



WELCOME SPRING



Aberdeen Country Club News

By: Harry Seaton (Hampton)

Every year an election is held for positions on the Club's Board of Directors, an important and critical part of the Club's continuous functions. We still remember the recent national election and its contentious results. But here at the Club, peace and tranquility reign. Here the board makes the club's governing policies and rules, which the Club's General Manager and his staff implement throughout the year. This year has been no exception. The board has worked tirelessly throughout the year to make Aberdeen the outstanding country club it is today. The composition of the Board is always subject to change. Last month there were 4 candidates for 3 board positions, all with new ideas and goals for the Club. The successful candidates will be joining a board that has been creative and forward-looking and successful attracting new members. Its directors will be devoting an inordinate amount of time and effort on Club matters to the benefit of its members.

What a sight to behold! If you've recently been by the newly-renovated front entrance of our Clubhouse, you couldn't help but notice this spectacular and colossal sight of water and fire emanating from

(continued on page 2)

FYI: FANG

By: Dr. Pat Williams (Muirhead)

The business community loves acronyms. One that's often bandied about is FANG. This is the term used to refer to four of the largest tech stocks: Facebook (F), Amazon (A), Netflix (N), and Google (G). An allowance was made for Google, since the company has changed its name to Alphabet. Evidently, FANA is not as catchy as FANG.

Currently, the FANG stocks are performing well. All 4 stocks are listed on the NASDAQ. As of Jan. 25, the day the DOW first closed above 20,000, the FANG stocks were selling at the following prices.

Stock	Symbol	Price (January 25)	Price Performance (last 52-weeks)
Facebook	FB	\$131.48	+ 32.09%
Amazon	AMZN	\$836.52	+ 37.91%
Netflix	NFLX	\$139.52	+ 39.11%
Google	GOOGL	\$858.45	+ 13.96%

As you can see, the FANG stocks are on the pricey side. However, they are among the fastest growing U.S. stocks and according to Kiplinger's, should continue to grow "at a remarkable pace." However, a word of caution: Present performance of a stock is not always a good indicator of future performance.

If you are turned off by the thought of paying \$85,000+ for 100 shares of Google, you can still

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ABERDEEN COUNTRY CLUB NEWS ... (continued from page 2)

ing offered as well.

The foregoing incorporates much, but certainly not everything, that keeps us all enjoyably busy. If anyone would like to join us, call and speak to Rose Cizner, our Director of Membership, at 738-4903, ext. 325.

Harbour Lights

By: Wendy Latman

March brings a new season, Spring, March 20th. Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth. We have lots of new things happening at The Harbours

Welcome to our new Board of Directors. Let's greet them with optimism and look forward (not backward) to a year of coming together as a community with shared values and camaraderie.

Our new property management company will have been with us for a month. C.A.M.S. job is to relieve the Board of Directors of day-to-day responsibilities. Please welcome our Association Manager, Jeanne Schumacher. We all look forward to a long, mutually beneficial relationship with C.A.M.S. and Jeanne.

Daylight Savings Time is on Mar. 12. Don't forget to set your clocks forward Saturday night, March 11. With that, our days become longer. It is lovely to sit outside or take a walk in the evening and still have

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FYI: FANG ... *(continued from page 1)*

own these high growth stocks. They are all included in Power shares QQQ (symbol QQQ) an exchange-traded fund (ETF) that tracks the NASDAQ 100 index. In addition, the fund also holds other growth stocks such as Apple, Microsoft, and Comcast. As of this writing, the fund has a distribution yield of 1.06% and an expense ratio of 0.2%. Since Power shares QQQ is an ETF, unlike a mutual fund, shares can be bought and sold just like a regular stock.

Additionally, owning an ETF lowers your overall risk. Rather than put all your eggs in one basket (e.g., the 4 FANG stocks), you're spreading your risk over the 25 stocks held in the QQQ fund.

Despite its impressive 52-week stock price performance, some analysts question Netflix's ability to continue to grow. It has managed to eke out only small profits. Plus, unlike the other 3 FANG members who have multiple product lines, Netflix only has one. Will Netflix continue to be included among the big four? Of course, You can't spell FANG without Netflix.

[This column does not recommend stocks, funds or any other types of investments. Before making any financial investment, you need to thoroughly research the product.]

HARBOUR LIGHTS ... *(continued from page 4)*

daylight. The interesting thing about Spring in Florida, is it is not as evident as it is in multi-season climates where we see flowers protruding from the ground. Here, in Florida, we have flowers all year round and have to do landscaping 12 months of the year. Oh well, at least we don't have to worry about snow and ice. That's a real positive.

We have new residents. Welcome John and Paula Morton who have recently moved into 8280, unit 105.

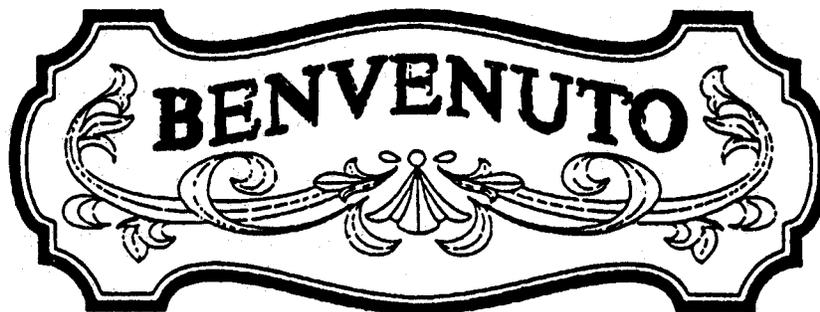
Just an FYI, in the interest of security, some of our residents have been installing surveillance cameras outside of their units. If security is an issue for you, this is considered to be the best technology.

Congratulations to Mike Caesar on participating in coordinating a cruise on the Allure of the Sea, which is a Royal Caribbean ship. The cruise departed on February 12.

Condolences to the Kunkel family on the passing of Ray. Mr. Kunkel will be remembered for having served our community on the Board of Directors for more than ten years.

Submitted by the Hospitality Committee of The Harbours @ Aberdeen.

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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community! Yes, it's March...the third month of the Gregorian calendar...its name attributed to Mars, the Roman God of War. March, according to popular folklore, "comes in like a lion, out like a lamb". While many believe the proverb refers to weather prediction, others believe that it has more to do with astronomy, namely the constellations Leo the Lion and Aries the Lamb. In early March, the lion is seen rising in the East..." coming in like a lion"; at the end of March, the lamb is setting in the West and "going out like a lamb."

In getting to know our Canterbury neighbors, we prevailed upon Cynthia and Larry Halpern to share some of their thoughts or life-experiences with us. Cynthia, now retired, graduated from Waterbury (CT.) Hospital School of Nursing, where she specialized in Ortho/Med-Surgery. At that time, she served as the Clinical Study Coordinator of the investigation of the drug "Aricept" (donepezil), which is now widely used to slow the progression of Alzheimer's Disease.

Larry, a graduate of the U. of Miami's School of Radiologic Technology, is currently working at a hospital in Miramar-Pembroke Pines, where most of his patients are emergency referrals. When asked for a brief narrative, Larry stated: "We have resided in Canterbury since 2005. What our future holds, only God knows, but Cynthia and I are looking forward to many more happy and healthy years at Aberdeen."

We thank the Halperns for sharing, and wish them both all the best. Cynthia and Larry have shown themselves to be thoughtful and considerate neighbors, and we're delighted to have them in the community. In closing, we remind all Canterbury residents to supply their emergency contact information (Lou Levy, 561-336-3582), and of the annual meeting, to be held Mar. 23rd at 10 AM at the Activities Center. We wish all our Aberdeen friends a happy and healthy March, and remind them all to "Spring ahead, Fall back!"

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Bermuda Buzz

By: Ketley Blaise Williams

Love IS all around us! We can find evidence of it everywhere if we take the time to look. It was certainly in full force and effect during the month of February that has been designated as the time to display expressions of love. Residents here on Horseshoe Bay Road, which we lovingly refer to as the "Shoe," got the month of love started off just right, with its second annual Big Band Night at Benvenuto's in Boynton Beach. Amongst the 2 dozen BI attendees of this now annual event were Art and Sheryl Feuerstein who celebrated their 48th wedding anniversary that evening. That's a whole LOT of loving! Former long-term resident of Bermuda Isle Judy Goldman, now living in Indian Springs, joined her former neighbors in an act of companionable love. A great meal, non-stop wine, live music, good neighbors and ballroom-style dancing added greatly to the festivities. Hats off to Juliane Haimes for her planning and enthusiasm for Big Band Night!

We bid a bittersweet but fond farewell to residents Phil and Ruth Snyder who moved to Orlando last month. They were integral members of BI for many years and will be missed. We wish them all the best as they assimilate into their new community.

Justin Kamp, one of resident Jake Kamp's twin sons, represented his father quite well as he and the rest of his golf foursome won the Member/Guest Tournament! Poor Jake was down for the count with pneumonia but swelled with pride that his son was able to make him proud and uphold the family's winning ways. Family love rocks!

Love of community will take center stage on March 18, at our annual Spring Fling Pool party. We will catch up with one another, exchange laughs, eat and drink to our hearts' content on our lunch catered by Lucille's Bad to the Bone and rock to the sounds of DJ Richard Frank!

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Addison Green News

By: Stephanie R. Baker

Lots going on in Addison Green. Our dear friend and HOA secretary, Sue Botwinick had a serious mishap in December but with rigorous rehab and determination she is literally back on her feet and back to business! Sue expresses her thanks to all her well-wishers and credits their kind thoughts to her speedy recovery.

The Addison wall bordering Jog and Gateway has undergone a fresh coat of paint and minor repairs after an unfortunate car accident on Jog. Consideration is still underway for adding security to our guardhouse. All options are being reviewed by the three HOA's in Aberdeen Fairways: Addison, Oxford, Turnberry.

Our Addison's Ladies' Social Club has been busy planning events. Recently the group went to the movies and dinner. The group has plans for spa days and more great expeditions for the future are planned. We have members from all the Aberdeen communities so call Ronnie Goldstein if you're interested in joining.

Brittany Lakes

By: Judit Ungar

Who was in charge of weather?

This was the question of the day on Sat., Jan. 28, 2017, as Britany Lakes held its first Annual Block Party. The temperature was perfect, the sunshine was just right and it was a wonderful day to remember .

Over 76 people signed up to attend. We all brought a desert. You can imagine how many sweet items we served!

The Block Party was conceived and carried out by a Committee of Brittany residents chaired by Cheryl and co-chaired by Sherry. They were very capably assisted by Linda, Bernice, Lennie, Phyllis, Penny and our secret weapon, Ronnie.

We had comfortable chairs, fun-filled games and great raffles every half hour. The winners were Phil, Rosalie, Jack, Terry and Holly. The food was delicious and there was plenty of it. Cold water, soda galore, wines of every color and lots of great conversation.

Sheila loved the afternoon and she enjoyed meeting many of her neighbors. Yolanda and Art got to know Marlene and Howard and they set up a couple's

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BRITTANY LAKES ... (continued from page 9)

canasta game. Jack was severely humiliated by Lenny when he lost a game of corn hole by one bean bag.

We all sang Happy 90 Birthday to Marty and celebrated with a delicious cake. Marty gave a lovely speech and we all wished him a great year.

Bette loved this first event and heartily congratulated the Committee. We all wanted to get credit for the most beautiful day of the year.

I met some very lovely, funny, interesting people. Thank you everyone for helping our committee make our first Brittany Lakes Block Party a HUGE success.

From our family to yours, have a great month of March.

Sharing With Sheffield

By: Sylvia Shaw

SHARING WITH SHEFFIELD

How wonderful it was to return home again after our long trip from Santiago to Buenos Aires, via Antarctica! The cruise was everything we had hoped it would be. We slept in comfort, dined like kings, walked with penguins and seals, and even visited Sir Ernest Shackleton's grave at Grytviken South Georgia on the 95th anniversary of his death. I learned how to hop in and out of a Zodiac inflatable whilst it was bobbing around like crazy in the ice-cold water of the Antarctic. I think it was the thought of how freezing it would feel if I mis-stepped that aided my balance and precision, and of course those strong crewmen with their sailor's grip were invaluable. We had some fantastic weather and a few storms, especially going through the Drake Passage one night. We were told that someone on the top deck had been thrown out of their bed. My dad served in the Free Dutch Navy in the 2nd World War, so I've inherited his sea legs and have a good stomach for sea travel. Unlike some others on board, I didn't miss a meal and I successfully tottered to dinner in high heels without falling over; vanity wins out over comfort every time. Christmas and New Year's Eve were celebrated in style, so I was happy to get the chance to wear evening dresses which have been hiding under wraps in my closet for nigh on 20 years. Chris managed not to look like a penguin, by donning a maroon dress-shirt instead of

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SHARING WITH SHEFFIELD ... *(continued from page 10)*

white. We attended excellent lectures on Antarctica’s wild life, glaciers, ice sheets and whaling conservation. We also learned more about brave pioneers such as Shackleton, Scott, and Amundsen, who had risked life and limb exploring the harsh lands of the South Pole. Antarctica is the coldest, driest, remotest, windiest and highest elevated continent on Earth. There are no trees, no rivers, no cities and relatively little life. Until I saw it for myself, I hadn’t realized just how desolate it is. Even with today’s advanced technology, many parts of this continent are still unexplored. According to NASA, we have more data on the surface of Mars than we do some parts of Ant-

arctica. Other highlights of our trip were the many whale sightings and of course the thrill of seeing up close, icebergs as big as our ship and landscapes covered with literally thousands of penguins as far as the eye could see.

Meanwhile back in Sheffield, the pelicans are in residence and have been busy whitewashing the trees alongside our lake. The iguanas, though not as plentiful as in summer, are still around, as is little Sammy squirrel busily scurrying hither and thither in search of food. Chris is once again working on the house which is looking more finished by the day. I could tell that some days on the cruise, he was chomping at the bit, thinking of all the work still to do. He doesn’t enjoy sitting idle for very long. When the inside is finished, there’s the outside to spruce up and there are gallons of paint waiting in the garage. Our new screen room is ordered, so one day we’ll be able to relax, maybe. For the moment, our suitcases have been taken up into the roof space and I don’t want to see them for a good while yet. We’ve enjoyed reconnecting with dear friends here, and are looking forward to a visit from our son and NJ family in April.

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Circling The Coves

By: Mary Chuzi

March already? It seems like "season" just began and that we now expect an enjoyable pattern of nice weather, satisfying activities, outdoor exercise, and relaxation each day. For our snowbirds, this pattern will be ending soon, and for us year-rounders, "super warm" weather is just around the corner. We, too, will make changes. Lesson to be learned? Enjoy March! It is one of South Florida's most beautiful months.

Neighborhood columns are shorter this month due to the influx and participation of more Aberdeen communities and residents. The uptick in participation is a good thing. The advertisers think so, too! Please patronize them.

We have no new residents to welcome this month; however, the Coves sends its condolences to 2 families; our sympathy to the families of Lita Toback and Blasé Capasso, both of whom passed away in January. Joanne and Blasé Capasso had lived here just a short time, but were already enjoying our friendly lifestyle. Joe and Lita Toback were two of the longest-residing couples in all the Coves, and Lita will surely be missed by all of us who knew her.

Joe and Lita's daughter and son-in-law, Peggy and Roger Sass, are also Coves residents. We are very sorry for your loss.

Now that the community-wide dryer vent cleanings and general interior pest control services have been performed, we look ahead to the Coves Annual Membership Meeting and elections. The meeting is Mar. 15th at the Clubhouse, at 7:00 pm. It is both your right and your responsibility to attend. If you do not plan to attend, be SURE to send in the proxy you received. A quorum is necessary to conduct the meeting for the election or to vote on any issues legally on the agenda. Four members of the Coves B.O.D. have fulfilled their terms; Rose Romano, Bob Cioppa, Paul Ezersky, and Bob Westfal. At the time of this writing, it is not known if any or all have shown intent to run again, nor has a list of others intending to run for the B.O.D. been published. Nominations for directors may also be made from the floor and voting ballots will be distributed at sign-in.

If there are any questions about this, or any of the recent issues in the Coves, do not hesitate to contact our Association Manager, Bill Haas at 561-624-5888 or BHaas@cra.email.

Happy First Day of Spring in just a few short weeks!

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It's Happening in Dorchester

By: Carol Baron

It's hard to believe that we are now here in March of 2017! Sometimes it is scary how fast time seems to be flying away.

Hopefully you were loved and you loved others on this past Valentine's Day. That is what it is all about.

However, March is bringing us some wonderful times. First of all, we are looking at the arrival of spring. For those who may have a low serotonin level, we can welcome more daylight each day as we prepare to "spring ahead" with our clocks. It will be so nice to wake up to sunshine instead of darkness again.

Many of our residents are appearing in the "Laugh Out Loud" presentation this month of the musical comedy smash "ABERDEEN AHOY". As the producer/director said, "Life is better when you are laughing." We hope you'll come see what will be a big hit on March 10th, 11th or 12th at the clubhouse. This show, which features singing, dancing and comedy skits, is usually a sellout. Come join us.

In addition, those Aberdeen residents who are PAP members have been working hard getting

together and preparing for the annual Red Rose Dinner and Dance, "Mardi Gras," on Thurs., Mar. 16th at the Lakeside Terrace in Boca Raton. You guessed it ... dinner, music, dancing, raffles and a night filled with friends and fun. Anyone seeking such an event is welcome to join us by calling Anita Lippert here in Dorchester.

Another reason to laugh ... and not just in March, is to enjoy the monthly cartoon in the Aberdeen Times by our artist who makes us all laugh at ourselves, Harvey Baron. Harvey became an octogenarian this past month. He celebrated with family and friends and tried to be funny on his birthday. If 80 seemed old, he was reminded that if he was no longer alive he could not have celebrated and had such a great time. So he decided, with a little pushing, to keep laughing and producing his fabulous art work.

Perhaps the good news for this month is that basically, things are quiet and lovely here in Dorchester. The election of the Board of Directors for our HOA will be held this month and we will let you know when elected, who to call, thank, inform or blame whenever you have a problem or positive happening while you live here.

Hope you all enjoy springtime!

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Waterford

By: Cathy Goldenberg

Butcher, Baker, Candlestick Maker, the 18th century English rhyme shouts. Well, I don't know if they live in Waterford. However, I know for sure that Waterford is an eclectic community that includes a pilot, doctor, school principal, accountants, students, teachers, entrepreneurs, pharmacist and many more respectable professions. We all elected to live in Waterford. It's our home.

Last month, Waterford held the Annual Meeting to select 3 board members. At a Meet and Greet candidate-gathering, one candidate summed up the overwhelming feeling of the community. The candidate told the crowd assembled that he and his wife purchased their home intending to be snowbirds. But upon arrival, they were greeted with open arms and such warmth they decided that Waterford is the place to live.

In January, Waterford held its annual Pool Party for all residents. The weather was a typical winter's day for the Northeast-cold! Add a little rain and it spelled, Ugh! Oh wait, this is South Florida, the Sunshine State. No sunshine that day. Not even a hint of it. Despite this kink in the forecast, over 60 residents came out to partake in the festivities. They feasted on hamburgers, hot dogs and the fixin's. We have spirit. Once again, the community came together. We are neighbors and friends. Go to <http://www.waterfordaberdeen.com/community-events.html> to view our Events Photo Gallery.

Now you might be thinking, it really can't be that way in that community—in Waterford. It's just not magic that happens; it takes hard work by some awesome individuals. So, just don't enjoy your lives; volunteer in your community. Join committees. Support your neighbors. All we need from you is your time. Help make Waterford a great place to live. That's the key!

Please join us in congratulating Bobbie and Jerry Mittleberg on the birth of 3 great- grandsons born last Summer. That makes 7 great-grand children for them!

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Moorings Matters

By: Eileen Hahn

Perhaps March will come in with the “roar of a lion” since February only gave us a few days to wear our winter clothes. The snowbirds were all snug in their nests as the planes landed with guests. Herb Schwab’s 2 daughters arrived from Chicago. New York sent Lola Greenberg’s daughter Shelly, our cousin, Sandi, and a friend to Naomi Appel. This should put some life into the Isles pool! Vince and Joan Marini, along with Jennifer and Art McDermott, joined the Men’s Club cruise for some intense Caribbean sun and some R and R.

The Moorings are in the final stage of spiffing up; the mailbox posts are painted and awaiting the arrival of the matching mailboxes; the outside coach lights have been selected and ordered. Thank you, Jane

Halley. Hopefully, Gary Grant is feeling better and all residents can get their problems solved.

Our big occasion this month is the selection of Jack Miller as “Man of the Year” by the Men’s Club. He will be honored at its dinner dance. After the accolades, he will resign from the Moorings board and the Cops. He and Flora will move back to PA to be near their boys and their families. You will be missed. Some leave us and some new residents arrive. We welcome Jack and Vivian Lonetto from MI with their Mustang. Sorry all you animal lovers, it’s not a horse, but a vintage car. A wonderful place to meet new neighbors is at BYOB the first Friday of each month, even if you don’t drink and want to buy an appetizer for 8.

Send good health wishes to Harriet Safier and Linda and Vince Segal. The unknown card game of last month was pinochle and this month it brought out Howie Lentchner and Aaron Finkel. Arthur and Sandy Lowe are busy conquering the pickle ball phenomenon. Our Mantra is Relax and have fun!

Harvey Baron’s Early Bird Special

After a monumental struggle, Larry finally got his aspirin container open. All it cost him was two broken teeth, a sprained neck, and a beauty of a migraine headache.



Landings Lore

By: Beverly Cottam

I’m told that little news has been published from The Landings community for a while, but “no news” does not mean we haven’t been busy. Let me use this month’s space to fill you in on our doings and welcome back all our snowbird friends.

All the exteriors of the homes here have been repainted. We have new berm signs, and owners and visitors alike are now greeted by entirely new tropical plantings at our 2 entrances, which have also had new lighting installed.

We will be having an election of officers for our Board on Mar. 14, but our current active Board members are as follows: Jim Gauthier, president; Paula Coelho, vice president; Daniel Kiminyo, treasurer; Lorraine Allen, secretary. Kathy Chichester, Harvey

(continued on page 16)

LANDINGS LORE ... (continued from page 15)

Feldman and Sharon Keenan, directors. We are fortunate in having many talented association members who give up their time to lead and work on various committees. That said, if any member of The Landings community is interested in offering their talents to the board or a committee, please contact Lorraine Allen.

I love the opportunity I've been given to issue monthly updates on our activities. I also hope to be able to feature occasional human interest stories and articles about some of our residents who lead interesting lives and have had exciting and varied experiences. Please send any contributions concerning Landings residents and upcoming activities to AberdeenLandings@gmail.com so that I can communicate all the above to our Aberdeen Times readers going forward.

The Sunny Shores

By: Estelle Morganstein

Quiet times in The Shores these days!

The only new happening in our community this month is the finalizing of the revised Rules and Regulations which have not been updated in several years. After review by our attorneys, they will be mailed out to every homeowner and uploaded onto our website so everyone can familiarize themselves with them.

A reminder – Daylight Savings begins Mar. 12th. (“fall back – spring ahead.”) Don't forget to move your clocks ahead one hour that Sunday.

NEIGHBOR NEWS

Sad news from Court “E.” Condolences to Jo and Ray Crosby on the passing of their son. Also, deepest sympathy to Estelle Tornick on the loss of her sister and to Jane Mazzocchi on the loss of her sister. Finally, it is with a broken heart that I write of losing my beloved Saul. May their names be for a blessing.

Finally, to our Jewish residents, Happy Purim; it takes place coincidentally on Daylight Savings. Enjoy “Megillah” reading, attend a festivity and bring on the “hamentashen!”

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Sterling Lakers

By: Sheila Hyman

I blink and the world changes...in our community, I mean. As of mid-Jan. 2017, we have a new president of our Board of Directors. Welcome back Marsha Menahem. It is always nice to have an experienced president return. We also have a new (er) member of the board, Mike Wallach. Welcome! Our other board members are Jerry Finkel, Jerry Simelson, Marvin Charon and Norman Portnoy.

A most happy birthday to Suzi Cohen and Bobbie Pilnick, whose birthdays are in April.

A most happy birthday to our March babes, Ruth Rabinowitz, Sheila Hyman, Carol Finkel and Dot Shaker.

We have been having a really bad year what with all the illnesses of our friends here in Sterling. We wish good health to Burt Shaker, Allen Pilnick and Ken Ashley, and to anyone else who has been under the weather who is not named.

I must thank our Board of Directors for keeping

(continued on page 18)

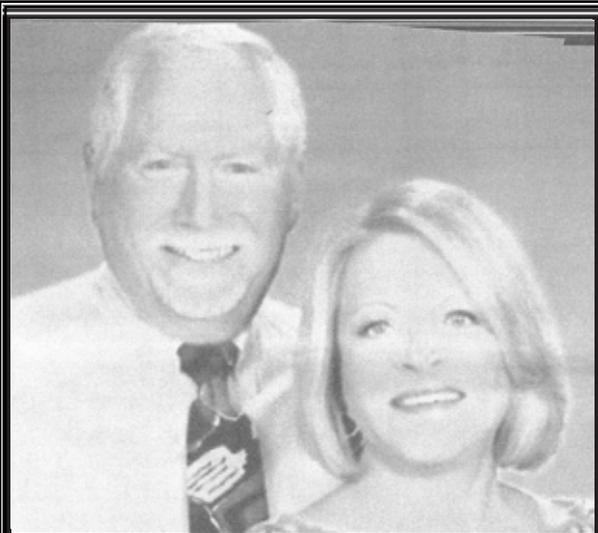
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STERLING LAKERS ... *(continued from page 17)*

our community ship-shape. The gardeners are busy mowing, cutting, and thinning our bushes and trees... keeping us beautiful.

Again, I ask, is there someone willing to take on this task of writing our monthly article for the Aberdeen Times? I truly have a lot to do and I need a break! Call me, please, and let me know that you are willing to do so, or, share it with someone in the community on an alternate basis.

The Hamptons

By: Nancy Rosenstein

Welcome to our new neighbors in the Hamptons: Steve Solomon and Jane Evers, and James and Lorraine Wiese. They were renting for several years and decided to purchase. Also, Linda and Arthur Lasher are personal friends of ours, who loved Aberdeen so much, they decided to buy a house here after one season. Great to see the new faces.

Barbara and Bill Whitelaw returned from their annual visit to Costa Rica! Best news ever, their son Dennis returned to Florida with them .

We also had our granddaughter Sydney Paige visiting. Sydney took a break from Duke to check on her grandparents. She just returned from a semester abroad in London. She managed to visit a few countries while there. Glad she's back!

Our children Michael and Jan from Margate, NJ also visited. We should be getting some more visitors to see their mom perform in the Annual Aberdeen Laugh out Loud on March 10,11,12, 2017. Great fun!!!

Harry Rosenstein, a member of the American Legion and Korean War Veterans, attended a service for the Immortal Four Chaplains Memorial Service It was sponsored by the Veterans Council of Boynton Beach. In 1943, 900 men were thrown into freezing waters after being torpedoed on the USAT Dorchester. The 4 chaplains quietly preached courage to the men. They gave up their own life jackets to save the brave young men. The US congress authorized a Special Medal for Heroism, which had never been given, to be awarded to the families of the men. The purple heart was awarded the families of the four chaplains. The Veterans Organizations never forget this and honor them every year.

(continued on page 19)



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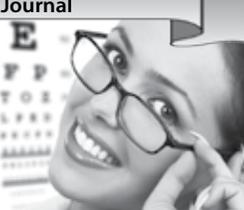
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THE HAMPTONS ... *(continued from page 18)*

Good News for our pool people!!! You know that we have one of the nicest satellite pools in Aberdeen!!! We have a new ADA walkway and safety railings installed on both sides of the pool.

We have some great skilled labor in our community. The following people volunteered to paint the entire pool deck. Gene Lamendola, John Pagliarini, and Jeff Hirschman. Thanks guys! Do you do windows?

Everyone had a wonderful time at our annual Social. We got to enjoy our new pool furniture and watch the sunset.

On a lighter note, Pat Brown just had birthdays for her 2 doggies Nugget and Lily. They are half-brother and sister. Just turned 6. They had their cousins Sunny and Libby, at their party, to bark Happy Birthday. No cake, just a giant dog biscuit and snacks.

Ashford App

By: Leah Keitz (Ashford)

The days are getting longer and our weather is as confusing as that of the rest of the country. At the end of January, the temperature rose and fell dramatically. How does one prepare for this daily? The answer: plan your day around the wonderful club activities here at Aberdeen.

We are truly fortunate to be here.

As for Ashford, we continue to see our neighbors working to improve the aesthetics of their properties and we all benefit from this attention to their homes. There are 3 homes for sale in our community and we look forward to welcoming those buyers who will purchase them soon. We are a great neighborhood.

The Super Bowl will be behind us by the time you read this but it will undoubtedly be an exciting one. Everyone looks forward to the half-time show, whether a football fan or not. Hope you enjoyed it.

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Bleacher Seats Splinters

By: Rob Tanenbaum

New acquaintances look at me in low to moderate awe when they are told that I once toiled as a sportswriter.

They all assume it's a glamorous life being able to roam the locker room with sports heroes.

What I learned early on is that many athletes are not kind-hearted people and few are truly interesting.

But if you happen to be at the right place at the right time and see an athlete feel and express his/her true feelings, it's a memory worth saving.

I had one of those moments on Sept. 30, 2005, and I didn't even realize I was having it until a Sunday night in mid-January 2017.

What I recalled was a chilly night on a high school football field in Franklin Lakes, N.J. The game was long over. The losing home team, except for one player, was back in the Ramapo High School locker room licking its wounds after a tough loss. The visiting team had already piled into school buses and the echoes of celebration were reverberating among the trees as I walked back to the field after getting quotes for my reporter, Dan Rosen.

Soon I noticed the solitary player. He was Ramapo's No. 24, the most heralded athlete at the school.

His mood was in his body language. He wasn't crying or cursing. He walked, or more accurately stalked, along the sidelines and team bench. He stopped now and again looking like he was going to fling his helmet, but he didn't. He had a purpose—to get out the frustration and disappointment that had seized him when his team fell behind late in the game and his apparent tying touchdown—he took a short pass and raced 43 yards—was negated by a penalty.

I thought to myself as I voyeurishly watched him, that I was looking at a winner, not a loser.

Perhaps that's why I kept that memory.

Then I found online the preview story Rosen (ice hockey fans: read Dan at nhl.com) had written with details I'd long forgotten.

Let me share some of that with you.

Outside Ramapo's locker room is the team's Wall of Fame where pictures hang of former standouts proudly wearing their Division I college football uniforms.

Greg Toal is dressed in Boston College's maroon and gold. Chris Simms dons Texas' burnt orange and white. John Pickens is down on one knee, wearing his purple Northwestern uniform.

Every day Chris Hogan, the Green Raiders' senior wide receiver and defensive back, sees a spot on the wall reserved just for him. And every day Hogan wonders if he'll ever be framed in Ramapo lore.

Hogan is the unquestioned catalyst for the Green Raiders, The Record's No. 3 team and hosts to No. 8 Pascack Valley tonight. His future, though, may be in a different sport. He has Division I scholarship offers in football and lacrosse, but he doesn't know what's right for him.

If you watched the Patriots-Steelers AFC Championship game, you saw the young Chris Hogan, who lost the big game, become the adult Chris Hogan, who's going to the Super Bowl. As he caught nine passes for 180 yards and two touchdowns, the announcers gave a quick outline of his multi-chaptered career that included Penn State lacrosse, Monmouth University football, New York Giants practice squad and Buffalo Bills reserve.

The magical night leading to a Super Bowl LI wasn't the first for Hogan. The week before the heartbreaking loss at Ramapo, Hogan scored on a 98-yard kickoff return, a 37-yard interception return and a 61-yard pass reception.

"It's uncanny that he just makes big plays," an opposing coach said of Hogan. "He'll take a little slant and make it a 70-yard touchdown."

"It helps me to know I'm frustrating them," Hogan told Rosen, "and they're wondering what the heck am I going to do next."

They should have asked me. After getting a peek at the athletic soul of Chris Hogan, I could have told them.

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Choosing the Competitive Action

When your right-hand opponent opens the bidding (or when your left-hand opponent opens the bidding and your partner Passes) you have 3 choices. You can PASS, Overcall, or Double. That decision will depend on 3 things...points, distribution and vulnerability. If

(continued on page 21)

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BRIDGE ... (continued from page 20)

you have 7 or less points, most likely you will PASS.

If you have 8 to 15 points (10 to 15, if vulnerable) and a five card suit, you should bid it. If you have an opening hand, but no 5 card suit and 15 or less points and have support for the suits other than the opponents' suit, you should Double. If you have 16 or more points, whether you have a 5 card suit or not, first double and then bid your suit at your next opportunity.

Remember 1 NT can be used as an Overcall, if you have the proper hand...that is, a hand with 15 to 17 points and a stopper (preferably 2 stoppers) in the opponents' suit. Also remember that if your best suit is the suit the opponents opened, and you have less than 15 points, PASS is usually the best bid.

Let's go back to a situation with which many newer players are uncomfortable. That is, when you have a big hand (17 or more points) whether you have a 5 card suit or not and your hand is not suitable for No Trump.

The preferred method of showing such a hand is to Double and then bid your best suit. You will always have an opportunity to bid your suit. If the opponents don't bid, your partner is obliged to bid over your Double even if he has no points at all. Or, if he does PASS, it means he has a fistful of the opponents suit and you will defeat the contract royally.

So, here is a short test to see if you were paying attention. Cover the answers which are at the end of the article, unless you want to look.

What would you bid with each of the following hands if the opponent on your right bids 1♣?

- | | |
|---------------------|-----------------|
| 1. ♠ K, J, 10, 5, 3 | 2. ♠ A, Q, 6, 2 |
| ♥ J, 3 | ♥ Q, 8, 6, 3 |
| ♦ A, 8, 4 | ♦ K, J, 4, 3 |
| ♣ K, Q, 6 | ♣ 8 |
| 3. ♠ Q, J, 9 | 4. ♠ K, 3, 2 |
| ♥ A, 10, 7, 6 | ♥ A, Q, 8, 3, 2 |
| ♦ K, 8, 5, 3, 2 | ♦ K, J, 7, 6 |

♣ A, K, 8

♣ 6

5. ♠ A, 7

6. ♠ 7, 6, 3

♥ A, K, J, 5, 4, 3

♥ A, Q

♦ A, Q, 3

♦ J, 5, 3, 2

♣ 5, 4

♣ K, Q, 7, 5

Here is this lesson in a nutshell. When an opponent opens the bidding and you also have a decent hand, you can Overcall (if you have a 5 card suit) or you can Double (if you have support for all the unbid suits). With an opening no trump hand, you can Overcall 1 No Trump providing you have stoppers in the bid suit.

If your hand is too good for an Overcall (17 or more points), double and then bid your own suit. If your hand doesn't fit any of these criteria, PASS.

Answers to the test questions above:

- | | |
|----------------------------|-----------|
| 1. 1♠ | 2. Double |
| 3. 1 No Trump | 4. 1♥ |
| 5. Double, then bid Hearts | |
| 6. PASS | |

Trivia

Submitted By: Pat Bergrin (Waterford)

1. What U.S. state is known as "The Last Frontier"?
2. What London street is the home of British journalism?
3. What turns blue litmus paper red?
4. How many times a year is a bi-monthly magazine published?
5. What is the only U.S. state that ends with a K?
6. What bank lies to the left of a canoeist paddling upstream, the left or the right?
7. What color moves first in checkers?
8. How many days will it be before a clock, losing 60 minutes a day, shows the right time again?
9. Whose wife was turned to a pillar of salt?
10. Who was the first African American to star in a TV situation comedy?

(answers on page 34)

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Didja Know

Submitted By: Pat Bergrin (Waterford)

1. Earth broiled to its hottest month in history, according to NASA. July 2016 was 1.51 degrees Fahrenheit warmer than the 1950-1980 global average.

2. After 146 years, Ringling Bros. circus to close. The iconic American spectacle will close forever in May 2017. Kristen Michelle Wilson, the first female ringmaster, will have a very short run.

3. Twins delivered at a hospital over the New Year's weekend have different birth years, with one born in 2016 and the other in 2017. Geraldine Alexander gave birth to daughter, Yuliana, at 11:43 P.M. on Saturday and son, Zayne, arrived one minute after midnight on Sunday.

4. Six carefully selected scientists, 4 men and 2 women, will spend the next 8 months living inside a man-made dome on a remote Hawaiian volcano as part of a human-behavior study that could help NASA as it draws up plans for sending astronauts on long mission to Mars.

5. The U.S. Mint will release a commemorative gold coin in April that will feature Lady Liberty as a black woman. Future commemorative coins will show Lady Liberty as Asian, Hispanic and Indian to reflect the ethnic diversity of the United States.

6. CVS is now selling a rival, generic version of Mylan's EpiPen at about a sixth of its price. The drug store chain will charge \$109.99 for a 2pack of the authorized generic version of Adrenaclick, a lesser known treatment compared with EpiPen, which can cost more than \$600.

7. An international study found that highly intelligent people tend to be happier when they spend more time alone, working on their goals and interests, and less time socializing with other people.

8. There are now more marijuana dispensaries in Colorado than there are Starbucks coffee shops.

9. An Oregon rancher who saw a man grabbing a woman's bicycle in a Walmart parking lot jumped on his horse, chased the thief and lassoed him, tying him up until the police came.

10. Away from the east and west coasts, Republicans now so dominate the country that a traveler could drive 3,600 miles across the continent, from Key West, FL, to the Canadian border at Porthill, ID, without ever crossing a blue state.

“It’s Happening” at the Pap Corp

By: Marcia Levitz (Muirhead)

The development of the PAP Corps Campus in Deerfield Beach is underway and will be spectacular. There are now 150 clinical studies involving 10,000 patients being pursued here. The trials are on specific mutations, precision medicine and DNA. DNA has become important in genetic testing. Second opinions are emphasized as oncologist have become very specialized.

Dr. Jonathan Trent of Sylvester Comprehensive Cancer Center has been awarded \$100,000 for his research which will be conducted here. Dr. Trent interests are in clinical and translational research of sarcomas, direct care of sarcoma patients, and education about sarcoma and patient-oriented research. The major focus of his clinical, educational and research efforts are with gastrointestinal stromal tumor (GIST), and all other sarcomas.

His work will involve the use of novel preoperative/postoperative clinical trials, prospectively acquired tumor tissue, cell lines, archival tissue, as well as collaborations with disciplines such as the genomic facility, surgical oncology, pathology, radiology and interventional radiology.

For further information, please contact the Aberdeen PAP Corps president, Lisa Weinstein. ljl33158@yahoo.com

Hadassah News

By: Bea Lewis (Lancaster)

Hadassah’s fund-raising efforts support good deeds globally. Every time you make a donation – whether big or small – the monies go for helping people around the world.

In a nutshell, In Israel, Hadassah helps to support 2 highly respected hospitals – one in Ein Kerem; the other in Mt. Scopus. World-recognized research, done at these hospitals include the amazing discovery of the Brca genes, IVF, macular degeneration procedures, stem cell treatment, intero surgery, just to name a few.

Here in the U.S. funding goes for teaching young girls to do self-exams for breast cancer detection. Young men receive advice for testicular self-exams for cancer prevention.

Hadassah meetings are held on the first Monday of the month at 9 AM in the Aberdeen Clubhouse. You don’t need to be an Aberdeen club member to join us. A light breakfast is served followed by an interesting program. On Mar. 6, Andy Greenberg will give a fascinating talk on Jewish mysticism and its effect on Jewish practices.

Mark your calendar for our Rosh Chodesh celebration on Mar. 28 at the Morikami Park picnic area at 10 AM. Each month, for the new moon, we share a morning of celebration for Jewish women with dancing, singing and meditation.

Admiral Hyman G. Rickover: Two Anecdotes

By: Mickey Gussow (Waterford)

Admiral Rickover, father of the nuclear Navy, was a stern disciplinarian with his staff and industry to ensure the safety of the nuclear reactor installed in the navy’s submarines and cruisers. But he also had a lighter side. Here are 2 anecdotes.

Back in 1969, the General Services Administration (GSA) was charged with demolishing the Navy and Munitions Building between the Washington Monument and the Lincoln Memorial. They had to move the 10,000 government employees who would be displaced. One of them was Admiral Rickover. He would be trading his office in Main Navy to one in Crystal City. Rickover’s staff stated that the admiral’s office was not secure. GSA recommended constructing a brick wall. It would ruin the view out of his window, but it would prevent people from looking in. The cost was estimated at \$50,000. When Rickover learned about the wall, he said don’t bother: “If I don’t want anyone to look into my office, I will put the window blinds down.”

A second anecdote dealt with observing National Secretaries Week. Rickover observed it in a different manner than most other bosses. On the door leading to his Crystal City Office was a sign that read:

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1. We will be nice to our boss this week.
2. We will WORK and EARN our pay this week.

Source: adapted from an article by John Kelly, columnist.

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Signs You Have Had Too Much of Modern Life

Submitted By: Toby Wolberg (Oxford Place)
 You have a list of fifteen phone numbers to reach your family of three.
 You haven't played solitaire with a real deck of cards in years.
 You hear most of your jokes via email instead of in person.
 You try to enter your password on the microwave.
 Your idea of being organized is multicolored post-it notes.
 Your reason for not staying in touch with family is that they do not have email addresses.

Vitamin D and ED
 Men's Health

Vitamin D deficiency has been linked to serious illnesses ranging from dementia and schizophrenia to heart disease and prostate cancer. Now, a study by Johns Hopkins researchers suggests that low levels of the "sunshine vitamin" may contribute to erectile dysfunction. The findings are based on the records of more than 3,400 men participating in a National Health and Nutrition Examination Survey. Men deficient in vitamin D were 32 percent more likely to have ED than men with adequate vitamin D levels, even after investigators accounted for other factors commonly known to lead to impotence, including certain medication, alcohol use, smoking, diabetes, inflammation, and high blood pressure. If subsequent studies affirm the results, "checking vitamin D levels may turn out to be a useful tool to gauge ED risk," says lead researcher and Johns Hopkins cardiologist Erin Michos. "The most relevant clinical question then becomes whether correcting the deficiency could reduce risk and help restore erectile function."

A Funny Story

Submitted By: Toby Wolberg (Oxford Place)
 Wife: "How would you describe me?"
 Husband: "ABCDEFGHIIJK."
 Wife: "What does that mean?"
 Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."
 Wife: "Awe, thank you, but what about IJK?"
 Husband: "I'm just kidding!"

A Few of the Hardest Words to Pronounce in the English Language, According to Non-Native Speakers

(From the Internet)

Colonel

Native English speakers know that this 16th-century word, which is derived from Middle French, is pronounced “ker-nul.” However, those learning English as a second language get confused by the first “o” sounding like an “e,” the “l” that sounds like an “r,” and the second “o,” which is completely silent.

Worcestershire

Let's be honest: This word is actually hard for native English-speaking Americans to pronounce too. It looks like it's pronounced “wor-cest-er-shi-er,” but it actually retains its British-English pronunciation. Worcestershire sauce originated in the town of Worcester, England, and is pronounced “Wooster,” while the term “shire” is the British word for “county” and sounds like the ending of “Hampshire.” Therefore, the word is pronounced “WOOster-sheer.” Don't miss the food words we commonly mispronounce.

Draught

Non-native English speakers can easily get confused by the pronunciation of this British word because it has a double irregularity: first with the a-u vowel combination, and then again with the g-h-t consonant blend. While it looks like it might be pronounced “drot,” it's actually pronounced “draft,” (like the word “laugh”), and usually refers to an alcoholic beverage drawn from a keg.

Onomatopoeia

On-o-what? Onomatopoeia is the hard-to-pronounce name given to a literary device referring to words that imitate the sound they make, such as “buzz,” “meow,” and “roar.” The pronunciation of the word, however, is slightly less easy to understand, because more than half of the six-syllable word's 12 letters are vowels—and five of them are blended together at the end. Say what? Say “on-o-mot-o-PEE-a,” and you'll be on your way to sounding like an English-literature genius. Check out the funny, old-timey words that can elevate your cocktail conversation skills.

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Lexophilia - Who on Earth Dreams These Up?

Submitted By: Sheila Hyman (Sterling)

A lexophile of course!

- Venison for dinner again? Oh deer!
- How does Moses make tea? Hebrews it.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went, and then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- When chemists die, they barium.

- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- Why were the Indians here first? They had reservations.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- I dropped out of communism class because of lousy Marx.
- I got a job at a bakery because I kneaded dough.
- Velcro - what a rip off!
- Don't worry about old age; it doesn't last.



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Lucky Us

By: Bea Lewis (Lancaster Lakes)

If we're lucky enough to live long enough – we will have entered the stage of our lives called “retirement.”

After so many years of raising our children, working hard to support them, being married once, twice (or even thrice) we take on a new identity. We are now called senior citizens and according to my youngest grandchild, we are officially old. Very old!

Finally, free of the responsibilities and hard work that was part and parcel for decades of our lives, we've earned the right to enjoy life in sunny, South Florida. So, my fellow retirees, welcome to the mah jongg capital of the world, and enjoy the ride!

I have divided my senior pals into 3 categories:

First, there are the green seniors – those in age from 55 to 70. The mature seniors range in age from 71 to 85 and the senior seniors who are above 85 and who are, well, the from here to eternity group.

It's easy to recognize the green guys; they are the ones who join every club, make friends with everyone they meet and decorate their new homes. They follow the rules set forth by the condo commandos who make sure there are no visiting grandkids under the age of 13 in the pool after 11AM, unless, of course, they are their relatives.

The mature seniors (MS) have settled in, formed their group of friends, and will soon drop them for another group. These MS's have learned to play mah jongg and struggle to be good at bridge. And they have become “mavens” on which early bird specials are worth eating at 4:45PM.

The last group, the 85 plus senior seniors, are still seen on the tennis courts, albeit a bit slower. Golf is still OK – even though their handicaps are much higher. Many have lost friends and spouses and people they love, but we admire their stamina and determination to keep on going. They serve as our role models.

Our FL retirement years are different from how our parents and grandparents enjoyed their later years. For instance, we live in active adult communities. Generations before us lived in communities that were not so active, unless you consider early-bird eating as an Olympic activity. And remember how we made

(continued on page 28)

LUCKY US ... (continued from page 27)

fun of the old folks when we came to visit and vowed never to follow in their footsteps? Well, guess what! Here we are and should enjoy every single minute.

(Bea Lewis is working on a book of essays titled Life in the State of Retirement: the good, the bad, and the very funny. Next month: When the Kids Come to Visit.)

Cookout

By: Vince Marini (Moorings)

(Continued from February)

The success of the N.Y. Cookout begged for an equally successful event, planned for later that year in Chicago. Since there is no Rockefeller-type Plaza downtown, having a Cookout presented a challenge.

I inquired about having a Cookout aboard a barge while cruising down the Chicago River. We could and we did. Barbeque grills along with tables and chairs were positioned on the barge to accommodate 125 guests from the advertising community. There was adequate room for 2 bars and a dais. The Chicago Cruise Cookout was a success, although it did not generate the publicity received in N.Y. It proved the adage: "first is always best," although folks felt our Barge Cookout was unique.

Several other promotional activities kept me busy the next few months; however, a decision had to be made as to what we would do for an encore the following year, when the N.Y. Best Home for The Money Awards would again be presented. A consensus meeting, attended by all members of our Promotion Department, concluded if it's not broken don't fix it, and voted to carbon copy last year's Rockefeller Plaza function.

I agreed, but wanted to include another element, something different. I recently had read Victor Borge, the great musician/humorist was raising and selling Rock Cornish Hens on his CT. Farm. I knew hiring Borge as our entertainer was absurd, since in 1960, he was commanding \$10,000 per appearance.

It occurred to me he might accept an invitation to our Cookout if we offered to put Borge Cornish

(continued on page 29)

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COOKOUT ... (continued from page 28)

Hens on the grill instead of steak. He loved the idea, accepted our invitation, agreed to appear and entertain at no charge and provided the Cornish Hens for free. The 1960 BORGE-E-QUE Cookout was a success and applauded by the Advertising Community.

I received the following note from my boss, Jess Hadsell:

“Vince, now that everyone has had their hands in the Rockefeller Plaza and Chicago events, there is a possibility that credit for good ideas might get misplaced. I do not intend to let anyone forget you conceived, developed and produced the American

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Home Magazine’s Cookouts and had the wild idea that Victor Borge might participate for free. Jess”

When I showed Joan his letter she reacted with this melody; “Letters, letters, we get lots and lots of letters. Money, money, we get lots and lots of letters.”

Downsizing

By: Janet Friedman

I open a cabinet and am immediately confronted with a ‘PITCHER CRISIS.’ There must be 15 of them...plastic, ceramic, and glass. Large and small. Some have covers...some do not. How could any family have so many of these? Where did they come from? One I remember my friend Judy and her long-divorced husband bought for us when we first married. One my friend Nadine gave us. But what about all the rest?? It is ridiculous to take them all. We are moving to an apartment. Where can I possibly put them? Who needs so many pitchers anyway? We can make 50 gallons of sangria and still have pitchers left over. Which should we take? I can’t decide. The blue glass? What if it doesn’t match the color scheme in the new apartment? The plastic ones? The children are all grown up. Do we need these ugly brown plastic pitchers? The crisis is overwhelming. I’ll decide tomorrow and close the cabinet.

All too soon it is tomorrow. I open a different cabinet and am confronted with the “MUFFIN TIN CRISIS.” Where did these come from? Certainly, they were not gifts. Who would buy someone a cupcake pan? This means that I have purchased all of THEM!! Am I crazy? What could I have been thinking? There are enough mini, small, medium and large muffin cups to make at least 500 cupcakes. This is certainly more than I needed for the kids’ birthdays. What will I do with them now? Take them with us? What for...in case we have 500 four-year-olds for a snack? I can’t bring myself to throw them away. Who would I give them to? Who do I know with 10 children?

Again, I close the cabinet. How will I ever move? I can’t even begin packing. What to take?

What to throw away? It’s too overwhelming. We’ll think about it tomorrow.

“Have you started packing yet?” Everyone is asking me. This makes perfect sense, as we are mov-

(continued on page 30)

DOWNSIZING ... (continued from page 29)

ing in less than two weeks. "Oh," I say, "I'm having a few problems. But things are moving along."

Moving along?

"Why don't we start in the basement?" my husband asks. I'm only too happy to get out of the kitchen. "Great idea," I say.

Now we are faced with the "BOOK CRISIS". Hundreds of them. Children's books, old books new books, encyclopedias, novels, textbooks, etc. "Don't worry," I say. "We'll sell them."

I take them to a book dealer. He'll make a deal with me for the Hardy Boys books. HE'LL GIVE ME A CREDIT SO I CAN PICK OUT NEW BOOKS!!! "I'm moving," I say "I'm trying to cut down on my possessions. I don't want more books." "Sorry," he says.

Then it's the 'COLLECTION CRISIS.' One of our sons is a collector., We have a million GI Joe figures and their stations. "Matt," I ask, "do you still want the GI Joe space station? (He is now a college student.) "Well," he says, "can't we save it?" There are also a million comic books and baseball cards.

(Even I know we don't get rid of these.) "But Matt, do we still need the GI Joe aquarium???"

Somehow, we manage to pack and somehow, we manage to move. It is the MOVE FROM HELL! My husband injures his elbow on the first trip up the steps and my gorgeous daughter-in-law proceeds to lug 500 pounds ... at least ... of paintings up the steps. (The college student who plays football and is as strong as three oxen is at school, of course.)

The couch doesn't fit in the room we planned. My favorite pitcher breaks! The movers ruin the wreath my daughter-in-law made for us, but somehow everything's gets in here. We are done. My daughter-in-law goes home half dead.

We collapse and then realize we don't know where the coffee pot is. This is a major catastrophe. We start looking in boxes. (There are at least one thousand.) We can't find it. As a last resort, we call Christy (our daughter-in-law). "Oh," she says, "it's in the box with the painting sticking up at the end." We look. It is there! How does she know this? We can't fathom! But we are so grateful. Coffee in the morning. Heaven!



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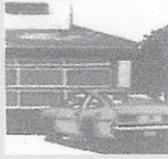
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Revisiting Retirement

By: Stephanie Baker (Addison Green)

As a young working mother and wife, I had little chance for “me-time.” I played canasta throughout high school and even tried bridge for a short time as a newlywed. Games were just not for me.

I blame the enticement of mah jongg on my retirement in Aberdeen; I swore I would NEVER, EVER be one of those women who spent their free time throwing and picking 14 tiles (Aberdeen rules). Like the asparagus my husband cajoled me into trying, I agreed to sit for a lesson. Needless to say, 2 years later, I play every Monday afternoon, (I still hate asparagus). I played in CT with my sister, in my FL home with family and friends. I admit I enjoy it (but don’t label me a traitor to canasta).

The history of mah jongg is conflicting and dubious. There are many versions of its origin, with some outrageous and far-fetching stories ranging from its creation by Confucius, with mystical and intriguing meanings. The exaggerations were probably concocted to impress western customers. All the research done on the origin of this game of 144 tiles surmises that it didn’t exist before 1880. Card games led to the creation of ivory tiles to replace the paper. The original Chinese game is uncomplicated and similar to rummy.

A tradesman, Joseph Babcock, imported sets, in bulk, to the US in 1922. Abercrombie & Fitch was the first company to sell sets. The rules were simplified to appeal to the population. Over time Americans began to embellish the game by adding special hands to increase enjoyment. In 1935, the National Mah Jongg League was formed with rules far from the original Chinese version. Jewish American and Chinese American communities were built around mah jongg in the 20th century as a means of maintaining social and cultural traditions. As of 2010, nearly half a million members joined the National Mah Jongg League.

In 2015, Century Village Retirement Community of Palm Beach suffered the catastrophe of a police raid on a group of elderly women playing mah jongg in their clubhouse. Someone had reported this illicit behavior to the authorities and the ladies were told to pack their tiles away and leave. They were charged

(continued on page 32)

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REVISITING RETIREMENT ... *(continued from page 31)*

with violating a local ordinance that prohibited playing mah jongg for money. Some of the ladies reported that their physicians claimed that mah jongg was a great way to delay dementia! After some investigation, it was found that there was no such law; that "certain penny-ante games are not crimes as long as the winnings of any player exceeded \$10."

Another strange situation involved a lady in Japan who suffered from blood clots after sitting for 8 hours playing mah jongg and had to be hospitalized with blood thinners and compression stockings!

A take away is the following: Never say never! And always make sure you take a break from your games and walk around! Enjoy!

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A Special Project of the Florida Attorney General

Been ripped off? Scammed? Need to talk to someone?

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We are Seniors vs. Crime, a Special Project of the Florida Attorney General's Office. Our mission

Questions for Prof Pat

"Prof Pat is Dr. Patricia Williams, a retired financial accounting professor, who has graciously consented to write a column from time to time, answering questions concerning financial matters. Prof Pat also blogs on her website www.profpat.com on money issues for those in or near retirement. If you have a financial question that you would like answered in this column, please send it to questions4profpat@gmail.com."

is to assist in resolving cases committed against the elderly.

No case or matter is too large or too small. "Don't feel embarrassed or guilty."

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We can alert and educate you about Consumer Fraud, Con Games, Scams and other criminal acts that target seniors. Our Speakers Bureau will be happy to send a representative to a group meeting to discuss crime prevention. Please call to arrange a time and date.

Physical Fitness For Seniors!

Special Section Palm Beach Post

It's never too late to get in shape. Research shows that older people who have never exercised can still benefit from physical conditioning. By starting a regular exercise program, you can help prevent coronary artery disease, high blood pressure, stroke, diabetes, depression and some cancer. Physical fitness reduces the effects of osteoporosis and arthritis - two conditions which can severely limit an older person's lifestyle. Being in good shape physically can help you remain independent as you age and improve the quality of your life.

So how do you get started? First talk to your doctor. While you can begin an exercise program at any age, certain medical conditions such as cardiac problems, lung disease, diabetes, etc., mean that your progress needs to be monitored. Your doctor can help you determine which type of exercise is best for you and give you advice on how to make the most of your exercise program.

Aerobic exercise helps strengthen your heart and helps maintain lung capacity. Walking briskly, swimming, dancing, bicycling and playing tennis, help boost your heart rate and breathing for an extended period of time and improve the health of

(continued on page 33)

PHYSICAL FITNESS ... (continued from page 32)

your heart and circulatory system. Aerobic exercise may slow or prevent the buildup of plaque in your arteries and ward off hardening of the arteries by keeping them flexible. Sustained aerobic exercise may help control Type II diabetes by helping your body metabolize sucrose.

Weight or strength training helps strengthen your bones and muscles and may help lower your cholesterol. Weight training improves the strength of your ligaments and tendons so that less stress is placed on your joints.

Strength training includes the use of free weights, weight machines and resistance bands to strengthen the seven major muscle groups - legs, hips, back, chest, abdomen, shoulders and arms.

Aging causes our bodies to become weaker, and muscles aren't as strong as they used to be. Strength training can help build muscle tissue, reduce age-related muscle loss, maintain the integrity of your bones and improve balance and mobility. It also can reduce the signs and symptoms of many chronic diseases, including arthritis, diabetes and

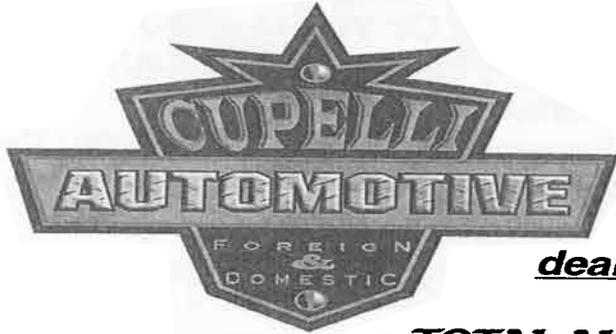
osteoporosis.

Flexibility training or stretching helps you improve the range of motion for your joints. In addition to your wrists, elbows, shoulders, hips, knees and ankles, stretching can help your back. Flexibility exercise can ease stiffness that often is associated with aging. Physical activity may keep arthritic joints from freezing. You should remember that becoming more flexible takes time. Do your stretching slowly and gently at first to prevent injury.

It is important to talk with your doctor before starting any exercise program. Take into account any medical problems and start slowly so you will be less likely to injure yourself. Remember to begin with low-intensity workouts and gradually work your way up. Wear comfortable clothes, the appropriate shoes for activity, and be sure to drink plenty of water before, during and after exercising.

For more information about exercising and physical activity for older adults, talk with your doctor or visit the National Institute on Aging website at www.nihseniorhealth.gov.

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Women, Protect Your ACLs

Exercise

You've hit your athletic stride, when you knee gives way with a sudden pop. You've torn the anterior cruciate ligament - a non-contact injury that's 4 to 10 times more common in young women than young men.

Miho Tanaka, an orthopedic surgeon and director of the Women's Sports Medicine Program at Johns Hopkins, says she's on a mission to educate young female athletes of their increased risk and what they might do to lower it. Although there isn't yet enough research to recommend a specific set of exercises, Tanaka says that a daily warm-up composed of strengthening, stretching, plyometrics (jump training), postural control (balance), and agility training could improve women's neuromuscular control and cut their rate of injury by up to 90 percent. Strengthening and stretching exercises should focus on correcting asymmetry, which is more prevalent among women. "If one side is stronger or more flexible than the other, you're going to be favoring it," Tanaka says. "That slight variance can force you to put more load onto one knee and put you at risk."

Signs You Have Had Too Much of Modern Life

Submitted By: Toby Wolberg (Oxford Place)

Cleaning up the dining area means getting the fast food bags out of the back seat of your car.

Every commercial on television has a website address at the bottom of the screen.

You buy a computer and a week later it is out of date ... and now sells for half the price you paid.

You exchange emails several times a day with a stranger from South Africa, but you haven't spoken to your next door neighbor yet this year.

You consider second-day air delivery painfully slow.

Trivia Answers ... (continued from page 24)

- | | |
|-----------------|---------------------|
| 1. Alaska | 6. The right |
| 2. Fleet Street | 7. Black |
| 3. Acid | 8. 24 |
| 4. 6 | 9. Lot |
| 5. New York | 10. Diahann Carroll |

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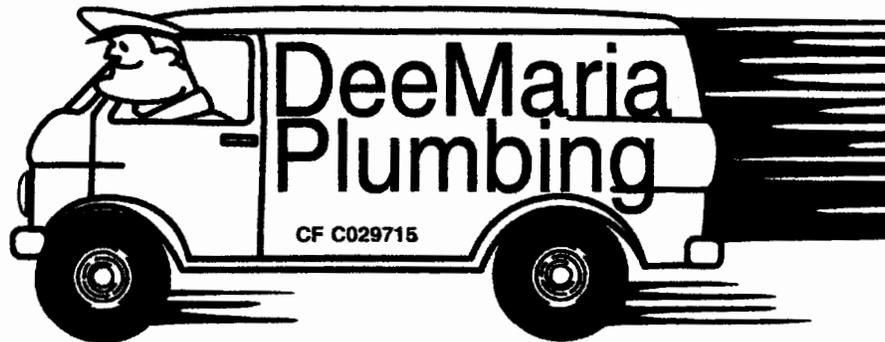


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