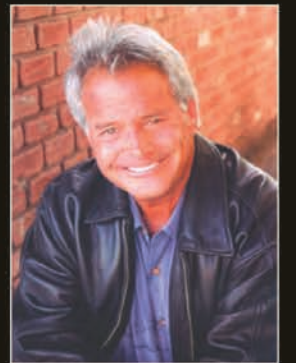
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Ever Since I Went Away

By Joan Friess

*I write songs, but they're good poems.
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with it, please get in touch with me.*

*I've written this song especially for
you.
I hope you believe what I'm saying is
true.*

*Ever since I went away
I've missed you more each day.
And I know what I must do
Is find a way back home to you*

*I think about the days gone by
When you and I were one
And rue the day I went away
And left behind the sun.*

*Refrain:
It's lonely here
I'm hoping dear that after all this time
You'll forgive and take me back
And once again be mine.*

*I thought we could go our ways
And I would not regret
But lonesome hours have shown me
That I can not forget*

*I need your love, your smile, your
cheer
To get me through each day
My only fear's not knowing dear
If you still feel that way*

*Refrain: It's lonely here
I'm hoping dear that after all this time
You'll forgive and take me back
And once again be mine.*

Tag: slower... Emphasis on "Please"

*Oh, please forgive and take me back.
And once again be mine.*





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2024 Homestead Exemption/Save Our Homes Cap Set by the State

The Florida Department of Revenue has set the 2024 Save Our Homes (SOH) cap at 3%. This SOH assessment cap limits increases to the Assessed/SOH Value for properties receiving Homestead Exemption to no more than 3% per year or the increase in the Consumer Price Index (CPI) regardless of increases to the just value of the property. This cap results in considerable property tax savings over time for properties with Homestead Exemption. It is important to remember this is not a cap on the actual taxes, but rather a cap on the amount the Assessed/SOH Value of the property may increase annually. Properties without Homestead Exemption receive the benefit of a 10% cap on the Assessed/SOH Value beginning the year after the property is reassessed at just value.

Important: The Save Our Homes cap begins the year after you receive Homestead Exemption. This cap does not cover new construction or construction that was not taxed before the "Save Our Homes" limit applied to a particular property. **When buying/acquiring real estate, do not assume the property taxes will remain the same as the current owner's taxes. Under Florida law, a change in ownership will reset the assessed value of the property to full market value, which could result in higher property taxes.** To help property owners better prepare, our office offers a New Homebuyer's Tax Estimator on our website at <https://web.bcpa.net/bcpaclient/#/Tax-Estimator>.

Late Filing Exemption Deadline - September 18, 2024

Your Homestead Exemption automatically renews each year provided there is no change in the ownership or use of the property. If you are already receiving Homestead Exemption on your current home, you do not need to reapply. If you have not yet applied for your 2024 Homestead Exemption, Low-Income Senior Exemption, or any other exemption, you can still late file until September 18, 2024. To apply for any of these exemptions, please visit <https://web.bcpa.net/bcpaclient/#/Homestead>. Once the September statutory "late filing" deadline has closed, we cannot accept any more 2024 exemption applications regardless of any good cause reason for missing the late filing deadline. Property owners who moved to a new home in 2024 can pre-file for tax year 2025 at https://bcpa.net/homesteadonline_with_portability/web/index.aspx.

If my office can ever be of assistance to you, please do not hesitate to contact me directly at 954-357-6830 by email at martykiar@bcpa.net.

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By Linda Storfer

With the month of March here, our thoughts turn to spring and warmer weather. Although we live in Florida and enjoy a country club lifestyle of golf, hiking, pickleball and swimming and do not worry about snowstorms, blizzards and snow plowing our driveways, we did experience rainy and nasty weather during the past two months. Now that March is here, we can put away our winter coats and jackets, and spend more time outdoors in the land that many of us moved to where we enjoy the beautiful nature and activities of the Sunshine State.

What better time than the present to do a mitzvah. There are many people living in Broward County who have been classified as food insecure and greatly benefit by a home delivery of food to their apartments or homes. No time to deliver food but you want to help? Drive to our community pantry which is located outside the synagogue in our parking lot and donate food items such as canned goods, dry cereal, pasta, and other non-perishable items. You can also donate new toys and personal hygiene items to those in need. We also collect used books that are in good condition which can be dropped off at our outdoor community library in the Temple Beth Am parking lot. We have a telephone pal program to reach out to isolated people who are shut-ins and love to chat with a friendly voice on the phone once a week. I guarantee that you will make someone feel good, but you will also feel good too. These random acts of kindness are small, but their impact is enormous with great benefits to the recipients.



A very special weekend is being planned from March 29th-31st - Our Scholar in Residence weekend FROM HARVARD TO THE HOLY LAND featuring Professor Ari Goldman of Columbia University. Professor Goldman is a former journalist of the New York Times and has authored several books including THE SEARCH FOR GOD AT HARVARD AND THE LATE STARTERS ORCHESTRA. This promises to be a dynamic experience with everything including meals, learning, Shabbat services, a concert, Sunday brunch and fun and friends. (See our ad elsewhere in this paper.)

Passover, a major Jewish holiday, begins this year at sundown on Monday, April 22nd and Temple Beth Am is proud to be hosting a seder on the 2nd night of Tuesday, April 23rd. The seder will be led by our senior Rabbi, Rabbi Michelle Goldsmith and is open to the entire community. Too busy or too tired to do all the cooking and work that making a seder involves, leave everything to us. This fantastic event is open to synagogue and non-synagogue members and their families. There will be the reading of the Hadagah, delicious Glatt kosher catered food and a lot of joyful singing. Please be sure to register early so you won't be left out. The cost to attend is \$75 for members of TBA and \$95 for non-members. Last year's seder was sold out and sadly we had to turn people away.

For all these and other events at Temple Beth Am please go to our website www.beth-am.org or call the office at 954-968-4545 located minutes away at 7205 Royal Palm Blvd. Wishing everyone a very happy spring and hoping for an everlasting peace in Israel.

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ASK DR. JOY

By Joy Berke Sanchez Ph.D.



Onset of Narcissism

About 10 years ago I wrote a book about narcissistic personality disorder (NPD) and interest in this subject waxes and wanes usually because of some current situation where it comes once again into the public eye. Lately I have been asked to explain what this condition is and what it looks like so here it is.

There are basically two types of narcissists and they can be individualized or there can be overlap. Not each one has the behaviors/attitudes/presumptions, etc. to the same degree. Some may be more extensive (sociopath) and others have narcissistic traits and tendencies but not full blown NPD. These are known as the Somatic type and the Cerebral or Intellectual type. The titles are basically self-explanatory.

To understand this condition fully, I would have to reprint my entire book here so I'm going to look at the possible roads to onset in this article. This is the question that consistently comes up after the one on changing them which is impossible.

How and when it begins is not fully understand and there are many theories. The last one I'll mention seems to be the one looked upon most favorably at this time. The first one is biological and has to do with oxytocin. Oxytocin is often referred to as the bonding hormone. Women have it in much higher supply than do men which may be why a lot of research says that only 25% of all narcissists are women. Not sure I believe this personally. Oxytocin is produced in great quantity during childbirth and lactation. It is produced during sexual relations especially during orgasm. It is even produced in women when they are just interacting with their friends. It is a hormone that leads to connections between humans. It allows one person to feel emotionally close to another. Although it is not a gene it has often been referred to as the compassion gene. Narcissists are in short supply of this hormone.

The second theory is a glitch in the maturation process. This one says that since all children are naturally narcissistic some never develop past that point. If a child normally begins to develop compassion or the ability to see things from the perspective of another and respect those differences, at about age 8, then the narcissist is self-referentially fixed at age 8 or earlier. He will continue to see his needs as the center of the universe and see those around him merely as suppliers of those needs.

Theory three is a learned or adaptive response. The belief is that the child was consistently and constantly idolized and adored. That he was told he was wonderful, the best looking, the smartest, the most capable, etc. Others believe he was shamed, traumatized and told he was worthless and insignificant, and the narcissism became a defense against seeing himself in this fashion. In this way he had no choice but to develop a false self both to himself and others. When the major players in his life stopped giving him his narcissistic supply rather than looking inward to see his responsibility and role, he just finds another person to step into the void. Should he take that look he will most likely find unwanted feelings and opinions about himself, so he just doesn't ever go there. I think it is more likely than not that somatic narcissism is a result of negativity toward the self rather than truly believing he is wonderful and deserves to be the focus of attention and to receive love from whomever he chooses.

The opinions and feelings of those in the child's life towards him are not necessarily accurately read by the child. They are the interpretations made by the child outside of conscious awareness. Since young children are always at the center of their universe if there was a family situation where perhaps the child was ignored or neglected, he could have internalized this to mean he was worthless, unimportant, and insignificant. He could then be spending the rest of his life trying to undo those feelings without ever bringing them into awareness and evaluating them from a more mature perspective.

For the cerebral narcissist, it may begin with those around him like family members and teachers, telling him of his intellectual superiority without giving notice to his feelings or needs. It is possible that he over-identified with his mind and never developed any other component of his personality or character. He then needed more and more appreciation of his intellectual abilities. Since no one saw the other facets of himself he paid little attention to them as well and found them of no particular value. A total person never developed, and he became unable to relate at anything other than an intellectual and cold manner. He doesn't develop a false self as does the somatic type. Personality and intimate relating are not important to him. They want everyone to feel inferior and insignificant compared to their greatness. They do not attempt to seduce you with a false self and have often been referred to as having no personality.

The somatic, in contrast is all about a false self and has developed a very

Continued on page 50



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Getting The Most Bang! For Your Car Insurance Buck

By Martin Zevin, Attorney

I'm not a car insurance salesman. But in my years as a lawyer, I've seen so many people with bad car insurance or bad companies covering (or not covering) them. And that results in injured persons (due to somebody else's negligence) getting hurt again.

I can't give you my opinion about good and bad companies here in a public article. But I will educate you about what insurance to buy and what to let go.

1. Bodily injury liability (B.I.) Florida is one of the few states that does not require this. But it is important for you to have to protect your assets if you are at fault and injure someone else. Get as much as you can: \$100,000 per person/ \$300,000 per occurrence if you can afford it.

2. Uninsured Motorist (U.M.) Because Florida does not require B.I., you MUST have this to protect yourself and your family if a driver without B.I. injures you. Get the same amount as your B.I. (they will not sell you more). If you have two or three cars, get STACKING to double or triple your coverage. If you or your loved ones are seriously injured, you'll be very thankful that you elected maximum U.M. coverage. This is also underinsured motorist coverage. So, if a driver hits you and injures you and only has minimum coverage, like 10/20, you can get that and then pursue an underinsured motorist claim with your company. This should not affect your premium since you were not at fault.

3. Personal Injury Protection (P.I.P.) This is required in Florida. It pays for most of your hospital and medical bills, regardless of who was at fault. That is why it is called No Fault. Be sure to get it with NO deductible.

4. Collision and 5. Comprehensive. The newer your car, the smaller you should get the deductible. For old cars, consider no coverage.

6. Property damage liability (a minimum of \$10,000.00 is required under



Florida law). If you are at fault and damage another vehicle, this covers it. The more substantial your assets, the higher should be your coverage.

7. Medical payments. (Optional). Do Not get this. Agents rarely tell you that, if you get a personal injury settlement from another company, your company has a lien for payments made with this coverage. If your doctors have outstanding bills after payments from PIP, it is much easier for your lawyer to negotiate with them than with your company.

8. Car rental reimbursement. Get maximum per day and maximum number of days.

9. Towing. Get it unless you are already covered, like with AAA.

Regarding what company to use, it is better to have an agent contact many companies and give you quotes than for you to contact one company at a time. Don't automatically accept cheapest quote. Research companies online and read reviews from customers. That will give you an idea on who will treat you well when you make a claim.

To quote one of the great American philosophers, Yogi Berra: "That's the Insurance when you don't have it, that's when you need it."

During this current time of social distancing, I have been consulting with clients via phone, e-mail and regular mail. For February and March of 2024, I will also be available for a free personal meeting. Please feel free to call me for a free consultation regarding any issues pertaining to Wills, Trust, Deeds, Probate, Power of Attorney or Health Care Surrogate. I am also available for a free consultation regarding personal injury claims or to explain car insurance coverage. Call me at 954-569-4878. My address is 3275 W. Hillsboro Blvd., Suite 204, Deerfield Beach, Florida 33442. My web site is www.martinzevinpa.com and my e-mail address is 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.

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

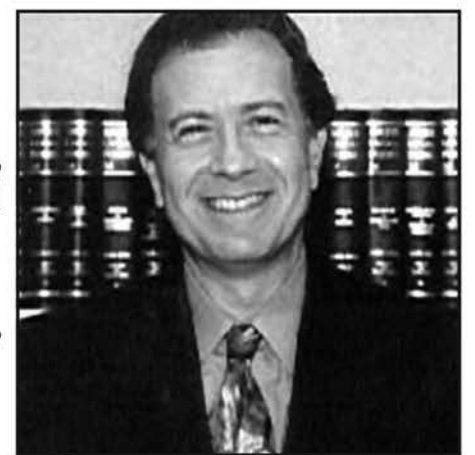
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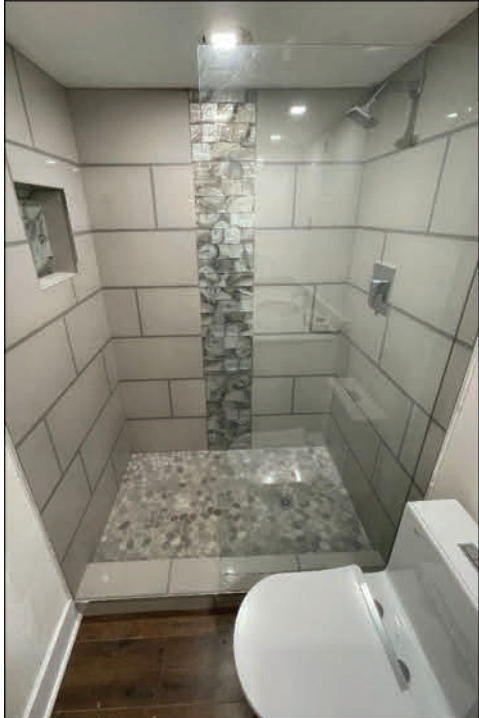


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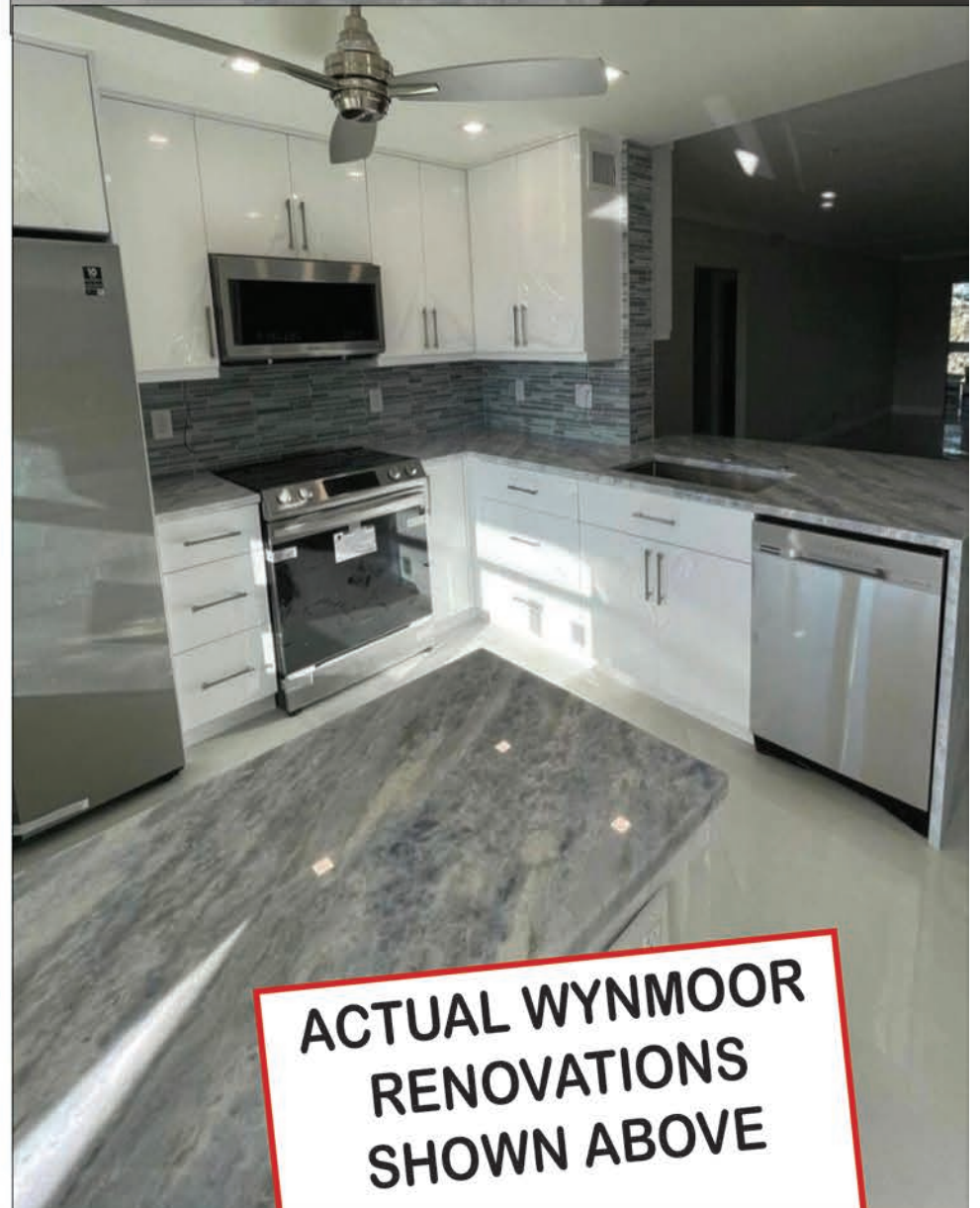
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By Sheriff Gregory Tony

BSO Trailblazers: Women Shaping The Future of Public Safety

In 1929, Sara Freeman was hired as a bookkeeper at the Broward Sheriff's Office with an annual salary of \$1,800. Her initial duties involved recording and organizing the agency's financial data. Sara eventually became the jail matron, monitoring female inmates at the Broward jail. These subsequent duties led to Sara becoming BSO's first female deputy. Deputy Freeman retired in 1946, but the legacy she left behind created opportunities for women to hold positions of power in public safety that are echoed throughout BSO today.

The representation of women in command positions has been a process. It has not always been easy, fair or fast. As sheriff, I have prioritized inclusion, fairness and equality as central tenets of our organization. When I assumed command of BSO in 2019, female representation was void at the highest ranks. Today, nearly 40 percent of our organization is comprised of women, each creating their own accomplished history and positively influencing future generations of public safety professionals. Throughout BSO, women now occupy leadership positions at the highest levels of decision and policy making—as undersheriff, chief of staff, colonels, majors, captains, fire rescue chiefs and directors.

In the spirit of our first female deputy, I want to highlight a few exceptional female firsts promoted during my administration.

Undersheriff Nichole Anderson has achieved many firsts, shattering numerous glass ceilings in her path. In 2011, she became the first Black female chief to head a district command; in 2017, she became the first Black female promoted to major; and in 2019, she became the first to attain the rank of colonel. Later that year, Colonel Anderson made history again when she became the first Black and first woman undersheriff in BSO's history. I promoted her because of her tremendous qualifications, work ethic and leadership. I consider her promotion one of my best decisions as sheriff.



When Samantha Whitehorne initially pursued a career in the fire service, she was met with resistance. She was told no one would hire her because she was Black and a woman. Samantha took this as motivation and began her journey, earning every promotion and breaking all barriers. She became the first Black female firefighter at Deerfield Beach Fire Rescue in 2000 before the department merged with BSO. She rose to the rank of lieutenant in 2006. In 2017, she began teaching and training emergency medical workers at Broward College. In 2022, I was proud to promote Samantha to district chief in Deerfield Beach, marking the first time a Black female would hold this position.

I am equally proud of Stephanie Jacobi's recent promotion to captain over our Special Patrol Division, which includes SWAT, the Aviation Unit, Marine Patrol and the K-9 Unit. She is the first woman to serve in this capacity. Captain Jacobi is an 18-year BSO veteran who has served in many critical roles, including as a property and violent crimes detective and hostage negotiator. She credits female mentors throughout her career for showing her what it takes to succeed. She hopes to do the same for other young women.

Dr. Debra White also has a long history with BSO. She began her career as a detention deputy in 1984. Soon after, Dr. White graduated from the police academy in 1990 and became a road patrol deputy and a school resource officer. After a decorated law enforcement career, she retired in 2015, until I encouraged her to return to BSO to share her talents once again. Now, she puts faith first, serving as our organization's first female chaplain services manager.

These are just a few of the many incredible women of BSO who are trailblazers and role models for the leaders of tomorrow. I am honored to work alongside them. Their service and dedication to keeping our communities safe are a true inspiration.



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This year, Passover begins on April 22nd at sundown and ends, for Reform Jews, at sundown on April 29th. Conservative and Orthodox Jews end Passover on April 30th. Reform Jews follow the Israeli calendar. Orthodox and Conservative Jews, for the most part, follow the tradition of taking an extra day harking back to the times when an exact date for a holiday could not be determined.

Almost everyone who has attended Seders at multiple venues has noticed that, although the basics are the same, there are differences. Each family has its own traditions—think matzoh ball "floaters" vs "sinkers," and don't even think about the Hassidic Jews who don't have matzoh balls at all. Even places in the world from which Jews came impact on their ways of celebrating the holiday.

Ashkenazi Jews, mostly from various areas in Europe, do not eat Kitniyot, which includes rice, corn, millet, beans, split peas, soybeans, and chickpeas. Sephardi Jews, on the other hand, do eat Kitniyot. Yemenite, Mizrahi and Romanite Jews generally follow the Sephardi traditions, but with, as all Jews, a bow to their places of origin. Some Ashkenazi Jews do not eat any oil derived from legumes, or peanut products. Tradition!

Of course, the Seder itself also lends itself to different traditions. The basic Haggadah is the same. In terms of ritual, the main difference between an Ashkenazi and Sephardi seder is that Sephardim do not recite the blessing

over the second and fourth cups of wine, believing that the blessings over the first cup for the kiddush, and the third cup following Grace After Meals cover those cups as well.

The Seder plates containing ritual foods also differ. Sephardi plates are large because they also contain the three matzot needed for the Seder. Ashkenazim place dividers between the three matzot. Sephardim do not. Some Sephardim use a Kabbalistic arrangement for the Seder plate.

Sephardim and Ashkenazim also differ on what meat can be served at the Seder. The sacrifice of the lamb on Passover was permitted until the destruction of the second Temple in Jerusalem in 70 C.E. by the Romans. Since then, Ashkenazim have been forbidden to eat lamb meat, while some Sephardim serve lamb at their Passover Seder meals.

Many Sephardi families act out parts of the Haggadah, and women recline as well as men. The order of the Four Questions is slightly different in each tradition. Ashkenazim reserve the honor of asking the Four Questions for the youngest person at the Seder. Sephardim ask the questions in unison.

So, where do the two traditions meet? Both agree that having any contact with and possession in one's household of chametz bread (leavened bread) is forbidden on Passover, as well as any foods made with chametz ingredients (barley, spelt, rye, oats, and wheat) outside of matzoh. Sephardim and Ashkenazim also agree that any non-chametz items, edible or nonedible, that come in contact with chametz items are then classified as second secondary chametz, and as such, are prohibited during Passover. And everyone agrees to have fun! Leave your differences, politics, and complaints on the doorstep.

Some families write their own Haggadot. There is much flexibility in the telling of the story of the Exodus. There is always room for skits, fun facts, and new traditions (Miriam's Cup, an orange, a Fifth Question etc.). Who knows? Your new tradition may become the next "must do" for most of us. Eventually, may we merge our differences into one tradition. We hope you have a sweet (It doesn't matter if your charoset is made with dates or apples) and meaningful Passover.

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Two Exhibits Worthy of Approbation At The Fort Lauderdale Art Museum

By Barry Isaac

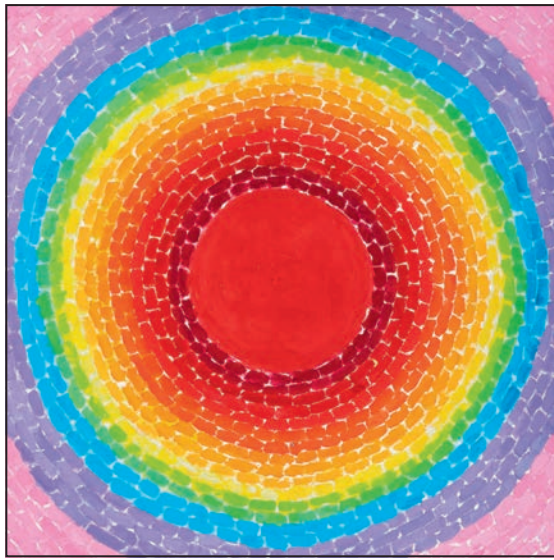
Although the NSU Fort Lauderdale Art Museum is lacking in range, in comparison to the art museums I have visited in recent years, I saw two fascinating temporary exhibits at this art museum in late December. This art museum is basically a museum of 20th Century and Contemporary Art.

At the “Glory of the World: Color Field Painting, 1950-1983,” I saw Abstract Paintings that featured vast areas of color as the dominating force. This style of painting emerged at the time that Minimalism and Pop Art emerged on the International Art Scene. Painters that were featured at this very well curated exhibit by NSU Art Director, Bonnie Clearwater were the following American and Canadian Painters; Helen Frankenthaler “Signal,” Robert Motherwell “Open 149” (acrylic and charcoal on canvas), Kenneth Noland “This,” Frank Stella “Variations on Circle,” Frank Stella’s paintings were my favorites and they were very Geometric, Canadian Jack Bush “January Reds,” Frank Bowling, Morris Louis, Jules Olitski “Prince Patusky Diary,” Larry Poons “Regulus,” Alma Thomas “Fantasy Sunset” by this Washington, D.C. Colorist, Sam Gilliam, Al Loving, and Hans Hoffman “Iris.” Kenneth Noland, Alma Thomas, Morris Louis, and Sam Gilliam were associated with the Colorist Art Movement in Washington, DC. The paintings on display were part of the Mirvish Art Collection in Toronto. This exhibit ends on June 30, 2024.

I was also impressed with the “Walasse Ting: Parrot Jungle” Exhibit (it ends March 12, 2024). These paintings by the China born, Walasse Ting combined Chinese Aesthetics, the European Avant-Garde, and American Pop in his paintings. At this exhibit, I saw brilliant paintings that featured parrots, flamingoes, cats, nubile women, and tropical flora. Ting had a very strong love for South Florida, and he visited Florida frequently in the 1950’s and 1960’s. He loved Miami’s Parrot Jungle. The following paintings especially interested me; “Flamingoes,” “Purple Studio,” “Floating Market,” “American Beauty,” “Birth of Venus,” “Afternoon Tea” (pastel on paper), and “Sun” (done together with COBRA painter, Pierre Alechinsky).

As usual, I saw fine paintings by late 20th and early 21st Haitian Born Painters such as Prefete Duffaut “Sunday,” Roland Dorcelly “Blue Light,” and Gerard Fortune plus a marvelous mixed media creation by Textile Artist, Mylande Constant, “Azaca Medeh Negre Montagne La Vente” (made with beads, sequins, and fabrics). As usual, I relished its fine collection of William Glackens Paintings, including his “Bandstand” and “Brockport, Massachusetts,” which are quality examples of American Impressionism.

So hopefully, you will visit the NSU Fort Lauderdale Art Museum and be enriched by the two temporary exhibits that I mentioned. For further information, you can call 954-525-5500.



Alma Thomas NSU Fort Lauderdale Art Museum



Jack Bush and Frank Stella Paintings NSU Fort Lauderdale



NSU Fort Lauderdale Roland Dorcelly

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Safety Solutions

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

Tried But True Scam Cycles Back Up In Coconut Creek

It's an old scam but one that still works or else the bad guys wouldn't keep using it. It's also the basis for a recent Coconut Creek Police Department "Just Hang Up" Scam Alert.

It's the Publishers Clearing House Scam. A woman in her 70s recently reported to us that she had fallen victim to it. It works like this: a scammer claiming to work for Publishers Clearing House calls you claiming that you have won the sweepstakes (even though you probably never entered it). He then explains that, before you can get your winnings, you have to send him money to pay the "taxes" or some other sort of fees up front.

They'll ask you to send them a cashier's check or buy them gift cards. This request should be a giant red flag that it's a scam. Please understand that Publishers Clearing House never operates this way. If you get a similar phone call, just hang up.

Many scams are cyclical, meaning they seem to cycle up and down here in Coconut Creek. The Publisher's Clearing House Scam seems to be cycling back up.

Remember that the scammers can clone phone numbers.

Remembering that the scammers can clone phone numbers was also the message in another one of our recent "Just Hang Up" Scam Alerts. We talked to a man who thought his bank had called him... only it was a scam artist pretending to be a representative from his bank.

He checked the number on his caller ID and, while it appeared legit, it was not.

Remember that the bad guys can clone phone numbers to look like they're calling from legitimate places. The fraudsters conned him out of several thousand dollars.

The bottom line is that businesses, particularly banks, would never call you and demand money. After all, they have your money in their bank. So why would they need you to send them money via a cash app or buy them gift cards?

If you get a similar call, just hang up.

Distraction scams are always a concern too.

Back on New Year's Day, a couple talked their way into an 82-year-old woman's apartment here in Coconut Creek claiming that her neighbor's place had flooded so they needed to check for damage.

After at first letting them in, the woman got to thinking she hadn't noticed any water damage at all. She got suspicious and made them leave. They didn't end up stealing anything. It's an important reminder to never let anyone in your home whom you don't know.

She was the target of a distraction scam. Distraction scams usually involve at least two scammers showing up at your door. One of them distracts you while the other takes your cash, jewelry, and any other items to value they can get their hands on.

It's important to remember that once you've let a stranger in your home, it's probably too late. They're going to steal something at that point, which is why the key is to never let them inside in the first place.

All three of these scams rely on trust. The con artists get you to trust them and then they take your money. Nowadays, unfortunately, it's better not to trust anybody you don't know who calls you or shows up on your doorstep.

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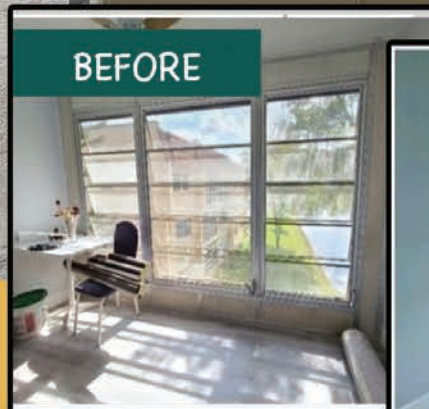
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ASK DR. JOY

By Joy Berke Sanchez Ph.D.

Continued from page 28

effective seductive act. After years of being inauthentic he will believe the false self is real and never wants that idea to be challenged. He therefore dares not open the door to authenticity even a crack to himself and others.

The last theory I'll write about here is relatively new and is about neural pathways in the brain. This isn't even covered in my book. With new technology neuroscientists are able to follow the neural pathways in a brain as the person is presented with pictures, films, images, etc. Certain areas light up and each area has been mapped to mean something. If a compassionate, caring person is shown certain images areas in their brain will light up showing the effect of the images. In the brains of sociopaths, narcissists and the like, very different areas are lit up or nothing at all. Sometimes there is excitement and sometimes no reaction, but it is not like the results from a loving person. Now the questions remain of how this happened, and can it be changed? There has been work done with magnetic resonance techniques that give hope that these neural pathways can be changed. I am a proponent of these pathways but as always I see things from a vibrational thoughts are things perspective. Not only do I believe our thoughts create and can recreate our neurology as well as even our DNA (see Dr. Bruce Lipton's work on this) I believe this is what happens to us every day. The problem is that we rethink and therefore recreate the same things over and over and if we want to change the only true method is to rethink and rebelieve. But I've gone off on a tangent.

So hopefully this will answer some of your questions about narcissism. If you have any more feel free to ask them. Once again you can email me at JoyB212@aol.com. One last thing; as I explained in my book, I use the pronoun 'he' regarding narcissists because it is difficult writing he/she all the time and also because it is statistically correct.

I will be giving a talk at the Ladies Circle Club on March 28th. Since the topic of narcissism is so extensive, I will most like not be covering onset which is why I'm putting it in an article prior to that talk. If you are interested in hearing more about this, please contact me or watch for the notices from the club.

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WLGA GOLF FASHION SHOW AT ANNUAL LUNCHEON

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Third-(tie) - Shawna Kamien and Jeanie Lee

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Third - Mary Kukulski

A FLIGHT

First - Donna Griggs

Second - Lois Tyman

Third - Barbara Hyer

B FLIGHT

First - Nathalie Carlson

Second - Lori Scott

Third - Shelly Mark

C FLIGHT

First-(tie) - Jamie Kuchuk and Cindy Milligan

Second - Linda Lewis-Moors

Third-(tie) - Karen Beckman and Betty-Jean Kregas

NINE-HOLERS

First - Joan Stedenfeld

Second-(tie) - Lorraine Dunleavy and Laura Kirschner

Third - Mona Margolin

At the luncheon, a number of golf association members model stylish golfing attire from Deer Creek's Pro Shop where attendees enjoyed discount shopping after the event.

The annual luncheon is just one of a variety of events WLGA members enjoy throughout the year, including the annual Color Wars tournament in March. For more information, please call Karen Beckman, President, at 262-374-2672.

Article By Linda Sue Lewis-Moors





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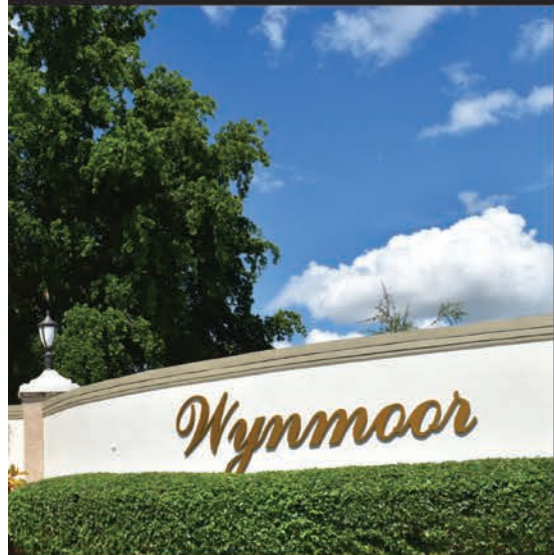
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IDS & BARCODES
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954-978-2600 Press 4

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954-978-2629

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CAFE ON THE GREEN
954-532-2350

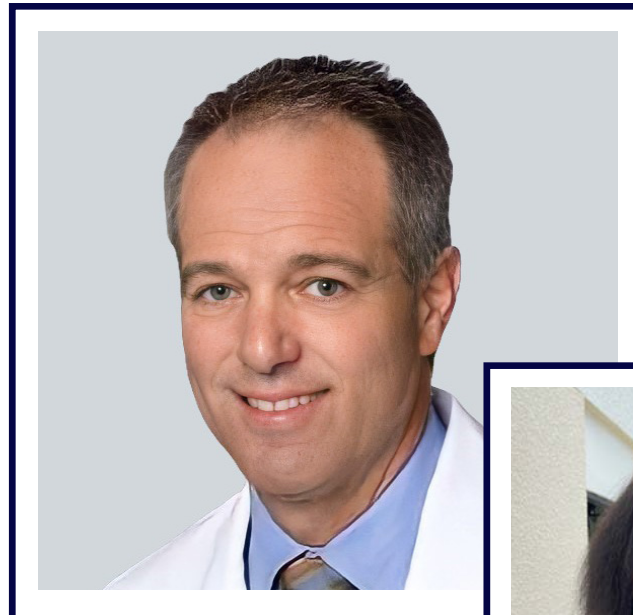
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Clubs and Activities

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

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. 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

Have A/C indoor fun and meet new friends! 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.

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- 3 cushion billiard tables, and one regulation snooker table.

This Pool & Billiard Room has been called the best Pool, Billiard, and Snooker venue, public or private, in all South Florida. Please have your Wynmoor I.D. with you. *Guests must be registered at the Recreation Department, or with the guard at the Clubhouse, or must be accompanied by a resident.

Wynmoor residents can join the Wynmoor Billiards and Pool Club to participate in additional fun events. Past events included Karaoke Night, Comedy Club Night, Group BBQ & Dance, Picnic at *the Cove* with live music, Club Pool & Billiard Tournaments, and other social events for couples and singles.

The cost to join the Wynmoor Billiard and Pool Club is \$10 per year.

FREE POOL LESSONS: Put your name / phone # / Address on an envelope requesting lessons in the lockbox in the room or e-mail Wynmoorpoolclub@gmail.com.

.....

Bocce Ball Club

By Jim Erickson

New Members both men and women are always welcome. We Meet at 8:00 a.m., Monday through Sunday and Monday, Wednesday, and Saturday at 10:00 a.m. There is a new start up group at 3:00 p.m. on Friday afternoons. Dues are just \$10 per year so come and join the fun. Any questions, contact Jim at 945-400-9302.

We send a special *thank you* to our Wynmoor Facilities Team for a job well done.

.....

Bookies

By Myrna Greenberg

The March 5th meeting of the Bookies will be held from 3:00 - 5:00 p.m. in the Sunrise Room in the East Wing of the Theater. This will be our permanent room. Share an afternoon of scintillating discussion of the *The Summer of Songbirds* by Kristy Woodson Harvey.

Future Books: *The Boys from Biloxi* by John Grisham - April 2nd. *Tom Lake* by Ann Patchett - May 7th. *The Return* by Hisham Matar - June 4th, *Victoria* by Doris Goodwin - July 2nd, *Hello Beautiful* by Ann Napolitano - August 6th.

Join us for an afternoon of lively discussion with fun and laughter! Additional information or concerns call 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 p.m. (arrive 12:15), and on Monday evenings at 6:45 p.m. (arrive 6:30). All games are "open," are supervised by an ACBL-certified director, and masterpoints are distributed according to partnership

masterpoint level.

On Friday, March 8th, the club will be holding a luncheon and club championship silver points game in the East Wing---doors open at 11:30 a.m. The price is \$15 per person, which includes the card fee and lunch (\$18 for non-members). Please pay Sarah Nadelman prior to a Tuesday or Friday game or call her at 954-978-9228. The deadline for registration is March 1st.

Lenny Fagen offers free lessons that are open to all, prior to our Tuesday games. The lessons start at 11:45 a.m. This is an opportunity to enhance your skills. Just show up: no registration is needed. If you would like to join one of the games that follows the lessons, you can do so for FREE, just for attending your first lesson. More information about these lessons and our bridge club can be obtained at sites.google.com/view/wynmoorbridge

We also offer \$5 lessons to two different groups: (1) beginners from our "Learn to Play Bridge in One Day" group---from 9:15 to 11:15 a.m. on Tuesdays in the East Wing and (2) "refreshers" (those who used to play bridge and have long forgotten much of it) from 10:00-11:30 a.m. on Fridays in the East Wing. Call Lynne at 954-973-1223 if you want more information. Feel free to join us for lessons that will enhance your game at these two beginner levels.

Questions about our club? 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.

.....

Camera Club

By Nancy Landman

Our meetings are on the first and third Tuesday of each month through the beginning of April. This season we have some wonderful presentations planned as well as photography outings that will include instruction and guidance. In addition, we will have members' photographs to view and review.

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.

Interested? You are invited to come to your first meeting free of charge.

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*.

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

Happy St. Patrick's Day! Spring is in the air. Join us and be creative. Come by to look at the display case and see the wonderful work done by our members. Check out the 1000+ molds we have. Ceramics is a wonderful way to meet new people while you use the creativity you didn't know you had. Come in and sign up for classes (\$40 for 4 classes plus a starter kit of supplies). Annual dues are \$15. We are open Monday through Thursday from 9:00 a.m. to 12:00 p.m. and Friday from 9:00 to 10:30 a.m. We look forward to seeing you.

.....

Chess Club

By Hillel Cohen

We meet every Tuesday evening from 6:30 p.m. to about 9:30 p.m. in Card Room 1 of 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. If you haven't played since high school, don't worry - we hear that a lot. No one's keeping score or rankings and you'll be surprised at how much you remember. Besides, the point is to have a pleasant time while exercising our brains.

.....

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.



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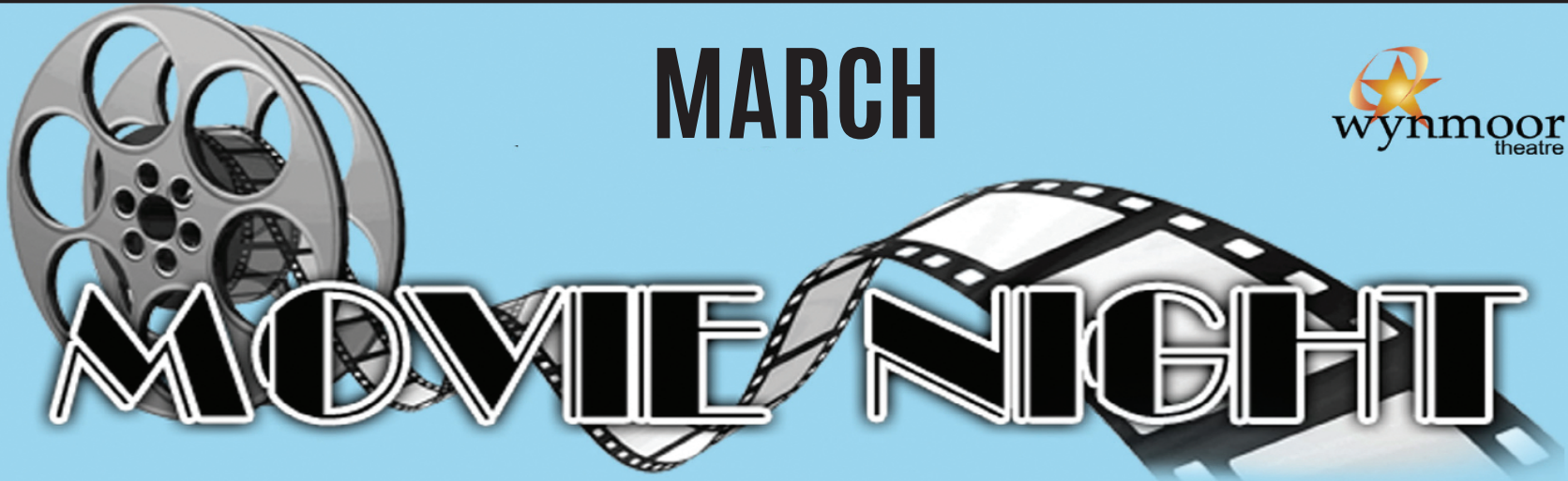
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MARCH

MOVIE NIGHT




Napoleon

2 hours, 38 minutes

Tuesday, March 5th at 2 PM* & 7:30 PM
Sunday, March 10th at 7:30 PM*

* (Open Caption)

Starring Joaquin Phoenix, Vanessa Kirby, and Tahar Rahim. A look at the military commander's origins and his swift, ruthless climb to emperor, viewed through the prism of his addictive and often volatile relationship with his wife and one true love, Josephine.

Rated R for strong violence, some grisly images, sexual content and brief language. Action, Adventure, Biography.



Wonka

1 hour, 56 minutes

Tuesday, March 12th at 2 PM* & 7:30 PM
Sunday, March 17th at 7:30 PM*

* (Open Caption)

Starring Timothee Chalamet, Gustave Die and Murray McArthur. With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. **Rated PG for some violence, mild language and thematic elements. Adventure, Comedy, Family.**



Mean Girls

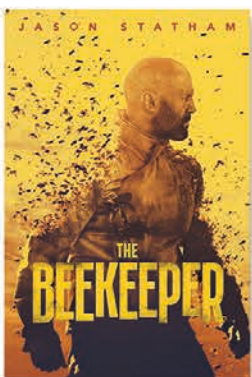
1 hour, 52 minutes

Tuesday, March 20th at 2 PM* & 7:30 PM
Sunday, March 24th 7:30 PM*

* (Open Caption)

Starring Angourie Rice, Renee Rapp and Auli'i Cravalho. Cady Heron is a hit with the Plastics, an A-list girl clique at her new school. But everything changes when she makes the mistake of falling for Aaron Samuels, the ex-boyfriend of alpha Plastic Regina George.

Rated PG-13 for sexual material, strong language, and teen drinking. Comedy, Musical.



The Beekeeper

1 hour, 45 minutes

Tuesday, March 26th at 2 PM* & 7:30 PM
Sunday, March 31st 7:30 PM*

* (Open Caption)

Starring Jason Statham, Emmy Raver-Lampamn, and Bobby Naderi. One man's brutal campaign for vengeance takes on national stakes after he is revealed to be a former operative of a powerful and clandestine organization known as "Beekeepers".

Rated R for strong violence throughout, pervasive language, some sexual references and drug use. Action, Thriller.



Killers of the Flower Moon

3 hours, 26 minutes

Tuesday, April 2nd at 2 PM* & 7:30 PM
Sunday, April 7th at 7:30 PM*

* (Open Caption)

Staring Leonardo DiCaprio, Robert DeNiro and Lilly Gladstone. When oil is discovered in 1920s Oklahoma under Osage Nation land, the Osage people are murdered one by one - until the FBI steps in to unravel the mystery.

Rated R for violence, some grisly images, and language. Crime, Drama, History.

**** MASKS ARE OPTIONAL ****

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.

Clubs and Activities

Continued from page 56

Conservative Club

By Andrea Joy Frankel-Bellitto

We are so proud to welcome to our club a true hero. Russ has served our country so proudly and is a spectacular speaker. I guarantee everyone will love this meeting. Bring a friend. Come join the conversation.

Russell Di Perna - Retired from the NYPD on September 11th and was assisting in the evacuation of the South Tower when the second plane struck that building. Served as the Executive Officer to the Sheriff of Broward County, Scott Israel. Worked for the former Chief Strategist to the President of the United States, Steve Bannon, as an analyst in the WAR ROOM podcast. Holds a BA in History with a minor in Political Science from FAU College, a Master's Degree in Political Science with a concentration on Middle Eastern Studies from FAU College and a Graduate Certificate from Richman University, in Herzilya Israel, where he attended the Interdisciplinary Center for Counter-Terrorism Studies. He also served in the United States Marine Corps and the US Navy Reserves.

Currently, he is conducting threat assessment and analysis for a Hedge Fund Manager.

The meeting is Tuesday, March 19th at 7:00 p.m. in the Wynmoor Clubhouse Ballroom A. Refreshments will be served. 50/50 drawing and 2 drawing as well.

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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 at 954-975-9191, Susan Myers at 954-933-7743.

.....

Democratic Club

By Steve Vajda

Join us at the Democratic Club Monthly Meeting on Tuesday, March 5th, at 2:00 p.m. in the Wynmoor Country Club Ballroom. Doors open at 1:30 p.m.

Presentation: Kathryn Kvech, Program Chairperson, for the Broward Chapter of "Moms Demand Action" which is a grassroots movement of Americans fighting for public safety measures that can protect people from gun violence by passing stronger gun laws and working to close the loopholes that jeopardize the safety of our families. They also work in communities throughout the U.S. and with business leaders to encourage a culture of responsible gun ownership.

SPECIAL ANNOUNCEMENT - Mark your calendars: Looking Ahead to the April 2nd Monthly Meeting - Speakers include Jared Moskowitz, our Representative in the US House of Representatives and Christine Hunschofsky our Representative in the Florida House of Representatives. Details to follow.

Remember: 2024 Membership Dues can be paid at the meeting. For further information please contact stevevajda@hotmail.com, 305-720-5860.

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Drawing and Painting Club

By Lynn Miller and Beatrice Horowitz

Our members work in many different mediums and enjoy each other's company at our Wednesday afternoon gatherings. Come by the studio in the Clubhouse to check us out. Yearly dues are \$10, new members always welcome. Send questions to beatrice.horowitz@gmail.com.

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Fishing Club of Wynmoor

By Paul Villano

Learn more about FCW's Saltwater and Fresh Fishing Trips, Events and Tournaments at our Monthly Meeting on Monday, March 18th located in Ballroom C, at 9:00 a.m. Get to know us over a cup of coffee and bagel.

This month's schedule includes Grass Carp Fishing Tournament, Islamorada Fishing Trip, Drift Boat Trip.

Get the latest information and updates visit the library for club membership application, tournament and event information or text Paul at 516-526-5313 or email fishingclubwynmoor@yahoo.com.

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Fun With Friends 2

By Benjamin Zoe & Debbie Chait

The next Fun With Friends 2 dance will be on Sunday, March 24th. This unique evening will provide an evening of dance and charity. The evening will feature the enormously popular Gypsy Lane Band. The event will be presented in conjunction with Wynmoor's community-wide Relay For Life fundraising events.

Relay for Life funds support Coral Springs, Parkland, Coconut Creek, and Margate residents and their families who have been touched by cancer. The organization provides funding for such services as transportation for chemo patients' to and from treatments, defraying the costs of housing for patients and their families who need to travel for specialized care throughout the country. Every penny raised within our local Relay For Life territory stays in our territory!

THE GYPSY LANE BAND



Gypsy Lane is a premiere party and show band. The group offers a diverse repertoire that spans the musical spectrum. From Motown to reggae, soul to funk, disco to hip hop. You'll be sure to "shake your booty" to the party sounds of Gypsy Lane.

Don't miss your chance to experience the Gypsy Land Band AND Support Relay For Life - DETAILS TO COME! - GET YOUR TICKETS TODAY!

Tickets sales for members to the March dance began on February 25th. NO TICKETS WILL BE SOLD AFTER MARCH 10th. Event registration forms with specific details were emailed to members on February 25th. For member tickets or more information email FWF.2nd@gmail.com.

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Hadassah

By Toby Norman

We have the preparations for our Spring Luncheon almost finalized. It will be held on Friday, March 29th. Flyers should be available on the carousel shortly. This is a good time to start forming your tables of 8 or 10 people so you are ready to send in your reservations in a timely manner. If you have any questions, they can be answered by Ceil Eitman. She can be contacted at 954-984-2801.

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

.....

Health and Wellness Club

By Hope Myers, Member Academy Nutrition and Dietetics

Change in Meeting date to Wednesday, March 20th. We will still be meeting in the West Wing II at 2:30 p.m. Our speaker will be the award-winning author Al Kushner. He will discuss his latest book *Virtual Medicare - 10 Costly Mistakes You Can't Afford to Make*. This book is designed to educate and empower individuals to make the best decisions about their health care coverage. E copies of his book will be available to those who attend this meeting.

As always healthy refreshments will be served. No charge for members to attend. Guest fee for each meeting is \$5. For more information contact Hope Myers, President 954-971-9538.

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Ladies Circle Club

By Diane San Anton

Our guest for our March 28th meeting is Dr. Joy Sanchez. Dr. Joy had a private practice as a clinical psychologist/therapist for many decades and has written two books. The most recent title published was *The Pursuit of Happiness* which was published in 2016. She currently holds a weekly class

more clubs...

Continued on page 60

Clubs and Activities

Continued from page 59

here in Wynmoor on the Mind-Body Connection and writes monthly articles for the Insider. Her talk will be on Narcissistic Personality Disorder, which is based on her first book *Triumph Over Tragedy*. Doors open at 11:15 and our meeting starts 11:30 a.m. Please plan on coming to what should be an interesting presentation.

Hope to see you all at our April 20th function. For more information and ticket availability you can email me at telepixie@hotmail.com.

Mah Jongg Club

By Judy Palma

For more information, please contact Judy Palma at 609-577-5946 or Nancy Smith at 954-610-1539, or send an email to nancysmith1021@gmail.com.

Monday Night Dance

By Tamara Tresinowski

Happy St. Patrick's Day! We have an incredible month planned for you. March 4th is Beach Day, we will be teaching the line dance for "Sex on the Beach" and ice cream will be served. March 11th NO DANCE - Ballroom being used. March 18th is our celebration of St. Patrick's Day so wear green. Hal Austin will be teaching the Merengue. March 25th is Easter Bonnet Night and Sherry J will be teaching a line dance to Megan Trainor's new song Me Too. EXTRA, EXTRA READ ALL ABOUT IT! We have another Special live band night April 1st. Street Talk will be back. Tickets are \$10 in advance and \$20 for guests. Then they will be \$20 at the door the night of, so buy your tickets soon. Our dance is every Monday night in the ballroom, 6:30 to 9:30 p.m. Lesson starts at 6:45 p.m. Coffee and snacks included. Dues are \$10 for the year. Entry is \$2 each week. Guests are \$5.

Nature And Arts Club

By Elaine Lurie

Join us for a burst of inspiration for the month of March! At our March 7th breakfast meeting, we welcome the talented sculptress Jae French, as guest speaker. Her sculptures have had international exhibits, including the Metropolitan Museum of Art, the Israel Museum, and embassies around the world. This is a wonderful opportunity to connect with fellow nature lovers and art enthusiasts and hear about the vision behind many of Jae's pieces. But that's not all! On March 21st, we have a half-day car trip planned to the elegant Bonnet House, in Fort Lauderdale. Set amidst lush gardens, our guided tour will explore the beauty that surrounds this historic estate and art museum. Season membership (\$15 per person) must be paid before you can participate in club activities. Mail checks, payable to the Wynmoor Nature and Arts Club, to: Sheryl Darby, 3302 Aruba Way, Apt. J2. Or deposit checks in the black box on the wall, in her building's first floor mailroom opposite the elevator. Include your email address to receive our monthly newsletter and reservation information for upcoming breakfast meetings and trips. Contact Sheryl at 954-977-4008 with membership questions.

Needlework Click

By Barbara Bilello

Our March meetings are 12th and 26th, the 2nd and 4th Tuesdays 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 welcome to join us for fun and making new friends. Hope to see everyone at our meetings. If anyone is new out there, please join us.

If anyone has yarn to donate, please call Barbara at 754-222-6375. Thanks again!

Night Tennis

By Jo Ann Perreault

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

The Pickleball Club is in full swing. We have been very busy holding our tournaments, running clinics, and having our fabulous dinner dances, and raising money for the American Cancer Society. This month calendar is full of events too. If you are interested in lessons send an email to pcw.classes@gmail.com. We are always accepting new members. You can reach out to Chuck Milstein at 954-366-1149.

Pottery Club

By Edwin Meyer

Thank you to all the Wynmorites who purchased pottery at the Pottery Club Table at the Elephant Sale - all proceeds go to Women in Distress which is rated A by Charity Navigator. The Pottery Club feels it's important to give back to the community here in Coconut Creek and in this case every little bit helps.

We just completed our Winter New Members Class! The Class is full of talent and great spirit, and we are looking forward to seeing their Clay Play. If anyone is interested in playing with clay, please contact susan.slear@gmail.com.

US Club

By Ceil Eitman, President

Here we go again - another great evening, Tuesday, March 26th at 7:30 p.m. in the Ballroom. Door open at 6:30 p.m. Superstars Sixties Tributes, One Man, One Show. All the great hits of Frankie, Neil, Gary, Tom...

2024 paid members \$5, guests \$10 at the door. The US Club motto of Unique Sociability Lives On!

Women's Pool Group "The MsCues"

By Bob Horowitz

Have fun and meet new friends! Players of all skill levels are welcome. We meet every Tuesday from 3:00 to 5:00 p.m. at the A/C indoor Wynmoor Billiard and Pool Room located in the Wynmoor Country Club, next to the library. Please have your Wynmoor I.D. with you.

MzCues Members are members of the Wynmoor Billiards and Pool Club and can participate in additional fun events. Past events included Karaoke Night, Comedy Club Night, Group BBQ & Dance, Picnic at the Cove with



live music, Club Pool & Billiard Tournaments, and other social events for couples and singles.

Any questions about the MzCues contact Carol at cas242@hotmail.com or call 978-979-1681. The cost to join the Wynmoor Billiard and Pool Club is \$10 per year.

FREE POOL LESSONS: Put your name / phone # / Address on an envelope requesting lessons in the lockbox in the room or e-mail 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 Weissman

Are you lion around writing? Now that March has come in like a . . . won't you consider our Writer's Club, where you can receive valuable feedback for your piece. If interested, contact Nancy Heller Moskowitz, Club President, laughlady55@aol.com.

Clubs and Activities

Wynmoor Republicans

By Miriam Mendelson

Our next meeting will be March 11th at 7:00 p.m. in the West Wing. Our speaker will be Attorney George Henriquez from U.S. Law Shield explaining some of the following about defending yourself: When can I legally shoot and defend myself? By what standard will the law judge my actions? When is it not a crime? Invoke your legal rights? Law of self-defense? Law of defense of others? Protection of your property? When can you protect someone else's property? Protection against animals? Florida criminal legal process? Understanding what you can carry? Rules of Firearm Safety? Getting your CWFL license? Etc. Etc. Etc.

There will be NO WEAPONS as this is NOT A GUN SHOW. It is to gain knowledge for gun safety and the law. All are welcome. There will be a raffle. Refreshments will be served. No dues. A container will be at the front desk if you would like to contribute \$1 or more to Tunnel to Towers it would be greatly appreciated.

.....

Wynmoor Short Film Festival Club

By Enid Wolf-Schein

TICKET SALES are starting for our 4th Annual Wynmoor Short Film Festival! Tickets (\$5 – cash only!) are being sold Wednesdays from 2:00 to 4:00 p.m. in the Country Club Library. Don't wait till the last minute. This is a sellout event every year.

Choose from two screenings: OPENING NIGHT Friday evening, March 22nd at 7:00 p.m. and MATINEE, Saturday afternoon, March 23rd at 2:00 p.m. Films will be shown in the Country Club Lecture Hall. They include a variety of short, fun movies including two line dance performances; when you go to the Ballroom reception the dancers will lead you in-person to do those same dances, along with other dance music from movies.

Screenings are followed by a movie-oriented Reception in the Ballroom with lots of popcorn and wine or other drinks and dancing. The reception includes a "Kaleidoscope of Stars" — featuring seven singing or dancing acts from some of your favorite movies by some of Wynmoor's most talented residents.

Just like the major film festivals such as Sundance, FLIFF and Cannes we will have a special background and red carpet for you to take photos of yourselves and friends dressed in your elegant best. You will also have a chance to meet and greet the filmmakers and casts from the movies.

.....

Wynmoor Video and Film Club

By Phil Guterman

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

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Your Articles of Interest Are Always Welcome! How do I send my article?

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

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

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

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

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WOODSHOP

By Ernie Fleury

The Woodshop will be well represented at the Festival of the Arts in March, so come by and meet the skilled craftsman that fill the pages of both the News & Views and The Insider each month. Below are February's offerings.



Everett Yankie hand carved this unique black cherry lamp with dogwood vines encircling top to bottom. Yank will donate his lamp, with shade, to his church for their annual auction. Yank had the time to turn this jar with cover from black walnut, hard maple and rainbow African padauk. Yank created this 20" lazy Susan from black cherry with one of his famous floral leaf inlays. Take a look at his African

Padauk treasure chest with 4 felt lined draws (check out the inlay), accessorized in 18k gold. This is one of Yank's best efforts.

Oreet Fagan presents her straight grain 18"x24" charcuterie board fashioned from rainbow African Padauk, rock maple, and white oak. All these beautiful hard woods are wrapped around a tri-colored plaid end grain insert crafted from walnut, maple and crossed with thin padauk rails. This masterpiece is finished with 6 coats high gloss oil base polyurethane.

Carol Bartley mixes variety and color in her collage of masterpieces: top left is her pizza peel/serving tray of Black Limba, Mahogany, and hard maple, center is assorted color end grain butcher block holding up her striped maple fish, with wood that remained, Carol put together a round cutting board.

Larry Mintz is displaying his first two items produced in the shop. A circular cypress plant stand, with locking casters and his latest is a 14"x16" maple and Mahogany cutting board with finger grasps under the board.

The final cluster of photos displays Dave Norcross's turned fine ribbed bowl with cover, and a rose wood mini pedestal for a stained-glass creation. Paul Hannagan comes through again with his hand carved 26" hickory wood cane.

Lawrence Goldsmith barely made it for this photo with his grandson's maple and walnut chess board. All these masterpieces are on display in our showcases in the front of the Shop where they look even better in their natural setting.





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Council Officers, including
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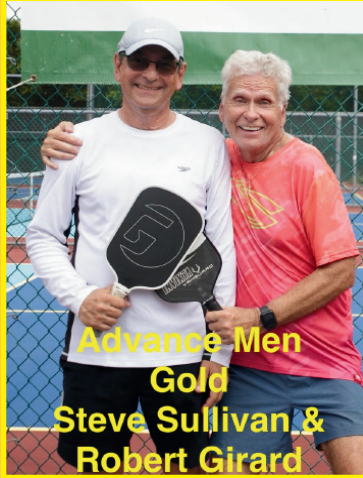
Pickleball Club of Wynmoor January Tournament

By Mayda Coombs

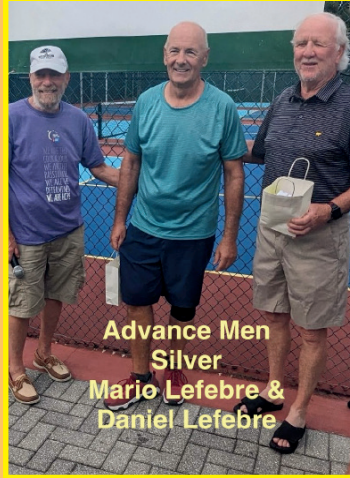
The Pickleball Club of Wynmoor held one of our largest tournaments with five different brackets. The participants and spectators had a great time win or lose with a celebration at the end. Congratulations to all the winners.



Open Woman Gold
Carla Tessaro & Cory Romero



Advance Men Gold
Steve Sullivan & Robert Girard



Advance Men Silver
Mario Lefebvre & Daniel Lefebvre



Mixed Advance Silver
Jane Norton &



Men Intermediate Silver
Jaime Delgado & Bill Greenfield



Mixed Advance Gold
Robin Frankel & Alan Weinstock



Men Intermediate Gold
Ken Stein & Jeff Rubin



Mixed Intermediate Gold
Robert Girard & Danielle Gagnon



Mixed Intermediate Silver
Jaime Delgado & Cory Romero



Open Woman Silver
Fran Weber & Wendy Castillo



Mixed Advance Bronze
Ben Zoe & Fran Weber



Advance Men Bronze
Gaston Vinette & Arthur Frankel



Mixed Intermediate Bronze
Bill Greenfield & Carla Tessaro



Open Woman Bronze
Michelle Dionne & Robin Frankel



Men Intermediate Bronze
Parker Levy & Alan Aaron's





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 Samueli 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 or call us directly at 954-907-1036).

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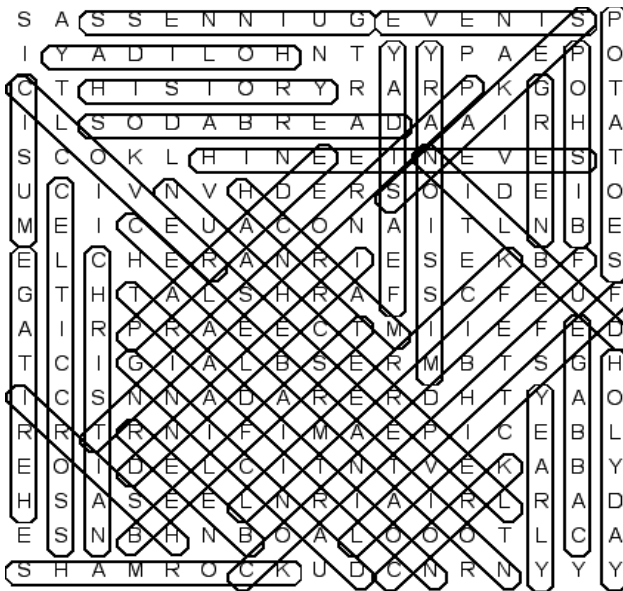
Puzzles and Games

Solutions from page 22

Crossword Puzzle

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| E | N | I | G | M | A | T | I | C | B | L | E | S | T |
| P | A | T | I | O | I | C | E | H | O | U | S | E | |
| S | T | R | E | A | M | E | R | S | | | | | |
| C | L | O | T | H | E | S | B | A | N | F | T | L | |
| R | E | C | E | S | W | E | D | T | O | R | O | | |
| A | V | E | R | O | P | E | R | A | R | U | I | N | |
| S | E | A | S | N | E | T | C | H | A | N | C | E | |
| H | E | N | B | A | R | T | H | U | N | D | E | R | |
| L | E | N | G | T | H | E | N | S | | | | | |
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St. Patrick's Day



The hidden message is: SAINT PATRICK LIVED IN THE FIFTH CENTURY

Sudoku

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

Binox

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| × | ○ | ○ | × | × | ○ | ○ | × |
| × | ○ | × | × | ○ | × | ○ | ○ |
| ○ | × | ○ | ○ | × | ○ | × | × |
| × | ○ | × | ○ | × | ○ | × | ○ |
| ○ | × | ○ | × | ○ | × | ○ | × |
| × | ○ | × | ○ | × | × | ○ | ○ |
| ○ | × | ○ | × | ○ | ○ | × | × |

TRIVIA TRIVIA TRIVIA

Who invented the word "vomit"?

Answer: Shakespeare

Native to the Carribean, what kind of animal is a Mountain Chicken?

Answer: Frog

Why did pirates wear earrings?

Answer: They believed it improved eyesight.

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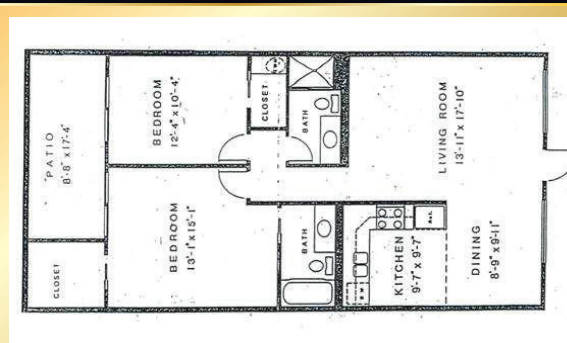
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