

The INSIDER

An Independent Newspaper
For Wynmoor Residents



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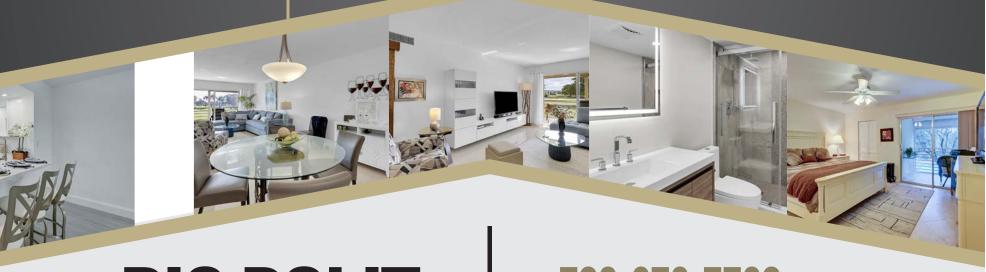
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1606 ABACO (NEW KITCHEN)	\$ 198,000
2903 VICTORIA (CORNER)	\$ 139,900
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2202 Lucaya • Remodeled, Porcelain & Vinyl in Bedrooms, Water View, Furnished	\$229,000
4402 Martinique • Remodeled, All Impact, Furnished, Red Bridge/Water/Golf View	\$239,000
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2901 Victoria • Remodeled, Top Floor, Pool View, All Impact, Furnished, No Carpet/Mirrors	\$210,000
2902 Victoria • 3 rd Floor, Lake View, No Carpet	\$195,000
CORNER APARTMENTS	
4701 Martiniana - Damadalad Tan Flagr Open Vitaban	¢274.000

4701 Martinique • Remodeled, Top Floor, Open Kitchen \$234,000 2905 Victoria • Updated Kitchen, Furnished, Enclosed Patio, Magnificent Water View \$199,000

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Panoramic View of Golf Course & Lake 1501 Cayman • Remodeled, All Impact, Porcelain Flooring, No Popcorn, \$325,000

Contemporary Furniture, Turn-Key 1502 Cayman • Iris Floor Plan, 1,350sf, Lake/Fountain View, Turn Key, Furnished \$197,000 1804 Eleuthera • 3rd Floor, Lake/Fountain View, Laminate Floors \$199,000

1 PEDDOOM

<u>I BEDROOM</u>				
2503 Antigua • 1.5 Bathrooms, Water View, All Vinyl Flooring, Partially Furnished				
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Mother Cheryl Stein WynmoorRealtor@gmail.com

Daughter Wendy Peck WendyPeckRealtor@att.net 954-695-1131

ANNUAL RENTALS

3401 Bimini • Updated One-Of-A-Kind Floor Plan, 1/1 Unfurnished, W/D • \$1,800/mo. 1502 Cayman • Iris Floor Plan, Furnished, Inside W/D • \$2,200/mo. 2201 Lucaya • Remodeled, All Impact Glass, Open Kitchen • \$2,500/mo. 3004 Portofino • New Carpet, Encl. Patio, Golf Course Panoramic View • \$1,800/mo. 2901 Victoria • Just Painted, Ground Floor, Water View • \$1,750/mo.

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ARTICLE SUBMISSION WORD LIMITS: CLUBS 200 Maximum PEN TO PAPER 250 Maximum ARTICLES OF INTEREST 450 Maximum

Please identify the nature of your submission on your envelope: Example: Calling All Clubs, Neighborly News, Pen to Paper, Etc.

Deadline: The 10th of each month at Noon. This applies to all articles, photos, classified ads, etc.

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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 th	nere is a specific approved event)



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From the President

On a personal note, I wanted to let you know that the 14 counts filed against me with the State of Florida Ethics Commission have all been dismissed. This experience has been a powerful reminder that you can't always believe what people say until all the facts come to light. I'm sharing this because if you ever find yourself in a similar situation, it's vital to stand up for yourself and trust that the truth will surface. Let the facts speak for themselves. Always believe in your integrity, and no matter what challenges or accusations come your way, remember that the truth will protect you. Your support and encouragement has been overwhelming. Thank you!

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

All of us live in "associations." Each of the 44 association have a board of directors who are responsible for the good and welfare of the individual association. They are the governing body; they participate in the budget process, they review and approve contracts, they assist in unit owner issues, and they disperse information to their constituents.

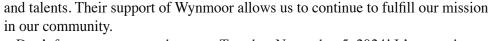
Then we have "Wynmoor Community Council." The Council's basic function is to oversee and ensure the successful operation of the facilities; this includes all common property that is not owned by an individual association. Each association has a Council Representative that sits on the Council Board of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

The Management Committee is chaired by the President of Council and consists of (4) Vice Presidents. The Council has an Executive Committee which submits its findings and recommendations to the Council Board of Directors. The Executive Committee is composed of the Officers of the Council Board of Directors and one elected representative from each Village; Andros, Antigua I, Antigua II, Aruba, Bahama, Bermuda, Bimini, Cayman, Eleuthera, Granada, Lucaya I, Lucaya II, Martinique, Nassau, Portofino I, Portofino II, and Victoria.

The Budget and Finance Committee consists of all Council Officers plus at least (5) duly appointed unit owners. The Committee reviews the monthly financial operations of Wynmoor Community Council and the Annual Budget. Other standing

committees include Architectural, By-Laws, Hearing, and Long-Range Planning. The President shall appoint the Chairperson and members of the standing committees. They may find it useful to conduct hearings and report on policy questions, evaluate operations and submit recommendations.

We are grateful for each committee member's willingness to give their time, energy, expertise,



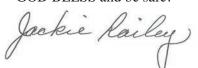
Don't forget to go out and vote on Tuesday, November 5, 2024! It's your chance to make your voice heard. Whether it's for your local representatives or the national elections, every vote plays a crucial role in shaping the future. Make sure you are part of the decision!

We are deeply grateful to our veterans, for they are the reason we enjoy the freedoms and privileges we have in the USA. Many of us have had family, friends, teachers, who have selflessly served, granting us the ability to live in peace and security. Let's take the time to thank these amazing veterans for their service, not just today but throughout the year. Their sacrifices deserve our continual recognition and appreciation.

Holiday Season is upon us! We are planning for a return of our seasonal residents and with that comes a significant increase in guests and visitors. We all know long lines at the entry gates creates an inconvenience for everyone. You can help, be sure to call in all guest(s) prior to their arrival. The automated system (954-978-2666) is provided for this purpose. Be sure your guest(s) have their valid ID readily available as they approach the gate, and they know your building and apartment number. This information will greatly assist in shortening the wait and will keep the lines flowing.

Happy Thanksgiving to all our family, friends, and neighbors. As we gather today, let's take a moment to reflect on the many blessings we have in our lives. Too often, we go about our daily routines without pausing to appreciate them, sometimes taking them for granted. Let's be thankful every day for the things that truly matter—our family, friends, and the priceless gift of good health. Wishing you all a wonderful and heartfelt Thanksgiving!

GOD BLESS and be safe!





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October 7th, Sad and Somber Day in Many Ways!

By Andrea Joy Frankel-Bellitto

I am sitting here at my computer writing this article and it is raining outside. There are some hurricanes out there and of course we just saw the complete devastation in NC from Helene. I am very thankful for the American spirit and great organizations like Samaritan's Purse, which is one I give to, for their on-the-spot response, ALWAYS, especially in light of the dismal response of the federal government, like in Maui and E. Palestine, Ohio. According to Homeland Secretary Mayorkas, FEMA is broke. 1.6 billion spent on illegal aliens. No money for American people now homeless and in distress.

In Israel it is a day of mourning but a day of renewed determination of destroying Hamas, Hezbollah, the Houthis' and Iran despite this administration

objections. We must remember Israel was the innocent party in this! They were savagely attacked!

So, as I sit here looking outside at the rain, I am reminded at what my mom used to tell me as a little girl. The rain was God and the angels crying at all the bad things in the world. Today they are definitely crying.

We pray, that Israel never lays down its arms in a cease fire, as that will be the end of Israel. Never trust the word of terrorists! Israel MUST win a total victory. Defeat the bad guys! Also remember, Hamas was elected by the Palestinian people. They celebrated after 9/11 and 10/7.

Continued on page 7

Notice Submitting Your Articles For Publication in The INSIDER Newspaper

Your articles are welcome for submission in the **INSIDER Newspaper**. The **BEST** way to receive them is by email to: **wynmoorads@aol.com** as a word document in upper and lower case. You can also mail your article/s to **INSIDER News Group**, 8212 Half Dome Court, Boynton Beach, FL 33473.

When mailing articles they must be clearly written or typed in upper and lower case and have a contact number for questions (not for publication).

IT IS IMPORTANT that the information submitted is TIMELY. Please watch dates!

Your photos are welcomed as well! Attach it/them to the email or put them in the mail them with the article. If you want them returned, please enclose a self addressed - stamped envelope.

Our deadline is the 10th of the month preceding an issue. **Example: October 10th for the Nov. issue.** If the 10th falls out on a weekend, we will extend the date to the following Monday.

All articles received after the deadline will go in the following issue.

Thank you, the Insider News Group

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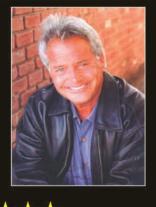






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The Host With The Most

By Peter Hardis

Two weeks ago I returned home from shopping at the supermarket. When I walked into my apartment, I had a strange feeling that I was not the only one there. I yelled out, "IS ANYONE HERE?" There was no response, however I still had this feeling that I wasn't the only one in the house.

Because I was scared, I reached for my phone to call 911. All of a sudden a voice said, "Don't you dare call anyone!" I nearly jumped out of my skin. I said, "Who are you; where are you?" "I'm down here right by your feet." I looked down at the floor and saw what I first thought was a piece of dirt, but I realized that it couldn't be dirt because it was running around in circles. I bent down to take a closer look and saw that it was the tiniest ant I had ever seen.

"Listen to me carefully! We don't want to hurt you, but I promise we will if you don't cooperate with us." It then yelled out, "I have the place secured, you can come in now."

I looked down at the space at the bottom of the front door; in disbelief I saw thousands of ants marching into the house. Many were even pulling small suitcases behind them. They were well behaved, but that didn't take away from how scared I was about what was taking place before my eyes.

After the last ant arrived, their leader said to me, "There are two recent packages, we followed you thinking that you would have something for us to eat. We are hoping you bought some things we like. Our favorites are cookies, and potato chips."

I said to it, "It just so happens you are in luck. I bought Oreos, but only because they were 'buy one get one free', and Lay's potato chips which were also 'buy one get one free'." I thought that if I told it what it wanted to hear they would eat and then leave.

"Now I want you to take a couple of the Oreos out; crumple them up into little pieces and place them on the floor. Good! Now do the same thing with some of the potato chips."

After I did what it wanted me to do, in a very threatening voice it said, "YOU MUST GO TO YOUR BEDROOM RIGHT NOW, CLOSE THE DOOR, AND DON'T COME OUT UNTIL I SAY YOU CAN!" Fearing for my life, I ran as fast as I could to my bedroom and closed the door.

While I was in the bedroom, I started to wonder what they were going to do next. Listening through the door I heart the tv in the living go on and could hear they were watching The Price Is Right. They were laughing and they seemed to be having fun. I thought to myself, they really know how to party.

Then I got a hold of myself and said, "What? I must be crazy admiring the lifestyle of these ants. Look at the situation they put me in." I began to fear the worst by thinking, if they wanted to they could keep me captive for as long as they want to, or maybe until I die, or worse. There are enough of them to kill me just for the fun of it.

After about nine hours of me being held hostage, I heard a knock on the door. "Listen to me very carefully! In 15 minutes, you will be allowed to come out, but not one second before that! Do you understand me?" I replied, "Yes I do."

When the 15 minutes were up, I peeked out from the door. It was eerily quiet. With a great deal of fear and apprehension I left the bedroom.

Looking around I saw that the tv was off, the kitchen was spotless, and all of the items in the packages I brought in were neatly put away. There wasn't an ant in sight. Then I noticed a note on the counter. It read:

Dear Peter, we can't thank you enough for your generous hospitality. You are quite the host! Not everyone is as welcoming to us as you were. Because of how nice you are we are looking forward to many more visits with you in the near future. Thanks for being THE HOST WITH THE MOST! Yours truly, your little friends.

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Safety Solutions

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

Latest Scam Alerts Show We Still Have Room To Improve

W med coco duri wan you Cab

We issue scam alerts on our social media pages, and on our website, www. coconutcreek.net/pd. We put out several during the month of September and I want to share them with you here in case you missed them:

Cable Company Scam:

The Cable Company Scam rears its ugly

head again in this Coconut Creek Police Department Scam Alert. A Coconut Creek man recently called us after finding several unauthorized withdrawals from his bank account. It turned out that someone posing as a representative from his cable company, Comcast, called him a few days before and told him he was behind paying his bill. Of course he really wasn't. The scammer threatened to cut off his cable if he didn't pay right then and there so the man gave him some of his personal information. The scammers used it to get into his bank account and make those withdrawals. Remember that the cable company, or your water/sewer provider, or any utility company for that matter will never call you on the phone and demand payment for a delinquent bill. They'll always send you written notice first. If you ever get a similar phone call, just hang up.

Apple MacBook Repair Scam:

The Apple MacBook Scam is the basis for this Coconut Creek Police Department Scam Alert. Recently a man called us to report that he was on his MacBook and started having issues with it. He decided to do a Google search for help and called the first number that popped up. That was a mistake because he called a scam artist. The fraudster talked the man into letting him remote in to his computer and then stole a bunch of money from his bank account. The big lesson here is to never trust any phone numbers you find online. We recommend finding a local computer repair shop and taking it there.

Crypto Investment Scam:

Crypto Investors, Beware is the theme for this Coconut Creek Police Department Scam Alert. A Coconut Creek man recently lost a significant amount of money in a phony crypto wallet scheme. The scammers initially contacted him through LinkedIn, manipulating the results of his first investments to lure him into investing more money. The returns seemed too good to be true—and they were.

Always do your homework before investing your hard-earned money. Remember, if something seems "too good to be true," it probably is. And never trust anyone who reaches out to you with a plan for how to spend your money.

You can see more of these scam alerts by visiting www.coconutcreek.net/scam.

The big lesson from all of these scams is to never trust anyone who reaches out to you, out of the blue, and claims to have spotted a problem you didn't see. It's always a scam. As folks are still falling for these scams, it's evidence that we still have work to do as far as getting the word out.

Be a good Neighbor. Look out for each other!





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DESIGN WITH YOUR OWN FLAIR

1503 Cayman Way K3 \$189k 2201 Lucaya Bend K3 \$220k \$149,900 212 Bahama Bend A2 3404 Bimini Lane C2 \$145k 2802 Victoria Way N3 \$136k 2904 Victoria Place E4 \$119k

2/2 Lakefront, Reduced!

PENDING

PENDING

2/2, A/C 2022, Upgrades 2022-23' 3 Bedroom Corner, New A/C - PENDING

2/2, Golf views, Across from Pool, Needs TLC

2/2, Golf & Water Views, A/C 2020, Flexible! 1/1/1 Lakefront, Reduced, Lowest Maintenance!

RENTALS

1503 Cayman Way H1 2102 Lucaya Lane M4 3001 Portofino Isle D2 **3204 Portofino Pointe G2**

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\$2300

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2/2, Fully Furnished, Enclosed Patio, Lake View

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May Your Thanksgiving Be Full Of Peace, Love Et Joy – Sue, Daniel Et Jaime

2024 Homestead Exemption



November 21, 2024

Documents required to file a Homestead Exemption include:

- Current Florida driver's license/ **Identification Card**
- Current Voter registration card or declaration of domicile
- Non-U.S. citizens must also provide proof of permanent residency



Deputy Property Appraisers will assist residents at the Country Clubhouse Library.

From 10:00 am - 12:00 pm

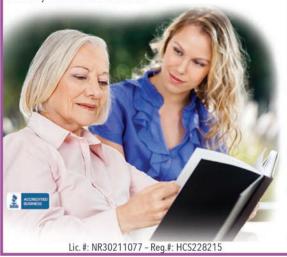
The Property Appraiser's full outreach calendar can be viewed at www.bcpa.net/Events.asp. For further information visit our website at www.bcpa.net or contact The Outreach Department at 954-357-5579.







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- · Physical Assistance: Escort on walks, assistance with physical therapy exercises, recreational activities.
- · Feeding Services: Plan, purchase, and prepare tasty, nutritious meals, special diet meal preparation, check on food expiration dates.
- · Social Services: Visit with friends, family, neighbors, attend/transport to religious services, attend/transport to social/club meetings.
- Companionship Services
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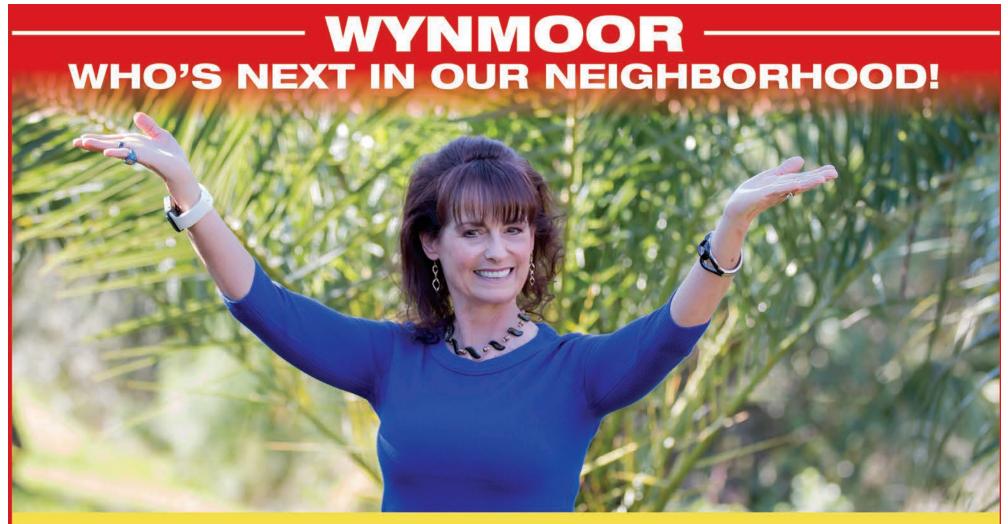


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Sun., Nov. 3rd 1:00-4:00 p.m. Sun., Nov. 10th 1:00-4:00 p.m.

Sun., Nov. 17th 1:00-4:00 p.m.

Call or Text 561-674-5990 for appointment



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Interested in Improving Your Bridge Game? Wynmoor Village Bridge Club Has Lessons --- And Some of Them are FREE!

By Bram Hamovitch

1. Free Lessons: We offer FREE half-hour bridge lessons to Wynmoor social and duplicate players who have some experience with the basic techniques of the game. The lessons will be held every Tuesday morning, starting November 19th at 11:45 a.m. in the East Wing. After the lesson, feel free to join our regular game, which starts at 12:30 p.m.

Enjoy the instruction given by Lenny Fagen, who will help you improve your bidding, defense and play of the hand. As a bonus, *new attendees* will be given a "free play" for the Bridge Club's game on the day of their first lesson (request this free game pass from Lenny).

Lenny is an ACBL life master with over 40 years of bridge experience. I have no doubt that you will find his love of the game to be contagious.

This is an offer that you can't refuse. Just show up and join the group whenever you can: there is no registration for these free lessons.

2. Paid Lessons: All bridge players are invited to join our weekly "Play & Learn" bridge lessons, which commence on Tuesday, January 7, 2025 and on Friday, January 10, 2025. The lessons will be held from 9:30 - 11:30 a.m. in the East Wing of the theatre building. Please note that the Tuesday lessons are designed for "beginners" who have played at least a few times, but still need

help with the basics. The Friday lessons are aimed at those who have a reasonably good grasp of the basics,

but want to become more confident in their bidding, declaring and defending. Participants may attend Tuesday's lessons or Friday's lessons, or both, **and**

the first 2 weeks of lessons are free. Starting January 21st, there will be a \$5 lesson fee for each 2-hour session.

If you're interested in attending either the Tuesday morning lessons or the Friday morning lessons (or both), please email Lenny Fagen at leonard. fagen@gmail.com or text Lenny at 416-432-1280.

Please join us for <u>any</u> of the above bridge lessons. You are sure to be challenged and experience the satisfaction of personal growth. Bridge is also highly social. We enjoy socializing with others, while pursuing a common interest!

In sum, we offer free lessons every Tuesday at 11:45 a.m., which are suitable for experienced beginners and intermediates. These begin on November 19th. We also offer free lessons at 9:30 - 11:30 a.m. on Tuesdays and Fridays, from January 7-18th. From January 21st on, there will be a \$5 charge for these lessons.

Mah Jongg Players

Monday tournaments will resume on Monday, November 4th at 10:00 a.m. in East Wing. Cost is \$10. Please bring your lunch and a drink. We play 13 tiles, NMJL rules. Bring your friends. Outside guests are welcome. Registration deadline is Friday, November 1st. Please contact Judy Palma at 609-577-5946 or Nancy Smith at 954-610-1539, or send email to nancylsmith1021@gmail.com



Saul Dreier, Founder and Leader of the Holocaust Survivors Band speaking at the opening meeting of the Israel Network.





Sharon Teres

Israel Network

By Linda Storfer

If you have children or grandchildren who have made aliyah we invite you to join us on Tuesday November 19th at the far end of the Cove from 11:00 a.m. - 12:30 p.m. for our Networking group about Israel. We discuss common interests, possible job opportunities in Israel, meeting and greeting, dating and much more. Our next speaker is Ms. Sharon Teres, who will speak about her recent trip this past spring and share with us her experience of working on an Israeli military base as a volunteer. Refreshments will be served and a complimentary door prize will be given away. If you are interested, please call 412-818-6883 to make your reservation.













Dr Funk & Multimed Welcomes Dr Yasmin Siddiqui

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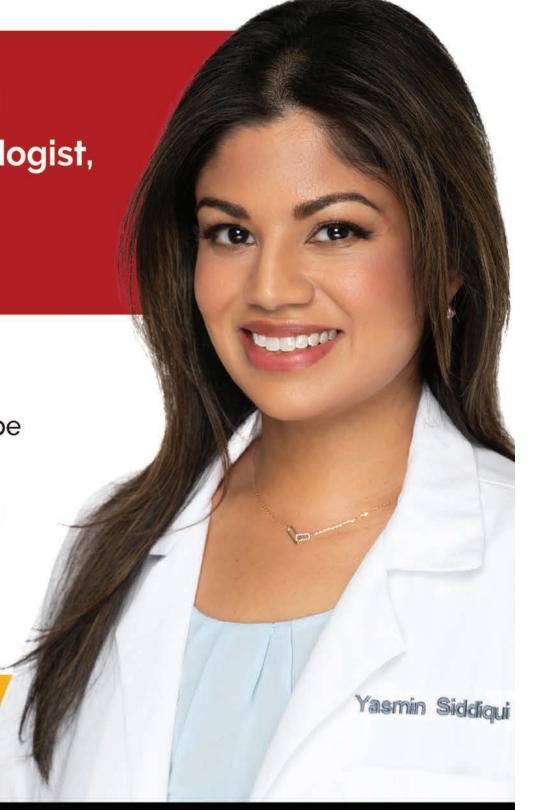
Dr Yasmin Siddiqui, cardiologist,
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Cardiologist and Internist



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- Look through Medicare Advantage plans specific to your area
- Meet at your home, my office or over the phone
- Find out which providers are in network for the plans you may be interested in It's more than healthcare—it's human care.



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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!



Don't Be Scammed-Get your COVID and Flu Shots ASAP

By Hillel Cohen, DrPH, MPH



If a Nigerian Prince sent you an email with an offer of \$10 million if only you would send him your bank account information, would you do it? That scam is so old, it's now a joke. But the internet is full of newer scams and conspiracy theories that could cost you your health or even your life. Among the most harmful are those warning against the so-called "dangers" of COVID vaccines. If you are hesitant about getting your COVID and flu shots this year due to these warnings,

you are being scammed.

We've come a long way since the COVID-19 virus spread around the world four years ago. Millions died, millions more got terribly sick, and hospitals were overwhelmed. Then the COVID vaccines became available. Social media was full of fake experts and political opportunists who spread scare stories—especially about the new mRNA vaccines. But billions of people were smart enough to reject those stories and an estimated 20 million lives were saved around the world in just the first year. Because the vaccines were very safe and effective, COVID deaths and hospitalizations declined so sharply that that most of us are not giving COVID much thought. But COVID is sadly still with us. People are still being hospitalized and dying with COVID—nowhere near the numbers of the pre-vaccine days—but in large numbers, nonetheless. Last year COVID was still in the top 10 leading causes of death in the U.S. and a surge of infections from the newer strains is expected in the coming months.

Chances are you had at least one, two or even three COVID vaccine shots early on. Unfortunately, the COVID virus, like the flu virus, changes over time. Natural mutations create new strains that reduce the immunity achieved by previous vaccinations or infection. Several newer strains of the "JN.1" lineage of the Omicron family of COVID viruses are circulating now, including the predominant *KP.3.1.1*. The earlier vaccines are not as effective against the newer strains and immunity from some vaccines and viral infections can fade over time. For older people (that's most of us at Wynmoor) immunity fades even faster. Several updated vaccines have been approved by the FDA and are available now at most major pharmacies. These vaccines are covered by Medicare, without any co-pay for most of us. While the vaccines may not prevent catching COVID, they greatly reduce the risk of serious symptoms,

hospitalizations, and death.

So-called "anti-vaxxers" are still spreading scare stories and conspiracy theories about the vaccines and that is nothing new. It is said that Ben Franklin regretted being influenced by the anti-vaxxers of his day and withheld an earlier form of inoculation from his son, who later died from smallpox. The first modern vaccine against smallpox was introduced in 1796, made from a mixture of cowpox and horsepox material (the word vaccine comes from the Latin "vacca" for cow). The smallpox vaccine was enormously successful and was made mandatory in most states in the U.S. in the 1800s. Nonetheless, anti-vaxxers were still fighting it in the Supreme Court as late as 1905. As smallpox vaccination became mandatory around the world, the disease that had been the worst killer humanity ever knew, was totally eliminated by 1979. Therefore, the smallpox vaccination is no longer needed. Polio vaccination in the 1950's was also enormously successful and polio too, was almost eliminated. However, polio has recently been found among unvaccinated people in the US and has reappeared internationally where vaccination programs were disrupted. Childhood scourges of measles, mumps and rubella were almost eliminated in the U.S. with the MMR vaccine. Antivaxxers targeted the MMR vaccine, especially after a report in the medical journal Lancet claimed an association of the vaccine with autism. That report, it turned out, was based on faked data by a single doctor. The Lancet eventually retracted the paper and Dr. Andrew Wakefield, who authored it, had his license revoked for fraud. Nonetheless, anti-vaxxers still peddle his false claims. Because some parents are withholding the MMR from their children, measles is reappearing in Florida and other states.

Anti-vaxxers have been proven wrong again and again, but they are loud and keep coming up with new versions, just like the Nigerian Prince scammers. They said more would die from the COVID vaccine than would die from COVID – wrong! They said that the drugs hydroxychloroquine (a malaria drug) and ivermectin (a parasite drug) would work against COVID –wrong! They said mRNA vaccines are untested and experimental –wrong! Serious side effects are, at most, about 1 in a million, much rarer than for most drugs we use every day.

Do the COVID vaccines have some side effects for some people? Of Continued on page 23

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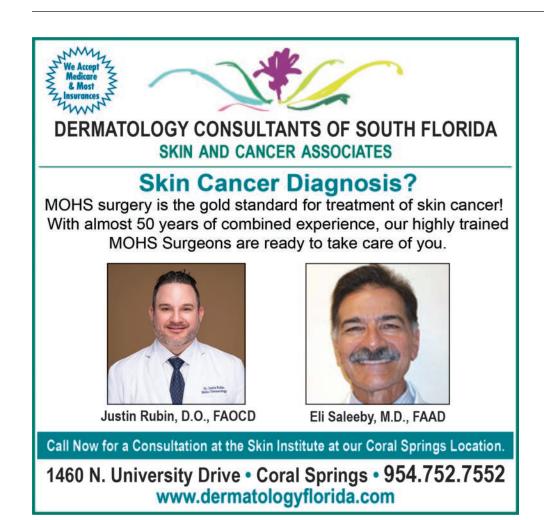
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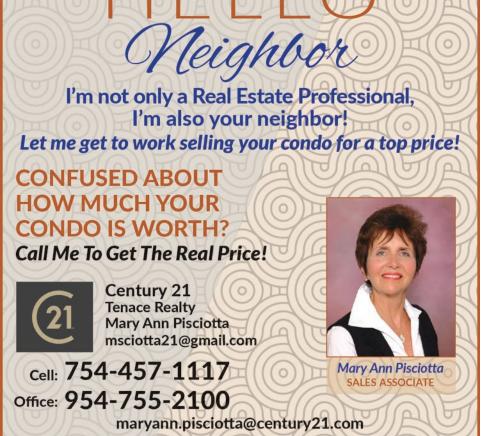
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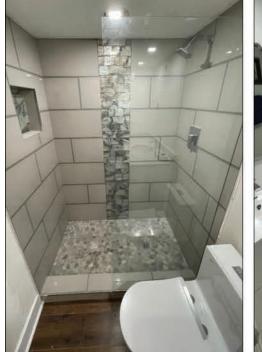


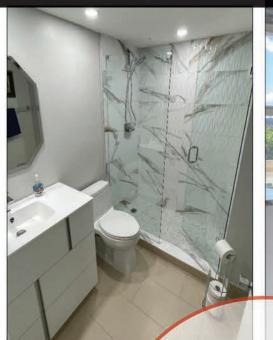
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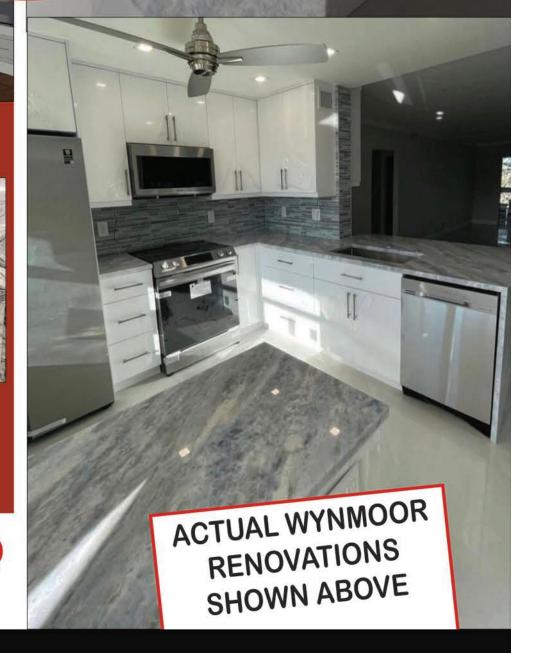
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Florida law requires our office to assess all property based on the market data on January 1st of each year. We also grant tax-saving exemptions to qualified applicants. The Property Appraiser's Office does not set your tax rates, collect property taxes, or determine how the tax revenue is allocated by local government. The property tax bills are sent by the Broward County Tax Collector's Office. If you have questions regarding the payment of your tax bill, the Tax Collector's Office can be reached at 954-357-4829 or you can visit their website at https://www.broward.org/RecordsTaxesTreasury.

Where Is My 2025 Homestead Exemption?

The tax bill you received this month from the Broward County Tax Collector is for the 2024 tax year. If you acquired your home in 2024 and the previous owners of your new home lawfully received Homestead Exemption or any other exemption on January 1, 2024, you may have inherited their exemptions on your 2024 property tax bill. Florida Statutes require these 2024 exemptions be removed and the property be reassessed at the full Just/Market Value for 2025. This may result in an increase in your 2025 property taxes. It is important that you apply for your own Homestead Exemption in your name if you believe you are eligible for 2025. Your new 2025 Homestead Exemption will be reflected next year on all 2025 property records, notices, and tax bills. Any pre-approved 2025 Homestead Exemptions will show online in late-December 2024. You can apply for Homestead Exemption and any other exemptions you may qualify for online at https://web.bcpa.net/bcpaclient/#/HomesteadExemption.

If you have questions regarding your Homestead or other tax-saving exemptions, please contact our Exemptions Department at 954-357-6830.

Quarterly Installment Payments

If you pay your property taxes through the Tax Collector's quarterly installment plan, any newly approved 2024 exemptions will be applied to the 3rd and 4th installment payment amounts. Any adjustments for 2024 are made on the final two quarterly 2024 installment tax bills in December 2024 and March 2025.

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

SPEED

Traffic Violations

The speed limit on Wynmoor Circle is **25mph.** The speed limit in the villages is **15mph.** There is absolutely NO PASSING on Wynmoor Circle and all STOP SIGNS MUST BE observed by residents and guests. All residents and guests are required to abide by Wynmoor Rules and Regulations.

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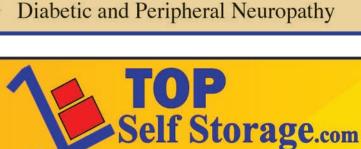


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Don't Be Scammed-Get your COVID and Flu Shots ASAP

Continued from page 19

course! EVERY MEDICINE has some side effects for some people. Perhaps you are skeptical about the FDA science for approving drugs. Do you take any prescription pills for high blood pressure? Or high cholesterol? Or diabetes? Or antibiotics? Or any prescription medicine at all? The FDA scientific approval process, comparing benefits of effectiveness to the risks of side effects is the same for the vaccines as for the medicines you now take. If you trust your doctor and the FDA about those other pills, there is no reason to be hesitant about the COVID vaccines.

Professionally, I teach doctors to read study reports critically and with healthy skepticism, especially when something new comes out. But when the data are strong, as with COVID vaccine safety, it is wrong and harmful to let prejudice, politics or social media scare stories get in the way of strong evidence.

Save yourself and your loved ones unnecessary grief. Get a new COVID booster shot as soon as possible. You can get this year's flu vaccine at the same time. If you're 65 or over, ask for the stronger version of the flu shot. In the last flu season, there were tens of thousands of deaths and hundreds of thousands of hospitalizations from flu-related illness. And don't forget the RSV vaccine if you are over 60 and haven't gotten one already. If you did get an RSV shot, you do not have to renew it this year.

Not so long ago, some people campaigned against mandatory seat belts in cars. Some (foolish) people still don't buckle up. Vaccines are very much like seat belts. Seat belts don't prevent car accidents, but they have been proven to reduce injuries and save lives as do vaccines. Buckle up, roll up your sleeve and have a safer and healthier season.

Hillel Cohen, a Wynmoor resident, is a doctor of public health and Clinical Professor of Epidemiology and Population Health at a medical school where he teaches physicians how to analyze data and evaluate evidence. He is an author of over 200 papers published in peer-reviewed medical and public health journals.





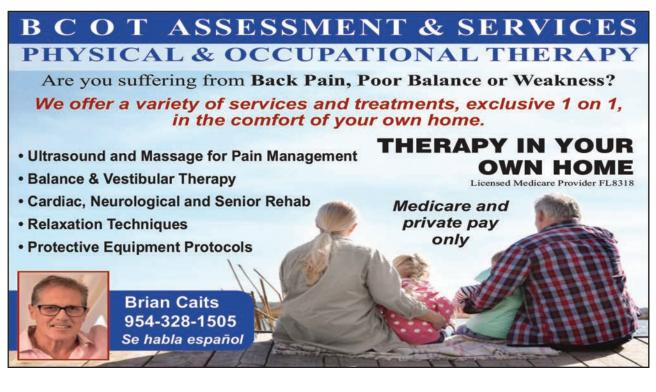


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ASK DR. JOY

By Joy Berke Sanchez Ph.D.

SELFISHNESS

This article is regarding a subject that just keeps coming up in my discussions with people. Selfishness. Actually, this will be in part a small excerpt from a chapter in my book.

Being unselfish has been pounded into us forever. We have been told since we were tiny tots that selfishness was bad, and we should avoid being that way. When we were children, it was often about sharing our precious possessions

with another child. I remember when my first granddaughter was very young, and I was babysitting. If she had a friend coming over, I would advise her that anything she didn't want to share, she didn't have to but she would have to put it away somewhere and that anything left over was to be shared. It worked quite well. At least she never moved her entire toy room into her bedroom.

Of course, anyone telling you that you are being selfish usually means that you aren't doing what they want or giving them what they need. I have always found this rather amusing because it made me wonder just who was being selfish here. However, calling someone selfish is almost like cursing at them. This is so far from the way it really is and so many people are reluctant to understand and accept the true nature of what selfishness is. It is not about exploiting or taking advantage of anyone else. It is about taking care of ourselves. It is about understanding how much we matter. When you are questioning this or trying hard to be 'unselfish' you are in a state of inner conflict.

This is you trying to change yourself into something you were not meant to be. Once again, importantly, this does not mean or even insinuate, not caring about others or wanting them to give you whatever you want. That is not the definition of selfishness, it is the definition of narcissism.

I tell people I am selfish all the time. They really have no idea what I

am talking about, especially because I don't appear mean or narcissistic. Because I am neither. But I am definitely selfish. I can't help anyone if I don't take care of myself first. And I understand that means looking for ways for me to feel happier, more at peace and emotionally stronger. For me, it also means that I don't keep a balance sheet. If I need a favor from someone who can't do it, I recognize that they can't do it. I don't expect people to put my needs before their own. It doesn't matter how you want to take care of yourself or what is important to you. The idea is to maintain your good feelings and your equilibrium regardless of what is happening around you.

I actually like and prefer to be with similarly healthily selfish people. I remember my mentor, Nathaniel Branden, saying that no one wants the fruit of someone else's sacrifice. I loved hearing that. I want to know that the person who wants to be with me or even do something for me is doing it because it is giving them pleasure. I don't want to use them to serve myself at their expense nor do I want to be used so they can serve themselves. This does not preclude or negate my doing something for someone else because I want to, and it is a value to me to do so.

I hope this doesn't confuse anyone but you will most likely be able to tell why you want to be with someone and why someone wants to be with you, why you want to do something for someone and why they might be doing something for you. Your beliefs will be screaming at you to not be selfish and sacrifice your good feelings for the sake of those of another while your feelings are telling quite a different story.

Perhaps the first question to ask yourself is if you believe that you are supposed to be living your precious life for the well-being of someone else, not sometimes because you really want to, but at those times when you know you really don't want to but think you should. If your answer is yes, then go on to the companion question. Do you believe that someone else is supposed to live his or her precious life towards your well-being? Did you answer yes to that also, or did this question have you answering no? If you answered yes to the first and no to the second, ask yourself a third question. Why is their life so much more important than yours?

I would love to hear your views on this very controversial topic. Please write me with your questions or comments at JoyB212@aol.com. It is all completely anonymous.



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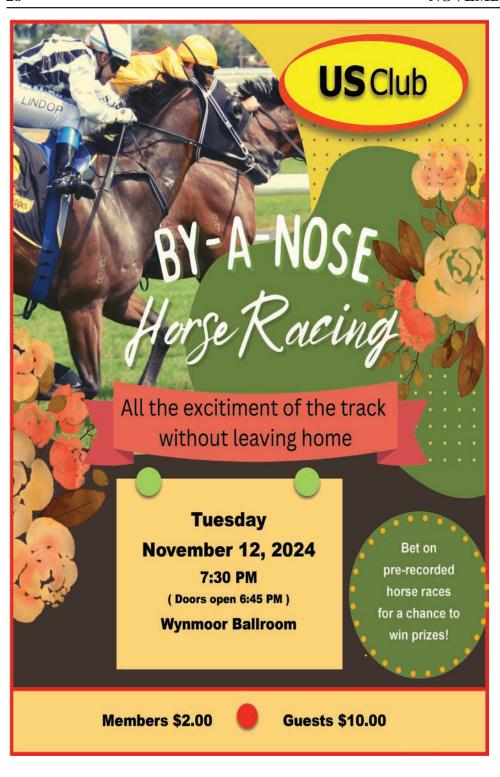
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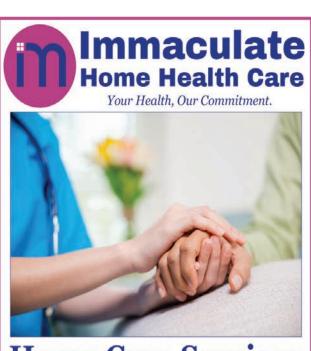
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Chicken Masala

Chicken Piccata

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Chicken Alfredo

Chicken Parmesan

Chicken Primavera

-FISH-

Tilapia in Lime Sauce

Tilapia Lebornes

Tilapia Piccata

Grilled Tilapia

Tilapia Franchaise

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Fish Fillet in Red Sauce

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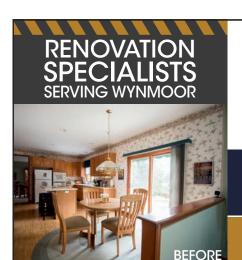
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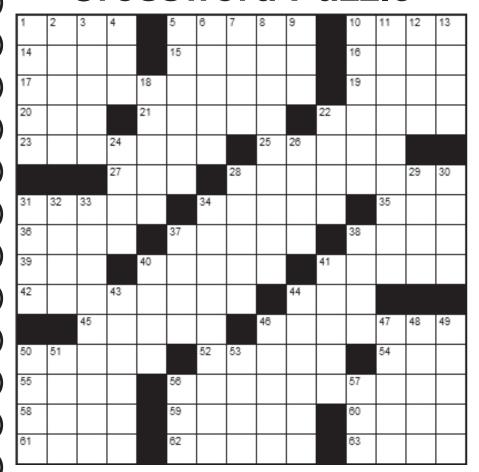
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Puzzles and Games

Solutions on page 62

Crossword Puzzle



ACROSS

- 1. Woman of rank
- 5. Respect
- 10. Cavort
- 14. French for "State"
- 15. All
- 16. Arab ruler
- 17. Appease
- 19. Office message
- 20. Half of a pair 21. The one after
- eighth
- 22. Handouts
- 23. What's left
- 25. Give a speech
- 27. Faint
- 28. Mileage counter
- 31. Chocolate
- 34. Not a knife or fork
- 35. Letter after sigma
- 36. Egg-shaped
- 37. Amid
- 38. Parsley or sage
- 39. Permit
- 40. Polished
- 41. Pantywaist
- 42. Line of snares
- 44. Cushion

- 45. Voque
- 46. Absolute quiet
- 50. Evade
- 52. Grassy areas
- 54. Arrange (abbrev.)
- 55. Alcoholic beverage
- 56. Allegiance
- 58. Luau souvenirs
- 60. Diminish
- 62. Aromatic compound

- 1. Interior layout and
- 2. Expiate
- 3. Flowing tresses

- 5. Lighter than air gas

- 10. Distant
- 11. Beaten eggs

- 59. Pee
- 61. Hit hard
- 63. Lyric poems

DOWN

- furnishings
- 4. And more
- Sheeplike
- 7. Tidy
- 8. Established custom
- Deli loaf

- 12. Imitate

- 13. Not amateurs
 - 18. Neighbor of Pakistan
 - 22. Angry outburst

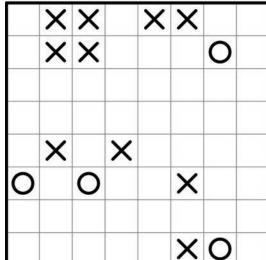
 - 24. False god
 - 26. Origin
 - 28. Express a thought
 - 29. Hearing organs
 - 30. Red shade 31. Farm newborn
 - 32. Completed
 - 33. A form of schizophrenia

 - 34. Con artists 37. Not fat
 - 38. Conceal
 - 40. Sleigh

 - 41. Chip dip
 - 43. Clergyman
 - 44. Chela
 - 46. Pigs
 - 47. Water nymph
 - 48. Hag
 - 49. Sea eagles
 - 50. Cobblers' tools
 - 51. Scene
 - 53. Mine entrance 56. Expected

57. One plus one

Binox



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

Sudoku

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

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.

Thankful For

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

SEOMRAINBOWSMEPEMUSICO YAMDNARGLVOLUNTEERSSR ESSALGEYEDEHEARINGCEA SERALCWDESISTERSNHTSA I P E S G R A E O U M B M O B U O A E S L GAWGNERRLOEAMGFOWBNEE H R O R C F R O E A F E R A L N U R I N S T E L A O R V U C G M S B T A O S O H D E HN F N M E T H T Y I L R E P H A M S N V ETEDPHEEPAEVLEWHS LSLPUSOPNSNCEAHROHUKH ERNATSALSRHLRRETONSFR CIONEHIIIIEMUHSROSEO ETAIARHNNLDSTCFESHRMST GDDGHAANT RHSHS DSBROOIEYHI ECEVPNEOWOTNGSALTUHRAA IREENEEOTGUGFYL H T F L A O R I R K A G N I H T O L C E N N YHECSAVRLSAMTSIRHCEBR OSETEFILSFAPLACETOLIVE

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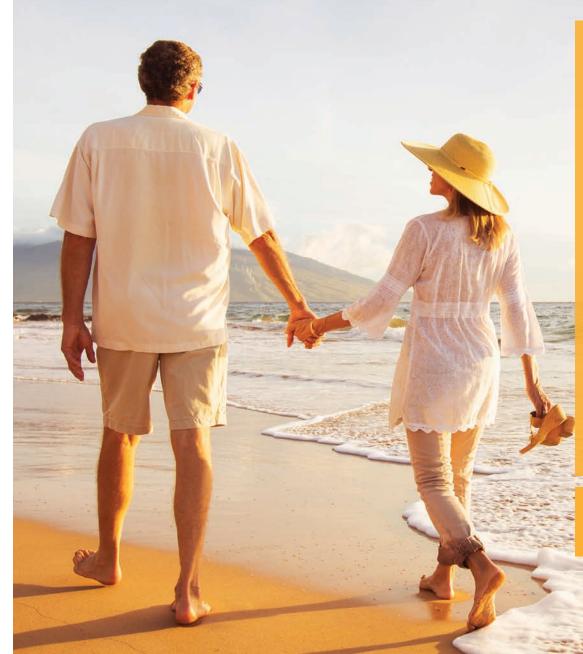
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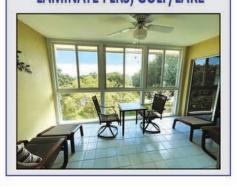
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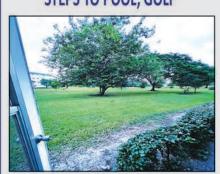
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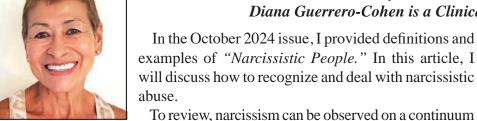
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Difficult Personalities and How to Deal With Them Narcissistic People - Part II

By Diana Guerrero-Cohen, Ph.D.

Diana Guerrero-Cohen is a Clinical Psychologist and Wynmoor Resident



from healthy to pathological, with most people scoring near the middle, and some at either extreme. **Pathological narcissists** display a pervasive pattern of grandiosity, need for excessive admiration and attention, and lack of empathy. They exaggerate, overestimate, or inflate their abilities and accomplishments and are boastful and pretentious. They underestimate and devalue others and resent those who receive praise for real accomplishments. While they can at first appear charming, eventually they display arrogant, haughty, snobbish, disdainful, pretentious, or patronizing behaviors and attitudes.

Those with severe pathological narcissism can be diagnosed with Narcissistic Personality Disorder (NPD). Individuals with narcissistic traits or NPD may engage in *Narcissistic Abuse* in a relationship with a romantic partner, friend, boss, or co-worker. Narcissistic abuse can be incredibly difficult to endure, and victims can experience significant emotional distress, affecting their personal and professional lives. Not all people with narcissistic traits or NPD are abusers and not all narcissistic abusers have NPD. Regardless, a mental health diagnosis never excuses abusive behavior. People *choose* to abuse and manipulate others. Recognizing narcissist abuse is the first step towards dealing with it.

Signs of Narcissist Abuse

Love Bombing: During the initial love bombing phase, it's not unusual for a narcissistic partner, friend, or family member to shower you with gushy compliments and expensive gifts to make you feel special and adored, to earn your trust and to eventually control you. Then, slowly sarcastic insults and criticisms begin to replace the gifts and declarations of love.

Gaslighting: It's not unusual for a narcissistic abuser, when called out, to deny their hurtful and controlling behaviors towards you. They pretend they don't remember or accuse you of lying or not understanding the way things "really" happened in order to make you doubt your perception of events and decision-making abilities.

Ignoring Boundaries: Narcissistic abusers have little respect for boundaries. They may react with anger, arguments, or accusations when you attempt to set healthy boundaries. They might read through your text messages, follow you around, or do other things that you've asked them not to do.

Projecting/Shifting Responsibility and Blame: Instead of accepting responsibility for mistakes, negative actions or harmful behaviors, narcissistic people may project or attribute their unacceptable feelings, impulses, or behaviors onto you. A common manipulative tactic is to deny, attack, and reverse the victim and offender roles through deceit or by getting angry to the point that you try to soothe them by apologizing and placing blame on yourself.

Nitpicking and Insults: A narcissistic abuser can make you feel like everything you do is wrong. Your appearance, behavior, and even the sound

of your voice might be criticized. Verbal abuse like name-calling and harsh criticism, are ways for those with NPD disorder to lower a victim's self-esteem. Abusers will often try to disguise their abusive behavior as sarcasm or jokes.

Exploiting Emotional Vulnerabilities: A narcissistic abuser may use intimate knowledge or sensitive information shared in trust to manipulate or emotionally wound you. This exploitation can deepen your sense of dependency and weaken your ability to resist their control.

Withholding: People who are narcissists may withhold money, affection, or even communication ("the silent treatment") in an attempt to punish their abuse victims.

Emotional Blackmail: When you don't do what an abuser wants, they may play the victim, use threats and guilt-tripping to make you comply.

Malicious Gossip and Sabotage: Someone with NPD may deliberately spread lies about you and take steps to sabotage your career, relationships, or any other aspect of your life. Slander, lies, and damage to your reputation can all be ways to intentionally isolate you from others and keep you under their control.

Accusations: When you're in a romantic relationship with a narcissistic person, they may accuse you of lying, stealing, cheating, or other negative behaviors. Being wrongfully accused can put you on the defensive, which can help deflect from the behaviors and actions of someone with NPD.

How to Deal with Narcissistic Abuse

Do Not React: Emotional reactions to abuse will energize the narcissist. Instead of letting the narcissist control the conversation, steer the conversation back to the issue at hand.

Avoid Direct Confrontation: Narcissists are hyper-sensitive to any kind of criticism. If you do need to give negative feedback, try to frame it as positive suggestions.

Insist on Action, Not Promises: Narcissists can promise grandiose fictional plans for the future. Remind them you value deeds, not promises.

Maintain Boundaries: Setting and maintaining boundaries involves determining what you are comfortable with, establishing limits, and then communicating and upholding these limits. For example, you can limit the time you spend with the person, decide which topics you're willing to discuss, or set limits on the behaviors you'll accept. They may respond with anger or try to make you feel guilty. Setting boundaries might feel uncomfortable initially but becomes easier over time.

Practicing Self-Care: Narcissists can drain your emotional energy, leaving you feeling exhausted, anxious, or depressed. It's important to take care of yourself physically, emotionally, and mentally. This could involve regular exercise, maintaining a balanced diet, ensuring you get enough sleep, and taking time to engage in recreational activities.

Avoiding Personalization and Blame: You are not responsible for others' faults, failures, emotions or problems, no matter how much they try to blame you. Recognizing abusive behavior as a manifestation of their disorder, doesn't

Continued on page 39





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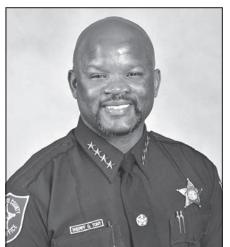
By Sheriff Gregory Tony

Using Technology to Enhance Public Safety Service

Technology plays a crucial role in safeguarding our community. To stay ahead, the Broward Sheriff's Office (BSO) continuously adopts innovative technological solutions to deliver the highest level of public safety services to Broward County. A recent example is the arrest of 12 students by our Threat Management Unit (TMU) at the start of the school year for making online threats. Using real-time social media monitoring, the TMU swiftly identified, investigated, and neutralized the threats, demonstrating the effectiveness of their advanced systems.

While this illustrates how technology enhances our ability to protect the community, BSO's proactive and evolving use of technology extends well beyond threat detection and response—it's a pivotal part of our organizational strategy. We consistently research and implement advanced tools to strengthen our overall response capabilities and safeguard our county. A few examples are highlighted below.

- The **BSO Digital Forensics Unit** has significantly boosted its technological capabilities by increasing storage capacity and accelerating data transfer, which speeds up processing time and allows our investigators to examine multiple devices simultaneously. These upgrades, alongside the unit's expansion, have resulted in substantial time savings, improved efficiency, and successful results in solving cases with critical digital information.
- The **BSO Training Division** is testing cutting-edge virtual reality (VR) systems to further augment our law enforcement training. This advanced technology allows for simultaneous training capabilities utilizing diverse scenarios, from de-escalation tactics to active shooter responses. It also supports the integration of detailed building plans, allowing deputies to train in specific environments, such as schools or courthouses. These VR systems will save time and reduce costs by



allowing more frequent and efficient training sessions, with the added benefit of video review for post-training analysis. A significant portion of the funding for these systems was secured through grants, and we anticipate rolling out introductory training in early 2025.

- The **BSO Real Time Crime Center (RTCC)** has incorporated new technology, including facial recognition and license plate reader software, to investigate, solve and prevent crimes. Recent technology upgrades have enhanced BSO's ability to identify vehicles and link them to suspects, victims or crimes and better utilize mobile cameras strategically deployed in crime hotspots.
- The **BSO Department of Fire Rescue and Emergency Services** has adopted the GlideScope, an advanced tool that uses video to help guide intubation. This technology provides our firefighter/paramedics with a clear view of a patient's airway, significantly improving the success of securing an airway on the first attempt, which can be lifesaving in critical situations. As of today, we have 22 GlideScopes

• The **BSO Crime Lab** has made significant technological improvements to its investigative capabilities. One such advancement is Y-STR technology, which isolates DNA to identify suspects. It also enables familial searching within the Combined DNA Index System (CODIS), providing leads in cases where traditional DNA analysis may fall short. The Crime Lab also

uses the National Integrated Ballistic Information Network (NIBIN), a

national database that allows us to compare fired cartridge cases and identify

potential connections to other crimes.

As public safety needs evolve, BSO remains dedicated to implementing cutting-edge technologies that enhance our ability to identify, track, monitor and prevent crime. We will continue to expand our use of innovative tools to uphold our commitment to excellence in service.

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Difficult Personalities and How to Deal With Them Narcissistic People - Part II

By Diana Guerrero-Cohen, Ph.D.

Continued from page 36

Diana Guerrero-Cohen is a Clinical Psychologist and Wynmoor Resident

mean you accept or condone it. Try to maintain a balanced perspective and separate yourself emotionally from the narcissist's manipulations. Trusted friends, family members, or support groups can provide validation and reinforcement when things get tough.

Communicating Effectively: Be calm, clear, concise, and assertive. You may need to repeat your points multiple times and reinforce your boundaries consistently. Assertive communication is not about being aggressive or confrontational—it's about expressing your needs and feelings in a respectful and direct way. Use "I" statements rather than "You" statements. For example, instead of saying "You never listen to me," you could say, "I feel unheard when I express my thoughts." This can reduce defensiveness and promote more constructive communication.

Practice Empathy without Enabling: Interacting with a narcissist can be a delicate balancing act. On one hand, it's important to remember that some narcissists often act the way they do because of deep-seated insecurities and fears. Showing empathy can help diffuse tension and make your interactions smoother. On the other hand, it's essential not to enable harmful behavior. You can show understanding and empathy for their feelings without allowing them to overstep your boundaries or manipulate you. It's a tough balance to strike, but with practice, it's possible to master.

Seeking Professional Help: Dealing with a narcissistic personality can be challenging and,

at times, distressing. If you are feeling trapped, overwhelmed, or questioning your self-worth, don't hesitate to seek professional help. Therapists can provide invaluable support. There's no shame in reaching out—taking care of your mental health is one of the best things you can do for yourself.

Know When It's Time to Go: If you strongly believe the relationship is unhealthy and despite your best efforts the abuser will not change, it's time to go. If your partner behaves violently, and engages in abuse – emotional, verbal, physical,

sexual –it's time to leave. Ending a relationship is always difficult. You may still have love or affection for your partner, even if their NPD has hurt you. Don't say you're leaving unless you really mean it. Prepare beforehand and lay out clear reasons for leaving. Abusers, like addicts and alcoholics, may have a difficult time accepting your decision and will try repeatedly to pull you back in–begging and pleading with sincere-sounding, but empty promises to do better.





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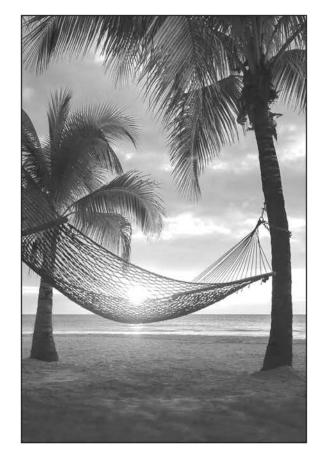
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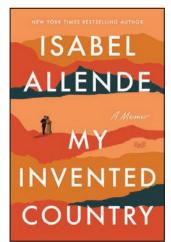


By Beatrice Horowitz

My Invented Country, A Memoir Isabel Allende

The author is a niece of Salvador Allende, the President of Chile who was assassinated when Augusto Pinochet seized power in a military coup in 1973. The Allendes were a prosperous extended family, well known in Santiago. Two years later Isobel was forced to emigrate, first to Venezuela, where her husband and children followed her. She began to write fiction, based on stories her grandfather had told her, becoming a best-selling author and eventually immigrating to California. The book is a love letter to her country, published in 2003. Her descriptions of Chilean society,

customs, and beliefs are charming and humorous.



She says that most of her many novels are based on family stories and her own experiences in her beloved home country. Her memoir inspires me to read a few of them.

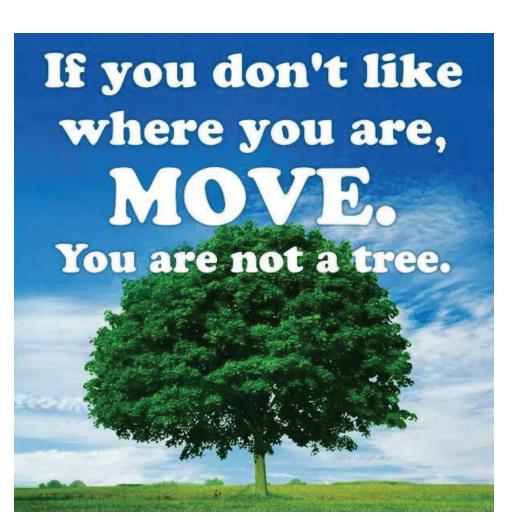
The Second Stranger Martin Griffin

Remi Yorke has spent a decade interceding for and trying to rescue her younger brother from a life of crime in Scotland's underworld. When he lands in a remote prison she takes a job at a nearby hotel. After he dies in a prison riot she plans her departure from her dead-end job there. Her last night of employment is interrupted by the accident of a police convoy escorting the brother's old boss away from the prison. The book's three hundred pages cover the increasingly bizarre and deadly events of that frigid Scottish night. Almost nobody is who they seem to be, Scotland is delivering a fierce snowstorm, and Remi gradually learns more



horrifying details about her brother's past. By the time I had struggled through the snow with her, dodging danger and dealing with shifting identities, I was exhausted by the plot shifts and fully in agreement with her wish to make it out of the ice and all the way to Chile, no matter what.





The Liberal Jewish Temple of Coconut Creek **A Reform Congregation Welcoming Everyone**

By Iris Arlan & Lee Temares

Our High Holy Day Services led by Cantor Andrew Arnold were very well attended and received. Please join us on November 8th and 22nd for Shabbat Services led by Rabbi Paul Offenkrantz. Time is 7:30 p.m. in the Centura Parc Clubhouse. (Lyons to Copans to 2nd traffic signal. Right, through gate - code 'Clubhouse.') All are welcome to attend Services and partake in our wonderful Oneg.

Our Membership begins anew January 1st, but you can join now for \$200 and get 2 months free. Our dues are all inclusive. For questions about Reform ritual, call Lee at 954-968-4236. For Membership and all other information, contact President, Iris Arlan at 954-532-5268.

There are still 8 openings for our overnight Naples trip on November 6-7th. Call Ceil at 973-513-1591.

Our Temple Cruise on the Celebrity Reflection is January 12-18th. Call Susan at 786-368-9662.

For Sisterhood information, call Toby Gordon at 954-978-8911. For Men's Club information contact Joel Benjamin at 610-550-9415.

Last month we started a tutorial on Jewish Funeral customs. We are continuing with more information this month.

What happens at a Jewish cemetery? Prayers are said, the casket is lowered into the ground and covered with dirt. How and by whom the casket is covered varies by traditions. Superstition plays a big part. Maybe the ghost of the deceased could escape. Medical students could rob the grave, etc. I like to think that the finality of a covered grave starts the healing of the survivors.

There is a custom which began in Greece and Turkey that one uses the back side of a shovel to put in the first dirt, then shovels more dirt before dropping the shovel. It is not passed from person to person so as to not pass "bad vibes" with it. Whether the grave is filled by the mourners, or left for the cemetery workers to fill is up to the family.

Those in attendance often form two lines for the mourners to pass through when leaving the cemetery. Words of comfort are said.

Why is charity sometimes collected after the funeral? There is a saying from Proverbs that "Wealth is of no help on the day of tragedy, but charity saves from death."

Is it necessary to wash your hands upon leaving a cemetery? Yes and No. It depends on your particular tradition. But...if you do wash hands, do not pass the water container to someone else. Place it on the ground for the same reason as to not pass the shovel.

There are some rites of mourning that do not apply to an infant who has lived less than 30 days. The fetus is considered part of the mother's body until birth. For the first 30 days after birth, should the baby not survive, it is considered a nonviable fetus.

Can a mourner go to a wedding? If a child is getting married, the mourner may attend the ceremony, but not eat or listen to music-activities which

As above, a mourner may go to work, if necessary, but not to social activities. If one must work in order to eat, or a doctor to save a patient, life

Must Jews visit the graves of departed relatives? There is no requirement that a grave be visited. Rather, visiting a grave may bring back pleasant memories of the deceased. Some Jews like to believe that visiting a grave will invoke the spirit of the deceased to intervene in the life of the living.

Why is the Yizkor prayer said on Yom Kippur? As mentioned earlier, much of Jewish tradition is based on superstition. Many early Jews believed that we all have sinned at some point in our lives. Yom Kippur is associated with the expiation of sins; therefore, Yizkor is said for loved ones so that their souls could enter Paradise. Sephardim generally do not say the Yizkor prayer.

Do Jews believe in an afterlife? Again, yes and no. In Numbers 16:33 Korach's people went down to live in She'ol-hell or hades. In the Book of Daniel, we read of everlasting life. Orthodox believe that Gog of Magog will be defeated by Israel, the Messiah will come, and the world will be at peace, with deserving Jewish dead reaching the Holy Land and be resurrected. Reform, Reconstructionist and most Conservative Jews believe that there is a soul which will survive. A whole article could be written on how Jews view a Messiah!

Is there a right way for Jews to mourn? As with all else in Jewish life-it depends.



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Revocable Living Trust Important For Out Of State Property

By Martin Zevin, Attorney

Are you a snowbird just returning to Florida for the winter? Some of my clients have their homestead in Florida; others declare their legal residence in another state.

In either case, a Revocable Living Trust is very useful to avoid probate in both states. If you are a Florida resident, you can own your homestead property via a Revocable Living Trust without losing your homestead exemption. In addition, you are eliminating the need for probate when you pass away. You can also transfer real estate owned in any other state to your Florida Trust. Generally, a Florida lawyer will prepare the Revocable Living

Trust and Quit Claim Deed to transfer the Florida property into the Trust. If you are a Florida resident, the lawyer will also prepare a new Florida Last Will and Testament called a Pourover Will. This provides for the transfer to your Trust upon your death of any other assets not in the Trust or which do not have beneficiaries already designated. It is a security blanket to cover any assets payable to your Estate. For example, if you were killed in a car accident due to the negligence of another driver, your Personal Representative would be able to settle your Estate's wrongful death claim and "pourover" the proceeds into your Trust.

If you are not a Florida resident, you can still create a Revocable Living Trust and execute a Quit Claim Deed to put your Florida property into the Trust. Your Last Will and Testament will be done by a lawyer in the state in which you have your legal residence. In addition, that lawyer can prepare



a Deed to transfer the out of state property into the Florida Trust. You can also do the Trust in your state of residence and have a Florida lawyer transfer your Florida property to that Trust.

Another favorable factor in creating a Revocable Living Trust is that you can always amend the Trust without having to change the Deed. In addition, once you create the Trust, you can always buy new properties in any state in the name of the Trust.

The Revocable Living Trust is recommended by most lawyers over a Deed which includes names of other persons. Once another person's name is on your Deed, there are potential risks to you and your

property. These include the possibility that the other person may undergo a divorce, bankruptcy, have a judgment against them, or die before you or with you in a common accident. It may also affect your homestead exemption. All of these risks should be discussed with your attorney before deciding to put someone else's name on your Deed. By contrast, the Revocable Living Trust eliminates those risks since no other name is on the Deed. You simply transfer it from yourself to yourself as Trustee of your Trust.

I am available for a free personal meeting or phone consultation regarding Estate Planning. I also provide free consultation regarding any issue pertaining to personal injury claims and 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. 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.

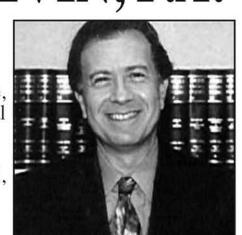
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- 2. What is Probate, how long does it take and what are the costs and attorney's fees?
- 3. Why is it important for every adult to have a Durable Power of Attorney, Designation of Health Care Surrogate and Living Will?
- 4. Review of your current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

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Martin Zevin 954-569-4878

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A Source of Joy For An Energetic Octogenerian

Bv Barry Isaac

In late June, just before two horrific floods occurred in Saint Johnsbury, Vermont in early July, I went to Dog Mountain in Saint Johnsbury, Vermont. Dog Mountain is located on a country road a short drive from the center of Saint Johnsbury. Dog Mountain consists of 150 acres on top of a Northeast Kingdom Mountain. It is the home of the Stephen Huneck Dog Chapel and Art Gallery. I did not visit the Stephen Huneck Art Gallery, because I arrived in the late afternoon. Albeit, I visited the Dog Chapel dedicated to the love of dogs and the joy they bring to so many people.

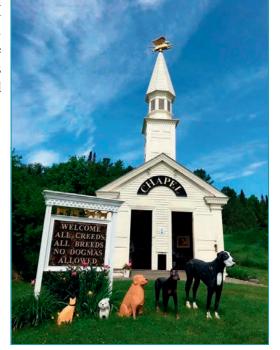
The late Stephen Huneck was an author of children's books and a masterful woodcarver. Stephen Huneck was a prominent 20th and early 21st Century American Folk Artist. Stephen Huneck lived in Vermont's Northeast Kingdom. I went to college and graduated college in Vermont's Northeast Kingdom, a somewhat remote part of New England.

This was my first visit to Dog Mountain where dogs are free to run, play, and meet other dogs. Usually, when I am in Saint Johnsbury, I visit the Saint Johnsbury Athenaeum, a Victorian Style Library with a nice small art museum featuring quality paintings by Albert Bierstadt "Domes of Yosemite," Louis Pinel de Grandchamp "Donkey Driver of Cairo," the exemplar of quality Orientalism and William Adolphe Bougereau "Raspberry Girl,"

The Dog Chapel has stain glass windows memorializing dogs. It has pews with delightful carvings of Golden Retrievers and Labrador Retrievers along the sides of the pews. It has a plethora of notes dedicated to people's beloved dogs that have passed away in the front of the Dog Chapel. The exterior of Dog Chapel resembles a small quintessential Northeast Kingdom Congregationalist Church. Stephen Huneck, the creator of Dog Mountain and Dog Chapel loved his dog, Sally, a Black Labrador Retriever.

After visiting the Dog Chapel, I walked along its trails on top of the small mountain for about two miles enjoying the Northeast Kingdom Flora. Sometimes, I was followed by friendly dogs of different breeds on my walk. I felt like the Pied Piper. If and when you visit the Northeast Kingdom and

Saint Johnsbury, the principal town in Caledonia County, I recommend this unique activity. Currently, Dog Mountain and the Dog Chapel are open again. It was closed in July, due to flood and storm damage.



Dog Chapel Saint Johnsbury Vermont



Dog Mountain Grounds Saint Johnsbury, Vermont



Inside of the Dog Chapel

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Meet Your Advertiser Adventures At Sea

By Bill Borgo

Wynmoor residents have a new adventure to add to your extensive list of available activities. We know you've seen and done a lot of things in life, but have you ever cruised on a private 65-foot yacht? Well now you can come onboard and give the captain the order to toss off the lines and head out to open water.

We are offering our private yacht "Slick Idea Too" to you and 12 of your friends/family to experience a leisurely cruise through the intracoastal waterway or along the Atlantic coast. You will be able to relax on the airconditioned flybridge, hang out in the salon, or sit on the yacht's stern while it cruises past luxurious mansions, mega yachts, and skyscrapers.

"Slick Idea Too," provides a great platform to celebrate 4th of July fireworks, view the air show, visit the boat and yacht shows, and see the mansions lit up with Christmas decorations. Of course, we can anchor out and our ship becomes the perfect swim platform.

In addition, our luxury yacht is the perfect place to hold celebrations such as anniversaries, Valentine's Day, birthday parties, bridal showers, baby showers, New Year's Eve dinner/drinks, wedding proposals and more. We also offer

sunset dinner cruises as well. If you can dream it, we can offer it to you.

Our ship is spacious enough to accommodate a maximum of 13 guests. Each private cruise includes captain and 1st mate, fuel, ice, soda and water. The yacht is equipped with refrigerators, a microwave, ice machine, sound systems, bathrooms, sun bathing pads and Star Link WiFi. You may bring white wine (sorry no red wine, it stains our beautiful teak decks) and any spirits and mixers you desire. Appetizers are allowed too, but if you want us take care of that, we can do so for a nominal fee.

So, what is this adventure going to cost? A 3-hour cruise will be \$1,800, which breaks down to \$139/person with 13 guests on board. That's almost the same price as a meal in a fast-food restaurant these days. For those who don't want the fun to end, we also offer 4 hours for \$2,400 and 6 hours for \$3,000.

For the ultimate cruise, we offer private trips to the Florida Keys or the Bahamas. If this is one of the items on your bucket list, we can coordinate all of the details for this adventure. Cost can be quoted once we know the details of the adventure you desire.

To get those dreams in motion, please contact Bill Borgo 815-482-6775 or Chris Moore 954-494-6760. Let's start making plans for fun in the sun!

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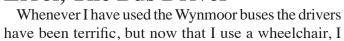
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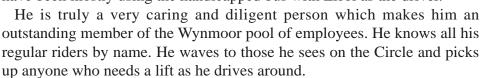
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Mailbag





have been mostly using the handicapped bus with Errol as the driver.



Errol makes every effort to get us as close as possible to our destinations. In the event of inclement weather, he even tries to protect us with his large umbrella. I have seen him help drivers who have no idea where in Wynmoor they left their car – and HE found the car before they recognized it. I have an aide who has been helping me get all my equipment to and from one of the workshops and Errol has been so helpful in getting both me, my aide, and my "stuff" on board and dry in the most awful weather. He was very concerned about my aide, Rose, getting back to my house dry with our carry-ons in a horrible thunderstorm attached to Hurricane Helene. He cares and it shows.

Kudos too to Carol, the dispatcher who most often takes my calls. She is just super-efficient.

Sincerely,

Susan Belkin and Rose

Live and Let Live

Andrea Joy Frankel-Bellitto

In response to the article written by Mr. Cohen about "electioneering." In all due respect, his article was completely wrong and full of disinformation. I frankly have no earthy idea where he got his info but I do suggest he does start with the 1st Amendment and to even suggest the incident did not fall under free speech if severely wrong.

The incident I am writing about is, one of my friends and members and a former NYPD was at our main pool and he was wearing a Trump shirt! So? His business what he wears. Well, Mr. Cohen started a problem. I have other witnesses who collaborate this and Mr. Cohen said that shirt offends me. Ok, that is his right, he can be offended. Don't look at it! Period! Not your business. This was not the first incident with this man. Many months ago, a man who was wearing a Trump ballcap at the pool. Mr. Cohen said the same thing and said he is NOT allowed to wear it. I was there. The man asked me and I replied that was absolutely NOT true.

Then Mr. Cohen writes the article about "electioneering." Every word is false! NOTHING you wear **isn't** protected under your free speech. There are really offensive tee shirts out there that I have seen. Foul words, and very foul pictures. Do not look! The exceptions are dress codes like in a school. But today they bring drag queens in grade school. I guess that is not offensive.

What is on a tee shirt is no one's business and has nothing to do with Wynmoor. What you cannot do in Wynmoor is solicit.

Want to be nice to your neighbor? Mind your own business and don't push your incorrect views on them. Wear what you want. That is what makes America GREAT! We DO have a 1st Amendment. We DO have a blessed Constitution. If I go to a store I do not like and you do, I simply do not go back, I do not try to shut it down! Live, let live and dance up at the pool!



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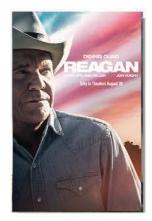
Deadpool & Wolverine

2 hours, 8 minutes

Tuesday, October 29th at 2 PM* & 7:30 PM Sunday, November 3rd at 7:30 PM*

* (Open Caption)

Starring Ryan Reynolds, Hugh Jackman, and Emma Corrin. Deadpool's peaceful existence comes crashing down when the Time Variance Authority recruits him to help safeguard the multiverse. He soon unites with his would-be pal, Wolverine, to complete the mission and save his world from an existential threat. Rated R for strong bloody violence and language throughout, gore and sexual references. Action, Comedy.



Reagan

2 hour, 15 minutes

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

* (Open Caption)

Starring Dennis Quaid, Penelope Ann Miller, & Jon Voight. From the glitter of Hollywood to the world stage, Ronald Reagan overcomes the odds to become the 40th president of the United States. *Rated PG-13 for for violent content and smoking. Biography, Drama, History.*

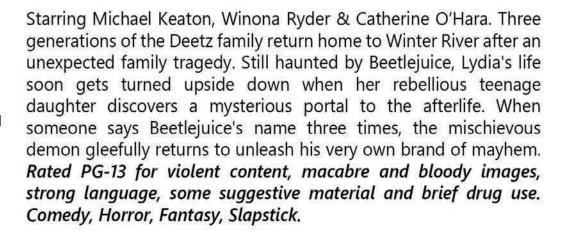


Beetlejuice

1 hour, 45 minutes

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

* (Open Caption)





My Old Ass

1 hour, 29 minutes

Tuesday, November 19th at 2 PM* & 7:30 PM Sunday, November 24th at 7:30 PM*

* (Open Caption)

Starring Masy Stella, Aubrey Plaza, & Percy Hynes White. A mushroom trip brings free-spirited Elliott face-to-face with her 39-year-old self. But when Elliott's "old ass" delivers warnings to her younger self, Elliott realizes she has to rethink everything about her family, life and love. *Rated R for language throughout, drug use and sexual material. Comedy.*



Lee

1 hour, 57 minutes

Tuesday, November 26th at 2 PM* & 7:30 PM Sunday, December 1st at 7:30 PM*

* (Open Caption)

Starring Kate Winslet, Andy Samberg & Alexander Skarsgard. The story of photographer Elizabeth `Lee' Miller, a fashion model who became an acclaimed war correspondent for Vogue magazine during World War II. *Rated R for for disturbing images, language and nudity. Period Drama, Biography, History, War.*

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Celebrating Mynmoor Residents

Happy Anniversary Wishes To

Iris and Phillip Goldstein

I want to wish my parents a happy 72nd Anniversary. They are the best! Not only great parents, but they are wonderful grandparents to my daughters and their husbands on top of that. They are now great grandparents to two of my grandsons. They also have a big part of their heart to Stuart, who they love as a son. My dad is 102 and my mom is 95. They truly care and love each other very much.



Happy 96th Birthday Rowena Colodne By Ken Wan

Ronnie, a 40+ years resident of Wynmoor, is celebrating her 96th Birthday. She makes Wynmoor a truly Age 55+ Active Community by participating in various club activities: She was a Membership Director of the Monday Night Dance and Social Club; she belonged to the tap and ballet group and was in the Wynmoor Annual showcase; she still plays Canasta regularly and dances at various clubs.





Albert Brunn Celebrating His 100th Birthday









WOODSHOP

By Ernie Fleury



The Woodshop Planning Committee is stocking up for the next bi-annual White Elephant Sale. The following are examples of what will be offered.

1. Mini and midi-bread, baguette, and bagel boards, and minnow shape cutting boards.

October is Superbowl Month at the Woodshop. The members proudly present to you the fruits of their combined efforts in this month's publication.

2. Here, Everett Yankie has captured the true essence of wood carving by marrying functionality with elegance. Yank wrapped two black cherry table lamps with dogwood flowers and serpentine vines that appear to ascend up an imaginary staircase with style and grace. The Tiffany-stained glass canopy is reminiscent of bygone elegance. Yank

sculptured this 12"black cherry bowl and decided to inlay a turquoise hummingbird in the base for accent.





3. This olive wood jewelry box contains two drawers with dividers that are covered with maroon swede. Note the use again of the turquoise inlay in the top cover. To the left and right of the chest are two other impressive creations, a shallow dish and a deep bowl both turned from the same olive wood used in the box. Front left and right are two examples of unfinished olive wood lumber with their natural fawn and cream color. Olive wood possesses a wild grain and is much sought after for its ability to produce a deep radiant Lustre.

4. The Poplar tree was selected for the next presentation. Finished dimensional poplar lumber is characterized by earthy, creamy, honeydew green overtones, with

occasional flashes of dark gray. First, we have a 12" tulip shape bowl turned from 3" stock, sitting atop a Brazilian cherry base. Next is a 18"x 18" end grain cutting block/board. Note the creative placement of the peaks and tri-color chevron stripe down the center surrounded by a Honduran Mahogony border.





5. If you're wondering where the 40' mahogany tree near the Pickle Ball courts disappeared to, well visit the Woodshop and meet The Curator of Precision and Excellence. Karl Georgi

selected the limbs rather than the trunk so he could capture the rich creamy early wood color rather than the amber. Karl has turned 2 large vases and several salt vaults all with covers. Karl is a skilled Artison who incorporates traditional techniques to create one-of-a-kind masterpieces.

6. The woods incorporated in the creation of the next presentation of bowls are all indigenous to North America. Top left: Vancouver red cedar with

shafts of sunlight encompassing the top rim, 2&3, simplistic assorted pillars of hard woods molded together into a tulip shape. Front: Ennio Ruggi has turned the shallow dishes and plates in the front row from the following species found in the New York's Hudson Valley, sassafras, spaulded maple, sycamore and ambrosia. The centerpiece of this outstanding assortment is a stairway to a lover's heart. The creator has transformed ordinary wood waves of romance into a captivating treasure for a very special Valentine. Hopefully hinting of a whisper of candlelight and clicking crystal.





Dave Norcross and Ernie Fleury have elevated their talents. Each of the 6 bowls possesses its

own vibrant design element and comes with its own unique story. The primary wood used is South African Gabon Padauk for its vibrant color dispersion. The 6 bowls are displayed from their front and top views. Each row contains 12 segments cleverly positioned for optimal eye appeal and layered radiance. LtoR:. The top views color dispersion swing from sunset, herringbone, chevron, tranquil, swirly, untamed, and cascading.



The Woodshop believes that wood is an artform whose goal is to inspire and educate others who share our passion.

FYI - Moss is a relatively harmless flowering non-parasite plant called an Epiphyte. It has no roots but absorbs nutrients from water and air and is spread by the wind. It seems to favor trees such as Live Oak which have lateral limbs from which to cling to.

Photos: Mark, Dave, Peter Production

wynmoor events

Monday Night Dance Events Tamara Tresniowski

These photos are from 2 of the theme nights we had. On September 16th we had Greek Night and President Jimmy came dressed for the occasion. We learned the Zorba line dance that night. On October 7th we had National Homemade Cookie night and many brought in homemade cookies to share.









Another Fun WLGA Event

By Linda Sue Lewis-Moors

On Tuesday, October 8th, course conditions forced WLGA to cancel the normal weekly tournament. Instead, members enjoyed a fun Pitch and Putt event, complete with cupcakes and prizes.







We Had So Much FUN!

WOODSHOP

The Woodshop invites the Wynmoor community to stop by and see what our members have been up to. Above the 2 glass exterior doors we have our new handmade welcome sign, and upon entering the shop just above the swinging doors rests Martin Levin's masterpiece.

With paint and brush, Marty shows what can be achieved when his artistic magic meets the grain of the wood. Marty's artwork lends a vintage touch and a whisper of humor and sentiment of a bygone era.

The front room has been completely painted, new traffic signs, (in, out) for doors, and extralarge Plexiglas shields installed to keep the newly painted doors sparkly clean. Time and talent has been generously donated by members. Thank you, Mark, Pete C, Dave, Karl G, and a special thanks to Marty L.

The success of the project belongs to the shop members. All work was performed either before or after normal operating hours.

Bob Zannini, President Ernie Fleury, Vice President Steve Gleimer, Treasurer Vicki Koernig, Secretary







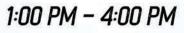


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What is QiGong and Why Should I Care? Part II- A Step-by-Step Guide

By Marcus Smith, Licensed Acupuncture Physician

Last month I briefly described the ancient Chinese art of Qigong and how it can benefit one's physical and mental health and wellbeing.

What follows is guided instruction of a simple yet very powerful introductory QiGong routine. It is entirely safe and appropriate for anyone, regardless of age or current health issues. This routine is best done standing. If it is difficult for you to stand during this practice, it may be done sitting in a supportive chair or a stool which allows you to place both feet flat on the floor with knees and hips at 90' angles. If in a chair, you will need to sit forward so that your back is self-supporting. As it will be necessary to move your arms without hinderance, the chair you choose should not have arm rests. If you have difficulty raising or moving your arms, only do what you can without pain. Your intention will compensate for any lack of mobility.

Consistency Is Key: Even a few minutes daily can have significant benefits. Aim to practice QiGong regularly, either in the morning to boost energy or in the evening to relax and wind down.

Move with Intention: Pay attention to every movement, ensuring that it is slow, deliberate, and mindful.

Stay Present: Let go of any distractions or thoughts. Focus on your breath, your movements, and the flow of energy within your body.

Find a Quiet Space: A peaceful, open area is ideal. You can practice indoors or in nature, but the space should feel calming and undistracting.

Wear Loose Clothing: Choose clothes that allow free movement and do not restrict your limbs or torso.

Set an Intention: QiGong is a meditative practice, so setting an intention (such as cultivating relaxation or improving energy flow) can enhance the practice.

Step-by-Step Guide to QiGong Practice

1. Wuji Posture (Standing Meditation)

The first step in QiGong practice is standing still in the Wuji posture. This posture helps to center the body and mind.

How to Do It:

Stand with your feet shoulder-width apart, toes pointing forward.

Bend your knees slightly, unlocking them so you feel soft but stable.

Your arms hang naturally by your sides, fingers slightly curved, as if holding a small ball in each hand.

Keep your head lifted as if a string is pulling you up from the crown, elongating your spine.

Tuck in your chin slightly and focus on standing tall but relaxed.

Breathing: Inhale deeply through your nose, expanding your abdomen (diaphragmatic breathing). Exhale slowly through your mouth. Breathe rhythmically but without force.

Focus: Close your eyes and focus on your breath. Feel the weight of your body grounding into the earth through your feet. Allow tension to melt away with each exhale.

2. Heaven and Earth Connection (Raising the Sky)

This movement opens the body to energy from the heavens and grounds it to the earth. It stretches the spine and promotes energy flow.

How to Do It:

From the Wuji posture, inhale deeply and slowly raise both arms up from your sides. As your arms move upward, let your palms face the sky.

Once your arms are fully extended above your head, imagine you are pressing the sky upward.

As you exhale, slowly lower your arms down in front of you, palms facing the earth.

Repeat this motion 5-10 times, visualizing energy flowing from the heavens into your body as you raise your arms, and from your body into the earth as you lower them.

Focus: Imagine a flow of pure, vibrant energy descending from the sky into your body, nourishing your mind and organs. As your arms lower, feel the energy connecting you to the earth, grounding you.

3. Gathering Qi (Energy Ball)

This movement is about collecting Qi from the environment and storing it in your energy center, known as the Dantian.

How to Do It:

Stand in the Wuji posture. Slowly raise your arms to shoulder height with your elbows slightly bent and your palms facing inward toward each other, as though you are holding an invisible ball of energy between your hands.

As you inhale, feel the ball expand slightly; as you exhale, feel the ball gently contract. After 9 complete breaths bring your hands down to your lower abdomen just below the navel (Dantian), one hand placed over the other, to "store" the Qi there. Take a few moments in this posture to "store" the Qi.

Repeat this 9-breath procedure 2 more times.

Breathing: Inhale deeply through your nose as the ball expands; exhale softly through your mouth as it contracts.

Focus: Concentrate on feeling the warmth or tingling sensation in your hands, visualizing this energy ball growing and becoming more radiant as you breathe.

4. Closing the Practice

Closing QiGong is essential to settle the energy in your body and complete the practice.

How to Do It:

Return to the Wuji posture and take a few deep breaths, allowing your body

Rub your hands together vigorously to generate warmth.

Place your warmed hands over your lower abdomen (Dantian) and take three deep breaths, visualizing the Qi you've cultivated being stored safely in your body.

(For 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.)



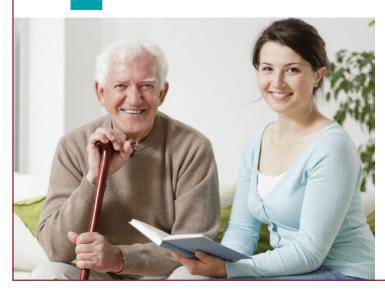




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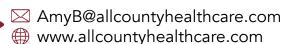
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All Wynmoor Clubs (regardless of name) are open to Wynmoor residents. Dues may be applicable. To publish your club info here, please email your submission to: wynmoorads@aol.com. The deadline is the 10th of the month, for the next month's issue. Thank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

Belly Dance Club

By Stephanie Davis

The Belly Dance Club is active again under the new leadership of Susan Baladi. Susan, a Wynmoor resident, has been studying the art of belly dance for 20 years. She has taught belly dance on cruise ships, and is presently dancing with dance troupes in Tennessee, Texas, international Shimmy Mob and YouTube troupes. Come and learn belly dance moves, enjoy fun exercise and work on posture and coordination skills. In addition, learn some fun dance routines. Susan has some ideas of how we can show off our skills around the community. Join the fun, meet fellow neighbors, and shimmy your coin scarfs! Everyone is welcome. We are all beginners. Belly Dance Club will begin in November. The club meets weekly on Tuesdays from 3:30 - 4:30 p.m., usually in the West Wing. Check monthly flyers in the Library. For more information call Susan Baladi at 954-439-0313.

Ben's Friends Art Club

By Enid Wolf-Schein

Ben's Friends Art Club meets every Saturday morning in the Country Club Art Room from 9:00 a.m. - 12:00 p.m. Everyone is welcome to join. Many of our members just attended our semi-annual brunch in the *Cafe on the Green*. We enjoyed dining and getting to know one another in a social atmosphere. If you want more information call Rene at 954-933-7755 or just come!

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

Calling All New Players! The Bocce Ball Club led by Jim Erickson is looking for new members to join the fun!

Here's what you need to know:

- Two Player Groups: Choose the schedule that fits you best!
- Early Birds play Monday through Sunday from 7:30 10:00 a.m.
- Mid-Morning Group play Mondays and Saturdays from 10:00 a.m. 12:00 p.m.
 - Affordable Dues: Membership is only \$10 per year!
 - Skill Level: All are welcome, regardless of experience.

Ready to Join? Contact Jim Erickson at 954-400-9302 for more information. The election of officers in 2025 will take place on December 12th. Members who wish to be elected must submit their names from November 15th to December 1st.

A pizza party will be held in Ballroom C for all 2024 members. The election of candidates for President, Vice President, Secretary, and Treasurer will be held at 11:00 a.m. on December 12th.

We encourage all members to participate in the election process and help shape the future of our Bocce Ball Club.

Bookies

By Sharon Curtis

Calendar of events: November 5th, *Boys In The Boat* by Daniel James Brown. December 3rd, *Camino Ghosts* by John Grisham. January 7th, *Remarkably Bright Creatures* by Shelby Van Pelt.

Meetings are held the first Tuesday of the month at 3:00 p.m. in the Sunrise Room in the East Wing of the Wynmoor Theater. Join us for an afternoon of lively discussion along with fun and laughter. We welcome all book lovers. For more information email Sharon Curtis, scwine101@gmail.com. Please include your phone number.

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. (please arrive at 12:15 p.m.).

Commencing Tuesday, November 19th, Lenny Fagen will be offering FREE lessons that are open to anybody, prior to our Tuesday games. The lessons will start at 11:45 a.m. The theme of the lessons is *The Language of Bridge, Informal Lessons on How to Communicate With Your Partner.* After the lesson, feel free to join our regular game, which starts at 12:30 p.m.

More information about these lessons and our bridge club can be obtained at https://sites.google.com/view/wynmoorbridge

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

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

Camera Club

By Nancy Landman

The Camera Club of Wynmoor welcomes all shutterbugs with varied levels of experience whether you use a traditional camera or a cell phone.

Our New Season begins this month on Tuesday, November 19th at 3:00 p.m. in the Lecture Hall at the Clubhouse. Our meetings are on the first and third Tuesday of each month starting the third week in November through the first week of April. This season we will have some wonderful presentations as well as photography outings that will include instruction and guidance. In addition, we will have members' photographs to view and review.

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

If you'd like to see some samples of our recent photos, check out the display case at the Clubhouse or the Camera Club Section of the *News and Views* and *The Insider*.

Yearly Membership is Individual \$10 and Couple \$15.

If you'd like to register as a member or receive info and updates, send an email to CCWynmoor@gmail.com. For more information, call or text Nancy Landman 954-496-1965 or Jennifer James 917-359-7181.

Ceramics Club

By Tamara Tresniowski

Happy Thanksgiving! Come in today and make all your holiday items. We have turkeys, fall dishes, and bowls for Thanksgiving. Finally, we have Santas and Menorahs plus hundreds of other Hanukkah and Christmas molds. Our studio is a fun and friendly place to discover your creativity. Come check us out and sign up for lessons. Our new member class is \$40, and you get lessons and a set of paints and tools to get your journey started. Dues are \$15. Our club is located at the Clubhouse. We are open 9:00 a.m. - 12:00 p.m. Monday through Thursday and 9:00 - 10:30 a.m. on Friday.

Chess Club

By Hillel Cohen

The Chess Club meets every **Tuesday evening** from 6:30 p.m. to about 9:30 p.m. in Card Room 1 at the Clubhouse. It's indoors and air-conditioned, so we meet no matter the weather, unless of course there is a hurricane going on. If you haven't participated before, what are you waiting for? Perhaps you haven't played since high school and you're wondering if you remember enough? Stop wondering and start playing. The Wynmoor Chess Club welcomes all players at all levels. And if you play online or against a computer, come and experience the difference of face-to-face play. There are no dues and no fees. Chess sets are provided. Games are casual and relaxed. 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.

Conservative/Republican Club of Wynmoor By Andrea Joy Bellitto

Dear Members and Friends,

As our meeting is being held after the election, I am anticipating that we will be having a celebration of a Triumphant success. That Donald will always carry the TRUMP card and the way to carry into the Senate and Congress as well. We are certainly hoping for a Joe Kaufman for Congress and Charles Whatley for Sheriff in Broward as well. So, in that spirit, our speaker will be Ms. Mary Sturm, of Americans For Prosperity, americanforprosperity.org. Americans For Prosperity is a grassroots organization that through it outreach drives long-term solutions to the country's biggest problems.

Mary Sturm, along with the members of AFP for the last 20 years have been taking action on the ground. Driving more than 300 policy victories in 2024 alone! From healthcare reform to economic freedom.

If you go to Americans For Prosperity Florida, you will see Mary doing wonderful things like bringing to a gas station \$1 gas for a few hours for a selected number of cars. A little economic relief as they fight Bidenomics!

Please join us Tuesday, November 19th at 7:00 p.m. for a very happy meeting as we welcome Mary Sturm and AFP back, and best of all Donald Trump back as he triumphs over Harris, and we welcome prosperity back!

Please remember, we will be looking for a nominating committee to elect the new board. Looking forward to seeing you. God bless America, our troops, our Americans that are still hurting in Maui, Ohio, North Carolina, Tennessee and Georgia. Plus, of course Israel! Pray for their safe return.

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!

Call David Behr at 954-975-9191 and Susan Myers at 954-933-7743.

Democratic Club

By Steve Vajda

DUES for 2025 Are Payable Now. Club Members: Our meeting agenda will be different since our meeting is on Election Day, November 5th. See our advertisement on another page in this issue of *the Insider*. In person voting will be at the voting precinct here in Wynmoor. It is located at the West Wing at the Theater. Polls are open Tuesday, November 5th from 7:00 a.m. until 7:00 p.m. Bring your Voters Registration Card and identification (driver's license or similar document). Remember: this election is the most important in our lifetimes to save our democracy and our rights! Democrats need to win every position available.

MEETING AGENDA: Wynmoor Country Club Ballroom - Tuesday, November 5th - 2:00 -3:30 p.m. Doors open at 1:30 p.m. Join us for "Coffee, Cookies, and Conversation." We will have an open microphone session for attendees to discuss your topic of interest. Be there. Your opinion matters. For more details: stevevajda@hotmail.com or call 305-720-5860.

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.

Fishing Club of Wynmoor

By Paul Vilano

FCW Meeting will be held on Monday, November 11th in Ballroom C from 3:00 - 4:30 p.m. Snacks and refreshments will be served. Special Guest

Lecturer is Captain Brett, a Professional Fishing Guide. Free to club members; \$5 fee non-members. Group Instruction by Captain Brett and Gold Hook Club Members. \$5 club members; \$15 non-members includes lecture fee. No fishing gear - no problem. The club has a limited number of loaner rods and reels at no charge. For more information contact via email fishingclubwynmoor@yahoo.com or call/text Paul at 516-526-5313.

Fun With Friends 2

By Benjamin Zoe

Our next dance will be on Sunday, November 17th. The event will feature Private Stock. Dance registration forms will be ONLY be made available via our new website https://wynmoorfwf2.com/ beginning on Sunday, October 27th

PRIVATE STOCK is an upscale South Floridian band playing 50's, 60's, 70's, 80's and 90's dance hits as well as the most popular Latin dance tunes. PRIVATE STOCK has been featured at Galuppi's, the Hard Rock Casino, The



Naples Ritz Carlton, and other top Floridian venues.

Seating purchases will be sold on a first come, first served basis. The cost to attend is \$10 for members and \$20 for non-members. NO TICKETS WILL BE SOLD AFTER NOVEMBER 12th.

Membership does not guarantee dance admission due to the Ballroom's legal occupancy limits.

Membership for Fun With Friends 2's June 2024 to May 2025 year is still available as membership numbers are not capped - join at any time of the year. Membership registration will only be made available on our website as well: https://wynmoorfwf2.com/

For all other information email: FWF.2nd@gmail.com.

Hadassah

By Mikki Ball

Hadassah Embarks on a New Journey in 2025. Welcome members to the November 6th meeting of Hadassah. Leslie J. Klein, Hadassah Broward Region Advocacy V.P. will present: "In Our Backyard: Hadassah Antisemitism Workshop."

In addition, at the November 6th General Meeting, we will be accepting names for the 2025 - 2026 Wynmoor Hadassah Board. All members are invited to add their names to the upcoming ballot. You may announce your desire to run for office at the meeting or email it to: Laikaluv718@aol.com. Please include your name, phone number, email address, and desired position. In addition, co-chairs are needed for all positions.

Positions Include: President, Exec. V.P., Treasurer, Recording & Corresponding Sec'y, Education and Advocacy V.P., Fundraising V.P., Membership V.P.

Committee Chairs, such as Hospitality and Publicity are not Board positions, yet they are also the lifeblood of our chapter. We need YOU to volunteer for these committees, please step up! Elections will take place at the December 4th Meeting. This is a reminder that we will be celebrating Chanukah at that meeting.

At this time, we want to acknowledge and thank the former Board and committee members for their time, commitment, and service.

Health and Wellness Club

By Hope S. Myers

Please note that the day of our meetings have been changed to the third Wednesday of every month from November - April. This month our meeting will be held Wednesday, November 20th at 2:30 p.m. in the West Wing II. We are delighted to announce that our speaker will be Olivia Curtis, Program Manager and Education Director of the Alzheimer Association. She will speak on "Understanding Dementia and Alzheimer's." The Alzheimer Association has a broad mission addressing research (cure and prevention), and support for afflicted individuals and families. Since many of our residents have indicated that this is a topic of great concern, this is a meeting you don't want to miss. As always healthy snacks and bottled water will be served. No charge for members. Guest fee is \$5.

A holiday event is planned for our meeting on Wednesday, December 18th with refreshments reminiscent of the "old days." Long time members will remember that we used to go all out at our December meeting. More details will follow in the December issue of this paper. For more information you can contact Hope Myers, President at 954-971-9538. *Continued on page 60*

Continued from page 59

Ladies Circle Club

By Diane San Anton

We are delighted to present the music of the South Florida Chamber Ensemble. The group's focus is on American composers both living and deceased. They will discuss the intent behind the music, the life of the composer, and explain relevant music terminology. The group has received several awards and grants including ArtsAccessMiami Catalyst Grant from the Miami Foundation and a \$4,000 grant from Funding Arts Broward for their 9th season, Changing Our World, and received a grant from the Frederick DeLuca Foundation, among others.

Doors open at 11:15 a.m. Door fee is now \$3; dues are \$15 for the year. Please RSVP by hitting your reply button if you plan to attend. Flyers will be available for our trip to the Bonnet House, December 17th, or 18th, depending on availability. If you have any questions, please call Diane San Anton at 954-590-2794.

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 nancylsmith1021@gmail.com.

Monday Night Dance and Social Club

By Tamara Tresniowski

Happy Thanksgiving... We have a very special month planned for everyone. November 4th is our Beach Party, and we will review our line dance for Sex on the Beach. November 11th is our super special night. We celebrate an early New Year with live band Street Talk. We know they are a crowd favorite. There will be no lesson. **Tickets are \$10 when purchased in advance, guests are \$15, and everyone's tickets are \$15 when purchased at the door the night of.** November 18th is Mickey Mouse's 95th birthday, come celebrate with us. We will learn Mickey's Hot Dog Dance. Finally, November 2nd is our Thanksgiving Dance, and we will have a Bachata lesson by Dorothy and Dan Kellett. Our dues are \$10 and \$2 each Monday. Guests are \$5. Coffee and treats served each Monday. Come and dance the night away.

Nature And Arts Club

By Linda Storfer

Nature and Arts Club, how do I love thee? Let me count the ways. First, I am lucky to reside in such a beautiful state with so many glorious natural wonders to enjoy and see. Second, I am fortunate to be surrounded by exotic and amazing art museums which are easily accessible. Third, I belong to a group right here at Wynmoor which affords me every month the opportunity with my friends to take advantage of these spectacular places plus so much more. Whatever you are seeking we have something for everyone - monthly breakfasts with friends and new friends that you will meet while you enjoy a lecture on nature, art, film, plus trips to art or marine museums, parks, nature preserves, walking trails and so much more. Join us for our opening meeting on Thursday, November 7th which will feature a lecture by a naturalist from Gumbo Limbo and a delicious healthy light breakfast. On Thursday, November 21st we are visiting the Dagerwing Nature Center which you will not want to miss. All breakfasts, speakers and trips are open to members only. Membership is now open for the 2024-2025 season. Do not be left out and get on board immediately by sending your membership dues (\$15 per person) so you can participate in all activities. Mail checks 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. Be sure to include your email so you will be able to receive our monthly newsletter with all the specific information every month. Questions, contact Sheryl at 954-977-4008 with membership questions.

Needlework Click

By Barbara Bilello

Our November meetings are the 12th and 26th the 2nd and 4th Tuesday of the month.

We meet in the West Wing from 1:00 - 4:00 p.m. and serve coffee, tea, and yummy snacks. Everyone is welcome and if you're new to Wynmoor, please join us and make new friends. We have knitting, crochet, sewing and needle point. We all have a fun time. We recently donated many beautiful items to the nursing home; we had an overload of blankets and shawls.

If anyone has yarn that they are not using or if you know someone that does, we will be glad to pick it up just call Barbara at 754-222-6375.

We hope everyone has a wonderful Thanksgiving with family and friends!

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.

Monday and Tuesday 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 new season is here. If you are interested in becoming a new member, please contact Chuck Milstein at 954-366-1149. Dues are \$10 per person. Existing members can drop off your dues in the Pickleball Club mailbox, at the Pavilion. Make checks out to PCW. Please put your name(s) and Attention Membership on the envelope. If you joined in September, you are already a member for the 2025 season. A table will be set up at the courts later in November/December to receive your bag tags and or stickers.

Pickleball Clinics will begin Monday, November 18th. All the information you need to know concerning classes and events, are posted at the Pavilion, Facebook, and emails.

WGA

By Natalie Carlson

Now that Fall is in full swing, we are excited to announce the return of our fabulous Nine/Wine/Dine. It will be held on November 13th from 4:00 - 10:00 p.m. Come out and enjoy a round of golf, a little wine, and a delicious meal with friends. There will be a DJ there for those of us who get happy feet! Please come down and sign up in the Pro Shop. Menu, pricing, and ballroom location will be announced.

WLGA

By Linda Sue Lewis-Moors

Wynmoor Ladies Golf Association (WLGA) is excited that our snowbird members continue to return to regular league play on Tuesday mornings. We also look forward to our annual Meet and Greet on Wednesday, November 20th, from 1:30 - 4:00 p.m. in Ballroom C. We invite all women interested in playing golf at Wynmoor to this event to meet WLGA members and the leadership team, learn about the league, and hear about upcoming events. WLGA members include nine-hole golfers, 18-hole golfers, and social members.

This year's Meet and Greet also will feature two special speakers. Holy Cross Physical Therapist Charlene Tucker will give us some recommendations to help prepare our bodies before we tee off. Cobra/Puma representative Kerry Keena will introduce us to some of the newest golf equipment in the market. Hosts for this informative event will be our league's nine-hole golfers. All Wynmoor women golfers are welcome, current members and members alike. Come learn about this fun league and the benefits of membership.

For more information or to contribute suggestions, please call Karen Beckman, League President, at 262-374-2672.

US Club

By Sharon Poulos

Mark your calendar for a fun-filled evening! Enjoy the excitement of being at The Horse Races via pre-recorded horse races and for a chance to WIN PRIZES! Come ready to place your bets on Tuesday, November 12th in the Wynmoor Ballroom at 7:30 p.m. Members are \$2 and guests' entry fee is \$10. \$15 dues for 2025 will be accepted.

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 - 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.

MsCues 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 MsCues 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.

Writers' Workshop By Judy Weissman

Dear Writers,

We are a workshop because we offer the opportunity to read your pieces and give feedback. This has proven for some to be a way of strengthening skills, getting, and giving peer support. If interested, contact Nancy Heller Moskowitz, Club President, at laughlady55@aol.com. Please put "Writer's Workshop" on the subject line.

Wynmoor Annual Short Film Festival Club

By Enid Wolf-Schein

Attention Film Festival Current and Future Fans: The Annual Wynmoor Short Film Festival is set for Friday, March 21st at 7:00 p.m. and Saturday, March 22nd at 2:00 p.m. Our films this year will include *A Senior Moment*, the audience favorite from 2024, two brand new instructional *Just Dance* videos including a costumed demonstration, and a variety of new and original short films.

Screenings take place in the Country Club Lecture Hall with a popcorn and wine reception following in the Ballroom. There will be music and dancing and lots of fun. Wear your finest and bring your camera so you can have your photograph taken on our red carpet. Meet the filmmakers and actors! Ticket sales start Wednesday, January 27th in the Country Club Library. If you haven't been to our Fest before you are in for a special treat. If you have you know that we sell out for each event so plan to purchase your tickets soon after they go on sale.

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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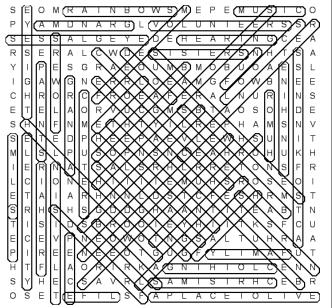
Puzzles and Sames

Solutions from page 30

Crossword Puzzle



Thankful For

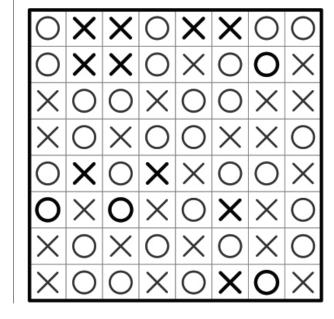


Hidden sentence: The hidden message is: SOME PEOPLE ARE ALWAYS GRUMBLING BECAUSE ROSES HAVE THORNS; I AM THANKFUL THAT THORNS HAVE ROSES.

Sudoku

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

Binox



Trivia * Trivia

What produces the majority of the breathable air on earth? **Answer: The oceans**

How many floors does the Eiffel Tower have?

Answer: Three

"Call me Ishmael" is the first line from what classic novel?

Answer: "Moby Dick"

How many noses does a slug have?

Answer: Four

CLASSIFIEDS

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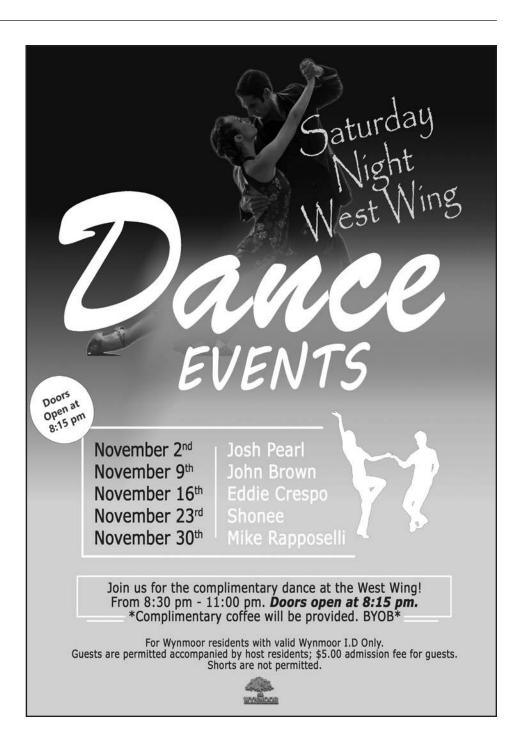
Escape to a clean, comfortable, and quiet garden-view condo this winter! This all-tiled, 2/Bedroom, 2/Bath. Unit features brand new A/C, water heater, Motorola modem, and Google Home - perfect for a relaxing stay. **Location**: 2404 Antigua Circle - **Rental Term**: 4-month seasonal rental - **Rent**: \$14,000 + utilities (electricity, TV, WiFi). Secure your winter retreat in this peaceful, well-maintained community! **Contact**: maozul@yahoo.com

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4702 Martinique • Remodeled Kitchen, Glass Enclosed Jalousie Patio, Water View	\$145,000
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3403 Bimini • Remodeled, Luxury Floor Plan, Top Floor, Impact, Jacuzzi Tub (Guest Bath),	\$225,000			
Murphy Bed & Shower in Main Bathroom				
3502 Bimini • Remodeled, 2nd Floor, All Impact, Tile Floors, Open Kitchen, Magnificent	\$375,000			
Golf/Water View, Full-Size Washer/Dryer				
3502 Bimini • Remodeled, Luxury Floor Plan, 3rd Floor, All Impact, Open Kitchen,				
Panoramic View of Golf Course & Lake				

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