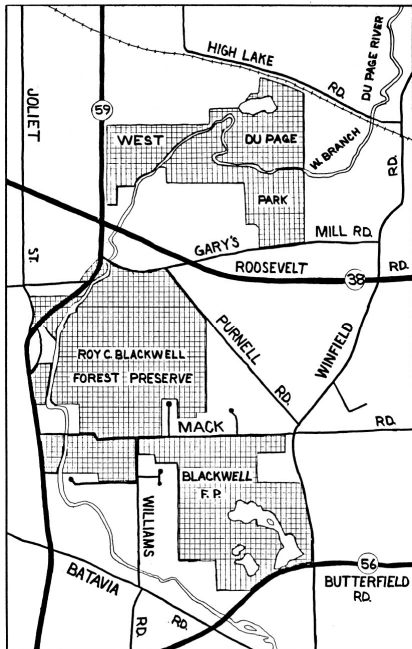


West-Win Homeowners' Association
PO Box 367
Winfield, IL 60190-0367
 On the web: www.West-Win.org
Address Service Requested

First Class



Fall 2017 Newsletter – Inside this issue:

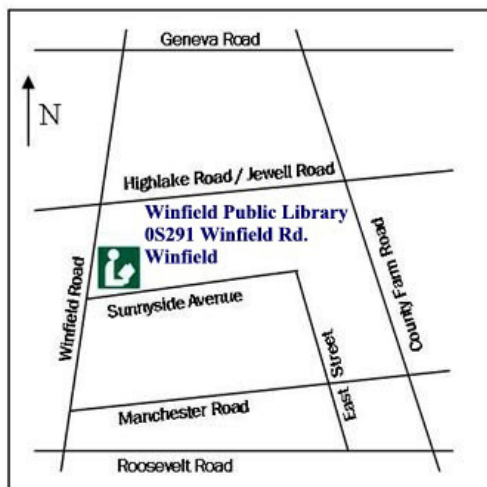
- Resources for healthy aging in DuPage
- Choosing properly fitting shoes
- Flight Tracking Applications

Circulation 726

October 2017						
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29	30	31				

Fall General Meeting Agenda
Thursday, October 26th

Where :	<u>Winfield Public Library</u> – lower level. 0 S 291 Winfield Rd. Parking lot to the North of the building.
6:30 p.m.	Talk with local officials, West-Win Board Members and neighbors Pay annual dues.
7:00 p.m.	Brief business meeting
7:15 p.m.	Brief updates: Winfield Planning, Winfield Township Roads, Sheriff's Liaison, and Forest Preserve
7:45 p.m.	Promoting Healthy Aging Speaker: Kristen Ritchie
8:45 p.m.	Adjourn. Cleanup. Volunteers welcome.





West-Win Homeowners' Association

individuals working together to preserve our idyllic countryside

Welcome to West-Win! We are an organization of independent homeowners in unincorporated Winfield Township who have a history of protecting the ambiance of our country-like area.

Much of our work involves the exchange of mutually useful information through our semi-annual newsletter, our website and through issue-specific emails. We respond to concerns of our membership and often advocate with local governments on issues of common interest, especially those threatening the peace or security of our homesteads.

There are over 700 homes within our unincorporated area. By joining West-Win Homeowners' Association, you will be one of many organized to protect the peace and beauty of our environment.

Membership in West-Win is voluntary. Please join us! Give us your opinions and ideas for protecting or improving our area. If you are new to our neighborhood, or are an eligible household recently added to our mailing list, we look forward to meeting you at our next General Meeting!

Your current Board of Directors to contact with ideas is:

		Directors	
President:	Herb Wigder	847 723-5150	Mary Bakas 773 799-4326
Vice	Vicki Weyer	630 400-1556	Deb Barclay 630 690-2058
President:			
Secretary:	Judy Cummings	630 293-0474	Kathy Hydo 630 293-7645
Treasurer:	Eileen Kelly	630 876-1316	Nick Parrilli 815 531-2855
			Gib Van Dine 630 231-4777
			Barb Whitney 630 231-0320

email: info@West-Win.org

On the web: www.West-Win.org

Like us on facebook to get notice of current events: West-Win Homeowners' Association



SPEAKER AT THE FALL MEETING AGE WELL WEST-WIN

Valuable Resources for People who are over 55 And for People who Know People over 55

- How many candles were on your last birthday cake? Has your family started putting only one candle for each decade as they fear that the smoke alarm will hail the fire department?
- Did you know that AARP starts recruiting its members at age 50? Yes, they consider a 50 year old a senior citizen!

Whether you are a senior citizen or you know someone who is, you may be asking yourself, "What services are available in and near the West-Win area?" Our October speakers will be answering that question.

Our main speaker will be Kristen Ritchie, Community Services Manager for DuPage County Senior Services. She will talk to us about AGE WELL DUPAGE™, a program which identifies information and services provided by the DuPage County Division of Senior Services that promote healthy aging. AGE WELL DUPAGE™ includes information from hotlines to websites and everything in between.

Other speakers will address the services specific to their departments. We will also provide handouts about Elder Law and about WWAYS, a program which offers senior computer classes where seniors teach other seniors such things as how to text from their phone and how to create a Facebook page.

We hope you will join us at the General Meeting on October 26th for this important topic.

West-Win understands that some of our homeowners may have issues getting transportation to this meeting. If you know of someone in this situation, please consider extending an invitation to come with you.

WEST-WIN DOES

For over 50 years the West-Win Homeowners' Association has been an organization of resident volunteers who work to look after the interests of our community and help protect the ambience for the 700+ households in our semi-rural unincorporated area. **If you are receiving this newsletter, that includes YOU!**

Various organizations, developers, expanding contiguous municipalities etc. are continually at work to develop, modify, commercialize or otherwise degrade or encroach on our unincorporated home space. Recently West-Win members influenced the appearance of the Forest Preserve District's new Fleet Management Facility, currently under construction.

What You Can DO:

1. Please support West-Win with your dues payment by either mailing it to us in the enclosed envelope or by paying in person at our Oct. 26th general meeting, where you can take advantage of a dues discount, get to know other residents, get news from our elected officials and hear from our featured speaker. Dues fund the costs of advocating and communicating through our bi-annual newsletters, general meetings, social media, an updated website and improved email capabilities.
2. Volunteer your skills in any of the many activities required to operate a large homeowners association. Email us at info@west-win.org if you would like a list of needed skills.



Our community, current supporting members and our 100% volunteer board of directors ALL appreciate your support in sharing the expenses of keeping connected. If you are interested in serving on our board please contact any of the directors for more information. We always welcome help and new ideas.

BE SWEET TO THE FEET

Choose the right pair of shoes, those feet are the only two you've got.

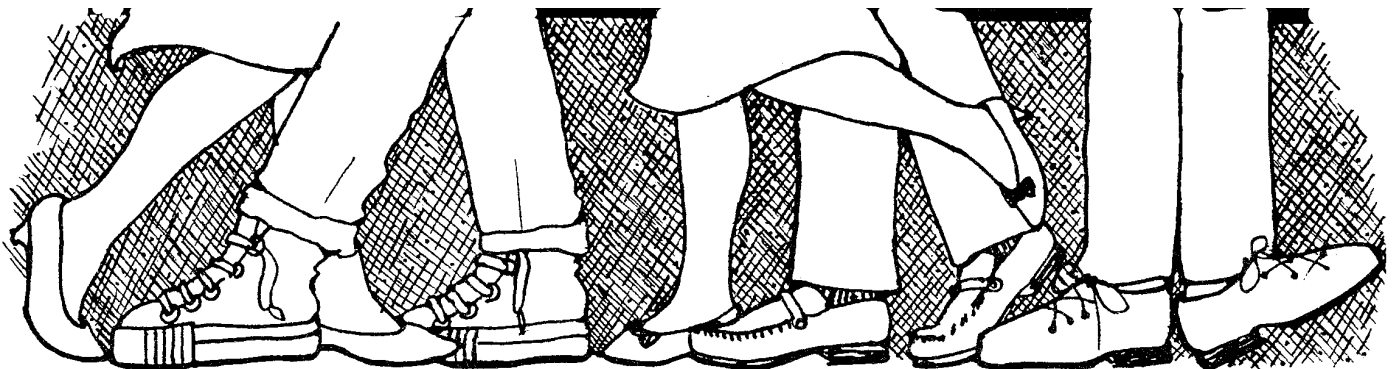
Choosing the right pair of shoes is an important task. Spend money on anything that separates you from the ground they say, mattress, tires and of course...shoes. There are many different brands and just as many different stores within which to purchase them. Let's take a minute today and learn how to identify proper fit, choose a good shoe for the occasion and find out when it's time to replace your shoes.

Start with your shoe size. Do you remember that last time you had your foot measured? If not, it's time to get a proper measurement. Your foot can change shape year upon year, gaining both width and length and in some cases depth with hammertoe formation and foot swelling. Recall, if you will, that metal device they once used to measure your foot some years ago. They still exist and a good shoe store will have one. Check both the length and width, while you are standing of course, and add a half centimeter or so to that length and you have your ideal size. A quick comment on width, shoe widths run from 4A to 4E with B, C, and D between. A is the narrowest and E is the widest. The A through E widths have largely been supplanted by SS to XXW. Not all shoes will display width. But that device mentioned before will.

Now let's select the correct shoe for the occasion. Plan on walking a long way? Bring your gym shoes or call a cab. Do not get stuck in a poorly fitting sandal with little or no support when you'll have to walk 7 miles from dinner to your gala at the Art Institute. Playing tennis? Purchase a court shoe designed for tennis, not last year's running shoe. Heading to the gym? Don't work out in your work boots. Leave the Red Wings at home and put on the cross trainers. And as for heels...well...they certainly look great on you, but really you may want to make an appointment with your foot doctor very soon for the aches and pains you will be getting.

It's time to choose your shoe. Here are my favorite brands: Clark, Ecco, Finn, Abeo, Vionic, Brooks, New Balance, Asics, Merrell, Birkenstock, Naot and, for the Diabetic crowd and those with a difficult to fit foot, SAS. A good shoe is supportive and made of good materials. A good shoe will not fold in the middle like a taco, and will have a solid heel counter (the very back of the shoe above the sole). Give the heel counter a squeeze and it should be firm. Hold the toe of the shoe with one hand and the heel with the other. Does it fold in the middle? Put it back on the shelf. Now select the proper size and width and try on the shoe. Does it fit well and feel comfortable right away? If yes, good; if no, put it back in the box.

Lastly, when should you replace your shoes? Simply replace them when they are worn out. For a running shoe that is 300 miles or 6-8 months. For a dress casual shoe that is when the sole is noticeably worn to one side or the other at the heel or mid-foot and the material on the interior is wearing away. Good luck and happy walking!



WELCOME NEW NEIGHBORS!

Especially if your Newsletter was Addressed to "Current Resident"

You've selected a beautiful, unincorporated setting in which to live. To stay connected and current on issues within our area, please email your contact information to us at info@West-Win.org.

FOR LONG-TIME NEIGHBORS . . .

Let us know when a house near you gets a new owner so we can welcome them to the neighborhood and send or hand deliver to them an issue of our Newsletter. Please email their house address to info@West-Win.org.

FLIGHT TRACKING APPS

Have you ever sat in your back yard watching planes fly overhead and wonder where they are going? Wonder no more! With the help of two great applications (commonly referred to as *apps*), the answers are now in the palm of your hand. FLIGHT AWARE and FLIGHT RADAR 24, are your new go-to apps. Beginning with FLIGHT AWARE, a few quick clicks and you can view airport delays, take a glance at the "misery map," an overview of nationwide delays and finally create a "My FlightAware" account. This will display information on your aircraft, airports and travel itinerary. Next, download FLIGHTRADAR24 and violá, you are your own personal air traffic control center. Click on a plane displayed on the map and immediately you have a flight number, to and from locations, flight path and basic telemetry including aircraft speed and altitude. There's even a photograph of the plane type. These two apps are Very *APPLICable* indeed. Both apps are available in Google Play and iTunes App store. Enjoy.



SAVE \$5 BY PAYING YOUR 2018 MEMBERSHIP DUES NOW

If you pay your dues by the end of October, you may deduct \$5. After October 31, dues are \$25 per household once a year - which is still a bargain!

On the top line of the cover sheet is the last year for which your membership dues have been paid. If you have already paid for 2018, we thank you. You have helped us to continue our efforts to protect our peaceful environment. If you have questions or concerns, please send an email to info@West-Win.org.

You may pay your dues at the October meeting or use the envelope provided in this newsletter to mail your dues to:

West-Win Homeowners' Association, PO Box 367, Winfield, IL 60190-0367.

Please put your member number (located on the top line of the cover sheet) on your check and fill out and enclose the cover sheet

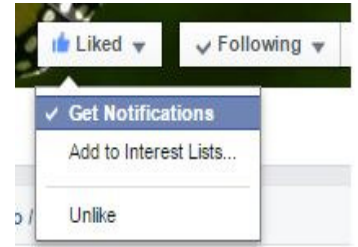


FIND WEST-WIN ON FACEBOOK

Look us up on Facebook: West-Win Homeowners' Association.

To get posts in your Facebook page click the "Like" button found in the lower right corner of our cover photo. You can then add the option to be notified each time we post information, as follows:

- once you click the "Like" button, you'll notice an upside down triangle appearing to the right side of the word "Liked"
- click on, or roll your mouse to that triangle and you'll notice that a pull down menu appears.
- click on "Get Notifications".



Those without a Facebook account can also see the West-Win page on Facebook. Type *west-win homeowners association winfield il* in the browser search bar and press <enter>. The list of results will contain a link to the West-Win Facebook page. This link may be at the top of the list or farther down. Click on the link, and you'll be right there.



LET OUR ADVERTISERS KNOW WHERE YOU SAW THEIR AD !

If you would like to place advertisement in our newsletter
please contact Eileen at 630 876-1316