

Fitness

Vacationing...many have already gone; many are returning, and still others are going! How do you keep up your fitness routine when out of your normal surroundings and schedule? First of all you must realize it won't be easy. That's a fact! Be happy with doing something!

Take a little time to plan on bringing an elastic exercise band with you. There is no added weight to luggage, and you can do a lot with it. Learn some stretches and body weight exercises to keep your body moving. Finding a few minutes each day for this will help you feel better physically and mentally. These may not be your long walks, or your normal gym time, but it will make getting back home and into your routine, easier.

Don't forget about watching your diet. It is so easy to eat extra because it is "vacation," well...add that with your lack of exercise, and it could be a disaster! Those few treats take a lot longer to work off than they did to put in your mouth!

Vacation is to relax, to enjoy being together with friends, family or just to have a change of scenery! We all need a change of routine now and again. It is good for the mind, heart and soul! And then . . . when you get home...get back to work!

As always— Life really is Good!



Sberyl Laudermilk



Gladys Read

Library Report

The Committee is pleased to announce that 24 new DVDs have been added to those already in place. The Committee purchased twelve, and a generous resident donated the remaining twelve. All are in place for your enjoyment. However, there is a caveat to borrowing a DVD. When returning, please be sure that the disc is in the case. Speaking of which, at the present time, there are three cases without the disc: The Thin Man, The World's Fastest Indian and Fun with Dick and Jane. For

those who have been enjoying the movies, would you please look around your apartment and see if, by any chance, you have a disc without a home? At a later date, the DVDs will have a new location. The information will be in a future WSS.

If you are a DVD fan and purchase them, Rodney would be most appreciative if after viewing the contents, you would donate it (them) to him for processing and adding to the present collection. As our readers know, almost all our books, tapes, DVDs, and CDs are donated items. There is no line item in the IREW budget for the libraries, and it is through our generous residents that we have the two wonderful libraries that are among our best amenities.

The Committee will be processing additional books, including Large Print, in the next several weeks. We are getting wonderful donations, particularly non-fiction, and on behalf of all our residents, we thank each and everyone who has been so kind and generous so that our residents can continue their hobby of reading.

West Side Story

Indian River Estates • West & Villas • Vero Beach, Florida

September, 2010



September Birthdays

- | | |
|--------------------|-----------------------|
| 1 David Herr * | 14 Edgar Jadwin |
| 4 Lee Hill | 14 Jan Rosengarten |
| 5 Beverly Burgher | 14 Mercedes Stanners |
| 5 Marian Wingert | 15 Rolf Bibow |
| 5 Jane Young | 19 Peggy Lester * |
| 5 Ann Hilchie | 20 Lori Trolle |
| 6 Joan Nash * | 21 Marilyn Brinkman |
| 6 Dolly Costarino | 23 Helen Bechtel |
| 6 Bonnie Mueller | 23 Ellen Smolka Guzak |
| 7 Lew Larson * | 24 Harry Wolff |
| 7 Betty Wisniewski | 26 Virginia Mackin |
| 9 Tom Hewson | 26 Pat Knox * |
| 12 George Nash | 28 Howard Page * |
| 13 Kay Hope * | 29 Joanne Guzak |
| 14 Bill Hanlon | 30 Ellen Musselman |

Early October Birthdays

- | | |
|-----------------|--------------------|
| 1 Ed Sedlmayr | 3 John Gwaltney |
| 1 Doris Drake * | 4 Jerry Durfee |
| 2 Bob Cavan | 7 Laura Crouse* |
| 3 Beryl Fyler | 7 Shirley Brownlee |
| | 7 Barbara Dearman |

* WBC and OBT



Steven J. E. Reschak, Chef

Battle for the Best!

September 26th at East

Our own chef, Steven Reschak, will lead his team against IRE East's and Azalea Trace's culinary teams on September 26th at East to determine the best in our division.



West Team: Gerlinde Van Sickle, Roderick Renkel, D. Lynn Lockard, Steven J. E. Reschak —Chef, Paul C. Conti, III

One must sign up for reservations...limited seating!

Formable opponents will be the IRE East Team lead by Reed Willmot, chef.



Reed Willmot, Chef



East Team: Thomas Bologno, Curtis Brabham, Reed Willmot —Chef, Tim Lowe, Tim Berror



Chat With Chad

Road Wisdom

Chaplain Chad

Flip open a road atlas, and you'll find a collection of blue, orange, and red lines winding throughout the oversized pages. More than once I remember driving along the interstate with one eye on the map and the other eye focused on the road ahead. On one particular occasion the kids and I were packed into the car making our summer pilgrimage to grandma's house. All of a sudden the sky grew dark and within a matter of moments we were swallowed up into one of those blinding cascades of heavy rain. Instantly the painted lines on the road were submerged under a raging layer of rain making it nearly impossible to see beyond the front of the car. It was a real, old fashioned, *gully washer*. I wanted to pull off to the side of the road, but we were tightly sandwiched between two rows of orange barrels. So with my white-knuckle grip on the steering wheel, we sluggishly drifted along in the sea of four-way flashers.

About twenty minutes after we emerged from the deluge of rain I reached over into the passenger seat for the road atlas. Only it was not there. Older brother Samuel retrieved it for his little sister while I had been focused on the driving. You might be thinking, *Oh what a nice big brother*. And I would certainly like to agree with you if it weren't for the fact that Hannah was armed and ready with a full complement of magic markers.

When I asked her to pass the road atlas to me, she bore no shame and proudly offered me her masterpiece of civil engineering. Right away I noticed she had drawn an infinite number of colorful new highways throughout the state of Florida. Right in the middle of all the vibrant creativity, a dark spot about the size of a quarter appeared to float above everything else on the page. I pointed to that spot and asked Hannah, *What is this?*

She smiled and answered, *That's the thunderstorm daddy*.

Wouldn't it be great if we had an illustrated road atlas for our lives? Some form of map to help us locate the good times as well as potential *life storms* lurking on the horizon. Having such a resource would give us the opportunity to look ahead and either prepare with joyous expectation or quickly find a detour around those not-so-desirable situations. The source of adversity which may be raging through our lives does not change the fact that God still loves to transform us, build character, and calm our anxious hearts.

In the scriptures, Luke chapter 24 paints a beautiful picture of how God brought peace for two individuals in search of answers. Today God has not changed. He is ever-present and able to transform the present.

The Lord approached and began traveling with them.

(Luke 24:15)



Ellie Dwyer brought her Cavalier King Charles Spaniel named Trea to be blessed by Chaplain Chad. 10 dogs and 1 parrot, Dennis, came to the multipurpose room on August 19th for the "Bless the Animals" service. The 5 cats were blessed at their homes.

—Chad Elbersen, Chaplain

Construction continues



HALLELUJAH!! August was an unbelievable month. Our new Willow Brooke Court construction has begun. Cranes, trucks, piles of dirt, footings and cement mixers are all in evidence. It should be completed in about 17 months. Our dream is coming true!

The back gate, complete with the audio-visual feature, is now working well after many residents had their clickers reprogrammed. The moral to this project is never give up.

Beautiful new, live plants now surround our lobby's fountain. It looks terrific!

Our fitness center also underwent changes. The spa was removed and the center expanded. The additional space will be very helpful.

Then the Comcast event occurred. After some frustration and tears, all boxes are installed. I personally love the music channels and the free-on-demand movies.

Then a great deal of time was spent this month dealing with the rezoning issue. But we have won the first round and are preparing for the next. It was wonderful that so many of you supported the effort.

Who says that the elderly can't handle changes? We are living proof that we can.

Let's hope that September is a calmer, quieter month.

—Lyn



Lyn Marvin



Geri Brown and Mil Flatley are being welcomed by hostess, Megan Stewart and Kristen McGill. Gabby and Amber from the Special Olympics were helpers.

Great Decisions

by Rolf D. Bibow

On September 16, at 10:30 am, we will continue our Great Decisions series. The topic in your briefing books is "Halting Atrocities in Kenya".

I will enlarge upon the topic, also referring to my own experiences with terror in a country that had been occupied by a foreign power, and was ruled by a violent minority government.

Since the beginning of recorded history, human populations have been subjected to violence and atrocities. In some cases it has reached the level of genocide. Often the perpetrators have been government leaders, seeking to enlarge their authority. When the actions have occurred within sovereign nations, the world has been unable, or unwilling, to act.

One reason for the inaction, had been the legal concept of national sovereignty. There was a disinclination for nations to intervene in the domestic affairs of other countries. It was not until this past decade that the concept of collective responsibility was formulated.

In 2001, the UN-sponsored Commission on Intervention and State Sovereignty issued a report. It was titled Responsibility to Protect, also referred to a R2P. It redefined the legal right of sovereignty as being contingent on the basic observance of human rights. If a state fails to honor those rights, the responsibility to protect would shift to the international community, acting through the UN Security Council. It was approved at the UN World Summit in 2005.

In our discussion we will consider several nations in which action under R2P would be appropriate. One is Kenya, which serves as the most successful example. Interestingly, much has happened in Kenya since the article in your books was written, so I will bring you up to date.

The potential for violation of human rights is most evident in nations where the head of state, is also the head of the government. That is further complicated if that person is also the religious leader. Then there is no one with sufficient authority to question the actions that have been decided.

While the logic for intervention under R2P is self evident, its application has been complicated by conflicting priorities among the permanent members of the UN Security Council. China and Russia, in particular, have prevented action in countries where they have political and/or economic interests. Iran, the Sudan, North Korea and Zimbabwe are examples of countries where such conflicts of interest have prevented action. Indeed, China itself, is a violator of human rights, but the US has not been willing to press the argument.

I look forward to seeing you on September 16.



Becky King

Notes from the Nurse

Someone wiser than I once said..."Confidence is Preparation! Everything else is beyond your control."
—Richard Kline



Otto Schricker

This is the time of year in the beautiful state of Florida that we all become fully aware of the possibility of some "hurricane action", in our area.

The National Hurricane Center 2010 has predicted a very busy season this year, (personally I hope that they are completely wrong).

With that being a very pertinent part of our knowledge, the only thing we can control is the confidence that we are prepared if indeed we should have a hurricane.

As a community, in recent days, we have had some very important information given to us about the necessity of being prepared, and I just wanted to review some of the important preparations that we can all make.

1. Have plenty of medications on hand. (at least 2 weeks).
2. Have an adequate number of oxygen tanks for the event. (2 full tanks are a good starting point)
3. Charge the batteries fully for your electric scooters or wheelchairs.
4. Have a 2-weeks-supply of food and supplies for your animals.
5. Charge your cell phone.
6. Have extra water (1 gallon/person/day), and non-perishable food items.
7. Have a battery-operated radio/tv and have flashlights with plenty of fresh batteries.
8. Have a first aid kit available if needed.
9. Have extra blankets/sleeping bags, and pillows.
10. Have extra clothing available.
11. Have plenty of hygiene supplies (shampoo, comb, brush, toothbrush, toothpaste, etc.).
12. Have personal items including books to read, etc.

These are just a few reminders. The most important thing is to be informed and prepared and always to remain calm. If a storm should approach, there will a nurse in the building 24/7 to assist with any problems that should arise.

Together with Confidence and Preparation, we will get through any storm that may find its way to IRE West this hurricane season.

The lazy, hazy days of Summer will soon be over and it will be time for us all to get busy again.

The FLiCRA Board will meet on September 14th and get us going on activities for the coming season. The first GREAT Activity on our agenda will be the State wide FLiCRA meeting which is to held here at IRE EAST with assistance and full cooperation from us at WEST.

The scheduled dates for this Annual State wide meeting are Nov. 11th and Nov. 12th. Further plans will be made and reported in next month's West Side Story. I'm sure we will also make plans to introduce our newly elected State Representatives to our residents and show them that we are aware of our position.

Until then, get those PENS, PHONES AND E-MAILS DUSTED off and limbered up and ready to go as soon as the State Legislature is elected, organized and ready to start in business in November. Until then, we hope your Summer has been restful, restoring and invigorating as we look forward to an interesting legislative year where your action will be needed!

West SideStory

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Rodney Nowak

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IN MEMORIAM

SALLY SIBSON

CHUCK SMOKA

LILA O'LEARY

September 2010

West and Villas

West and Villas

Locations
[AS] Art Studio
[CDR] Crystal Dining Room
[CR] Conference Room
[GR] Game Room
[HMR] H Meeting Room
[MPR] Multipurpose Room
[ER] Emerald Room
[RR] Fire Place Reading Room
Wednesday Lunch Café Specials
9/1 Homemade Pizza
9/8 Grilled Reuben Sandwich
9/15 Potato Bar
9/22 Homemade Pizza
9/29 Chicken Quesadillas
Weekly BINGO LEADERS
1st Holmes - Kenny
2nd Guzak - Guzak
3rd Kreps-Johnson
4th Holtz - Holtz
Bridge Coordinator Lane Gillooly 299-3422
Monthly BRIDGE LEADERS Monday Social Bridge Earp/Keenan Tuesday Duplicate Bridge Hal Simon Wednesday Social Bridge Dearmans

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
West Fitness Room Hours Mon: 8:00 am - 8:55 am & 10:00am-10:45 am Tues: 8:00 am - 8:25 am & 9:40 am-12:00 noon Wed: 8:00 am -8:45 am & 11:00 am-12:00 noon Thurs: 8:00 am - 8:25 am & 9:40 am-12:00 noon Fri: 8:00 am - 8:55 am & 10:00 am-12:00 noon							
	5	Labor Day 6		1	2	3	
	11:00 Worship Service Chaplain Chad COMMUNION 1:45 Movie [MPR]	MAIN OFFICE CLOSED 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 11:30 Buffet Picnic [CDR] Casual Dress 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR]	7 Dr. Splendoria 8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 1:30 FLICRA [HMR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	8 9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10:30 Res Assoc Mtg [MPR] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	9 9:00 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Cathoic Mass [OBT] 7:00 Movie [MPR]	10 Dr. Demar 9:00 Exercise [MPR] 1:30 Ping Pong [GR] 5:00 CC Casual Night CDR 5:45 VBHS Football [BUS] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	4 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: <i>Holmes & Kenny</i>
	12	13	14	15	16	17	
	11:00 Worship Service Chaplain Chad 4:20 Theatre-Go-Round Dinner Theatre [BUS]	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 9-10 Beltone Services 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 2:00 Prayer Chain [Chapel] 6:30 Social Bridge [MPR]	9:00 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Great Decisions [MPR] 1:30 Town Hall [MPR] 5:00 Upscale Dining [ER] 7:00 Movie [MPR]	17 Financial Discussion Group [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:30 VBHS Football [BUS] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	11 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Guzak & Guzak
	19	20	21	22	23	24	
	11:00 Worship Service Chaplain Chad 1:45 Movie [MPR]	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	Dr. Splendoria 8:30 Exercise [MPR] 11:30 Ask The Director [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR] 7:00 Manon Robert Concert [MPR]	7:30 Omelettes Cafe 9:30 Bible Study - [Chapel] 9:00 Miniature Golf Sales Luncheon 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR] 6:30 Theatre Guild [BUS]	Dr Demar 8:00 Beachwalk [BUS] 9:00 Exercise [MPR] 11:00 Medical Lecture 1:30 Sarah Circle [AS] 4:30 Culinary Event 1st Day of Autumn	9:00 Exercise [MPR] 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	18 9:00 Shuffleboard Lessons 10:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Kreps & B. Johnson
	26	27	28	29	30		
	11:00 Worship Service Chaplain Chad 3:30 Battle for the Best [EAST]	9:00 Exercise [MPR] 10:00 Open Art Studio [AS] 11:00 Wii Lessons [CR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 6:30 Social Bridge [MPR]	8:30 Exercise [MPR] 1:00 Duplicate Bridge [MPR] 1:30 Bridge with Sue [GR] 5:00 Night in the Emerald [ER] 7:00 Dominoes [HMR]	9:00 Miniature Golf 9:30 Bible Study - [Chapel] 1:30 Ping Pong [GR] 1:30 Food Forum 6:30 Social Bridge [MPR]	9:00 Exercise [MPR] 9:00 Nu-2-U [East A-311] 7:00 Movie [MPR]		

Tennis Round Robin Mon, Wed, Fri 8:00 am Tennis Courts <i>John Dearman</i> 569-7238	Computer Club Every Monday 1:00 pm Computer Room <i>Bob Hempton</i> 978-6495	Billy Jo Water Exercise Mon thru Sat 9:30 am I Building Pool <i>Peg Hurley</i> 770-0131	Saturday Night Bingo Multi Purpose Room 7:00 pm <i>Gladys Read</i> Coordinator 978-0421	Water Volleyball Mon and Fri 1:00 pm North Villa Pool <i>Abbott</i> 567-1524 <i>Paulsen</i> 778-5198	Stitch & Gab Mondays H Meeting Room - 1:30 pm <i>Nancy Cavan</i> 567-5930	Golf Wed 8:00 am Vista Plantation <i>Sherrill Oliver</i> 794-9768	Shuffleboard 9 am Fri: Cavans Sat: Brosts
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REGULAR TRIPS

MONDAYS
9:00 am
DOCTOR RUN
9:30 am
Groceries
1:00 pm
Doctor Run
1:00 pm
Indian River Mall & Ryanwood

TUESDAYS
9:00 am
Doctor Run
1:00 pm
Doctor Run

WEDNESDAYS
9:00 am
Doctor Run
9:30 am
Ryanwood - Groceries

THURSDAYS
9:00 am
Doctor Run
1:00 pm
Doctor Run

FRIDAYS
(First Friday)
9:30 am
Shopping Loop
(Second Friday)
9:30 am
Miracle Mile
(Third Friday)
9:30 am
Shopping Loop
(Fourth Friday)
Gardens Mall