

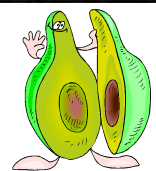
*The Great Cook-off proved that
West is Best!*



Steve and Roderick prepared the meal in front and were helped by runner, Jordan, while the rest of the team duplicated the meal in the kitchen for the entire audience.



The judges!



West Winning Team: Steven J. E. Reschak—Chef, Jordan Gruber, Gerlinde Van Sickle, Roderick Renkel, and Paul C. Conti, III.



Ken Santiago directs the kitchen.



West Side Story

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

October, 2010



October Birthdays

- | | |
|--------------------|------------------------|
| 1 Doris Drake* | 12 Ken Wright |
| 1 Ed Sedlmayr | 13 Wayne Mayo |
| 2 Bob Cavan | 13 Bertie Von Metnitz* |
| 3 Beryl Fyler | 14 Betty Meinking |
| 3 John Gwaltney | 17 Ruth McConnel* |
| 4 Jerry Durfee | 19 Joe DeSanctis |
| 7 Shirley Brownlee | 21 Emily Johnston |
| 7 Barbara Dearman | 21 Paul Shoemaker |
| 8 Eleanor Indorf | 21 Betty Taft |
| 10 Isabel Cahill | 25 Stan Francis* |
| 10 Frank Costarino | 30 Connie Herr |
| 10 Otto Schricker | 30 Don Lindell |
| 11 Gladys Vail* | 30 Larry McCollister |
| 12 Lowell Mott | |

Early November Birthdays

- | | |
|-------------|--------------|
| 3 Kay Moyer | 5 Helen Ball |
|-------------|--------------|

**WBC and ORT*



From the Desk of the Executive Director



Tom Sutton

As we get closer to the end of the year, it seems things start to get really busy. October is an extremely busy month, so let me note a few of the highlights. **October 5th** is a very important date as it is the next meeting of the **Indian River County Commission** where it will hear a request to change the zoning for the piece of property located adjacent to our South Lake Villas. Buses will run and the more residents we have there, the merrier. **The 7th of October has scheduled the AXE Airlines Annual meeting** (I'm sure you won't want to miss this). I'm actually an honorary AXE employee (given the fact that I'm well below the minimum age of 80). **October 15 is our second annual car wash**, with donations being given to our local Vero Beach Homeless Family Center. Be sure to buy your tickets early for this one. **The Indian River Estates Golf Classic** (with additional competitions for other games like mini golf, cards, etc.) will be held on **October 22** see Rodney's Ramblings for more details. **On October 24, we will be celebrating the walls of our new WBC going up** (again, details will be forthcoming). And finally, October ends with a **Halloween bash culinary event on the 30th—not the 31st!**

Also, I want to give a reminder about hurricane season. We've been very fortunate so far this season that none of the Atlantic storms have had any affect on us. The historical peak of hurricane season passed us on September 21, however, remember that the second half of this hurricane season continues to remain active. According to Robert Molleda, a meteorologist with the National Weather Service Miami office, the second half of hurricane season may see tropical storms forming closer to South Florida. Let's not become complacent since we've had good fortune thus far, the fun might only be beginning. **Hurricane season does not end until November 30. We shall continue to be ready.**

Chat With Chad

Bread Upon the Waters

The season of harvest time and of giving is upon us. From October to December we are flooded with opportunities to give of our time, talents and resources. While thinking along these lines I recently came across the following story on the "Guideposts" website. The story is about a young college student, now grown, and his experience with giving and receiving.

Howard Kelly on his way through school, found he literally had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk instead. He drank it slowly, and then asked, "How much do I owe you?" You don't owe me anything, she replied. "Mother has taught us never to accept pay for a kindness." He said..... "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and humanity was strengthened also. Before this episode of kindness he had nearly convinced himself to give up on his education.

Many years later that same young woman became critically ill. The local doctors were baffled! They finally sent her to a larger hospital, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation.



Chaplain Chad

He recognized her at once and from that day he gave special attention to her case. After a long struggle, the battle was won and she went home well.

Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill later arrived at her house. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She read these words..."Paid in full with one glass of milk" (Signed) Dr. Howard Kelly.

Ecclesiastes 11:1 reads; "Cast your bread upon the waters, for after many days you will find it again." In other words, God blesses our efforts when we reach out to others and He also reciprocates back to us in some way.

I like the way Maya Angelou expresses this simple truth. "When we cast our bread upon the waters, we can presume that someone downstream will benefit from our action, even as we enjoy the gifts sent to us by someone upstream."

Be blessed!

Chad Elbersen, Chaplain

The Financial Discussion Group will meet on Friday, October 15 at 2 pm in the Multi-purpose Room. (Note the change in time to 2 pm, this meeting only.) Our speaker will be an outside consultant who will present the latest information on the new provisions of Federal Health Care Reform and what effect they may or may not have on the cost and coverage of our Medicare Plans A and B, Medicare Advantage/Supplement Plans and Prescription Drug Plans.

All are welcome to attend.

October 18 will be the first book discussion meeting.

Joan Auble will lead the discussion of the book Help by Kathryn Stockett.

See you all there at 2:00 P.M. in the reading room. —Joan Auble

Indian River Residents' Association

You know the old saying, "I have a deal for you". Well, I do.

Would you like to have a clean car and help a homeless family?

On Friday, October 15, the Resident Association and IRE West employees will be having a car wash to benefit the Homeless Family Center. Tickets will be sold in the lobby from 4:30 p.m. to 6:00 p.m. on October 5 to October 8. A minimum of \$10 is requested, but additional donations would be

welcomed. When you purchase your ticket, you may pick a time that is convenient for you.



Lyn Marvin

While your car is being washed there will be seating in the shade, and refreshments will be available.

Indian River County has a very high unemployment rate and many families have been faced with losing their homes. This is an opportunity for us to be of help and also benefit ourselves with a bright shining car.

You have always been very generous, and I feel that you will be again.

The Resident Association is grateful for the employees help with this project, and we will show our appreciation by providing a luncheon for all employees on Monday, October 18.

—Lyn

Fitness with Sheryl Laudermilk

The Fall Season is upon us! We have had a few moments of cooler temperatures—or was that because the humidity level was down? Either way...it's a good time to get back into your Fitness routines. The holidays are just around the corner, and we are going to want to partake in all those yummy treats!

So let's talk about **Tai Chi** first...it is offered right here at West on Saturdays at 9:00 a.m. You can still sleep in and make it on time! Steve Hansen is a fabulous instructor. Tai Chi has slow rhythmic movements which flow from one to another, and it can be very helpful with breathing as you take full deep breaths with each movement and get oxygen flowing to the muscles and brain. The movements are slow and continuous which helps with balance too. Now mind you, all things new must be started slowly. Come and try a part of the class until you get accustomed to the feeling. It's a great Saturday morning routine to start your day! Why wait for the New Year to make changes...start now!

Don't forget about our other opportunities here as well. **Mini golf** at 9:00 a.m. on Wednesday. The weather has been gorgeous! You need to come play with us!

Anyone interested in playing **ping pong**? Need a partner? Sign up with me in the Fitness Center.

There is **Wii bowling, Water volleyball, Exercise Classes**, and **even more!** All can be found on your calendar so join us in something fun to do—**Life Really is Good!**



Sheryl Laudermilk

Notes from the Nurse

Yesterday as I was looking at my calendar, I realized that it was the 1st day of Fall. I cannot believe how fast time goes.

As the Fall season approaches in such a beautiful way, I was realizing (being a nurse) that the flu and cold season will be descending upon us as well.

*We shall be offering the flu injections again this year as we always do. This year the injection will include the **regular flu vaccine and the swine flu, H1N1, vaccine** so you will be receiving **two vaccines combined in one injection.***



Becky King

How to Prepare for Cold & Flu Season

1. Stock up on soap, hand sanitizer, tissue, cold/cough medicines before you get sick. Once you are sick you usually do not feel like shopping.
2. Wash your hands frequently with soap and water. Scrub your hands for 15 seconds and rinse thoroughly. Use an alcohol-based sanitizer when soap and water not available.
3. Avoid touching your mouth, eyes, and nose with your hands. Germs can live on surfaces for up to 48 hours and can quickly spread from your hands to your mouth, eyes, and nose.
4. Regularly use sanitizing wipes to wipe down household surfaces such as doorknobs, computers, tables, phones, etc.
5. Use disposable paper towels to dry your hands instead of cloth towels to prevent spreading germs.
6. Get a flu vaccine injection.
7. Avoid sick people when possible. The cold virus is highly contagious.
8. Keep stress levels down. Stress can weaken your immune system making you more vulnerable to viruses.
9. Boost your immunity naturally by exercising regularly and eating a healthy diet including vegetables and vitamins.

These are just a few simple ways to assist in preventing the notorious unwelcome "flu bug."

If you should start to feel that you are getting the flu and you need our assistance for anything, please don't hesitate to call us So.... here's to a healthy, happy "Fall Season."

Great Decisions

Our next discussion meeting will be held on October 21 at 10:30.
The topic will be "The US and the Persian Gulf".

Over the centuries the Gulf region has been torn by political upheaval and violence. In recent decades six wars have been fought in this small corner of the world. Tens of thousands have been killed or brutally suppressed. On a per-capita basis the populations are among the poorest and least educated in the world.

Against that background it is easy to forget that this region is actually the cradle of our civilization. Reaching back nearly 8000 years, we have discovered the first evidence of organized society. The first written language and the first body of laws were in practice some five thousand years ago. It is hard to reconcile that fact with what is going on today.

Petroleum has been the principal generator of economic activity in this region. It accounts for nearly two-thirds of the world's proven oil reserves. That has made this small area the focus of international economic and political attention.

The US became involved in the Gulf in the 1920's. American companies obtained drilling rights in Kuwait and Iraq and later in Saudi Arabia. The second World War drew American troops to the region, and the US has maintained a presence ever since.

Oil and cold-war strategy has characterized the US involvement in the postwar period. As the world demand for oil began to exceed the supply, the oil producing countries formed OPEC. That change in power allowed the price of oil to rise from \$2 per barrel in the early seventies to \$36 in 1979. The world experienced two "oil price shocks", causing long lines at the pump. Later the price rose to above \$140, recently settling back around \$70.

The political instability in the Gulf began in 1979 with the revolution in Iran, closely followed by the Soviet invasion of Afghanistan. That same year we saw the start of the Iran-

Iraq War. Ten years later Saddam Husein invaded Kuwait but was defeated in the US-led "Desert Storm".



Rolf D. Bibow

The attack on the US on 9/11/2001 changed all the dynamics in the Middle East. American support of the Afghani Mujahedin succeeded in driving the Al-Qaeda out of their strongholds in Afghanistan. Afterwards a large US and NATO military force entered that country.

In 2003 US forces attacked Iraq succeeding in overthrowing Saddam, but the forces failed to secure the country. The violent occupation of Iraq, and active fighting in Afghanistan have lasted until this year when American combat troops were withdrawn from Iraq. No final solution appears to be evident in either country.

Iran has remained the major regional beneficiary of the US wars in Iraq and Afghanistan, opening both countries to Iranian influence. Iran has also led the regional opposition to the Arab/Israeli peace process. As it continues its process of enriching uranium, Iran remains the principal challenge to the Nuclear Non-Proliferation effort. This year even China and Russia have joined Western efforts to restrain Iran, but the results so far are inconclusive.

Well, this is a very short summary of a huge topic. Let's discuss.

Artist of the Month in our Art Studio

I paint for pleasure, and in no way do I consider myself a professional.



Jean Tease

I have always been interested in art but never had time for lessons until after retirement. That is when I started water color classes in my local senior center which was taught by a retired aeronautical engineer.

Since then, I have had a variety of teachers. Some were professionals, and I have taken workshops with fairly-well-known artists such as Helga Flower, Lian Zhen, and Julie Joyce and others.

I work mostly in watercolor—sometimes in acrylics—and I have also tried oils and pastels.

The paintings I exhibit will reflect the product of my favorite-attended workshops as well as the landscapes and flowers that I've photographed at home and in my travels.

West SideStory

Editor
Rodney Nowak
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Printing
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October 2010

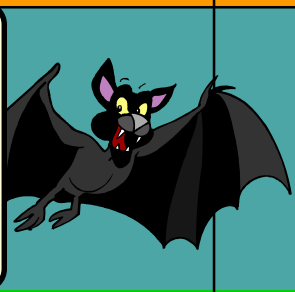
West and Villas

West and Villas

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



- Locations**
 [AS] Art Studio
 [BUS] Bus
 [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**
 10/6 Homemade Pizza
 10/13 Knockwurst, Sauerkraut & Potato Pancakes
 10/20 Home Made Pizza
 10/27 Cheeseburgers with Fries

- Weekly BINGO LEADERS
 1st Holmes - Kenny
 2nd Guzak - Guzak
 3rd Kreps-Johnson
 4th Holtz - Holtz
 5th Herr-Hegarty

Bridge Coordinator
 Lane Gillooly
 299-3422

- Monthly BRIDGE LEADERS
Monday Social Bridge
 Marshall / Wisniewski
Tuesday Duplicate Bridge
 Hal Simon
Wednesday Social Bridge
 Hoffman /Taft

3	4	5	6	7	8	9
11:00 Worship Service Chaplain Chad COMMUNION 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]	8:30 County Comm Mtg. [BUS] 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] 7:00 Marlene & Chet [MPR] <i>Car Wash Tickets! 4:30 to 6:00</i>	9:00 Miniature Golf 9:30 Bible Study - [Chapel] 10-2 Jewellery Sale [ER] 1:30 Res Assoc Mtg [MPR] 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR] <i>Car Wash Tickets! 4:30 to 6:00</i>	8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Catholic Mass [OBT] 7:00 AXE Airlines Special Meeting [MPR] <i>Car Wash Tickets! 4:30 to 6:00</i>	Dr. Demar No Exercise 1:30 Ping Pong [GR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holmes & Kenny
10	11	12	13	14	CAR WASH 15	16
11:00 Worship Service Chaplain Chad 12:45 Battle for the Best Chefs at Boca [bus] <i>West is Best!</i>	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 Belton Services [RR] 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]	8:00 Beachwalk [BUS] 8:30 Exercise [MPR] 11:00 Medical Lecture [MPR] 1:30 HVIP [EAST] 2:00 Landscape Mtg [HMR] 4:30 Birthday Night [CDR]	CAR WASH	9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] Marge Putzke 7:00 Bingo [MPR] Callers: Kreps & B. Johnson
17	18	19	20	21	22	23
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] 11:30 Employee Lunch [MPR] 1:00 Computer Club [CR] 1:30 Stitch & Gab [HMR] 2:00 Book Discussion [RR] 6:30 Social Bridge [MPR]	Dr. Splendoria 8:30 Exercise [MPR] 11:00 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]	7:30 Omelettes Cafe 9:30 Bible Study - [Chapel] 9:00 Miniature Golf 1:30 Food Forum 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	ACTS Golf [Delray] 8:30 Exercise [MPR] 9:00 Nu-2-U [East A-311] 10:30 Great Decisions [MPR] 5:00 Upscale Dining [ER] 7:00 Movie [MPR]	9:30 Golf Fun Day for a Fund Raiser 10:00 Games Begin 12:00 Lunch at East 2:00 Financial Dis. Grp.[MPR] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 7:00 Bingo [MPR] Callers: Holtz & Holtz
24	25	26	27	28	29	30
11:00 Worship Service Chaplain Chad TBA New WBC Reception	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] Sales Luncheon 1:30 Ping Pong [GR] 6:30 Social Bridge [MPR]	8:00 Beachwalk [BUS] 8:30 Exercise [MPR] 10:45 Medical Lecture [BUS] 1:30 Sarah Circle [AS] 7:00 Movie [MPR]	9:00 Exercise [MPR] 1:30 Ping Pong [GR] 5:45 VBHS Football [BUS] 6:30 Mah Jongg [GR] 6:45 Dominoes [MPR] 7:00 Game Night [MPR] 7:00 Hearts [HMR]	9:00 Shuffleboard Lessons 9:00 Tai Chi [MPR] 1:30 Scrapbooking [AS] 4:30 Halloween Costume Party [Lobby] 7:00 Bingo [MPR] Callers: Herr/Hegarty

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