



♥ HAPPY VALENTINE'S DAY ♥

All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

Dated from Dec. 13, 2018 David Trager gave us an opening well worth repeating.

“Normally, when I write my monthly report, I speak about all the wonderful activities we have available to us as part of our Aberdeen lifestyle. Additionally, I usually include some of the challenges we face as a Club and the Board’s and Management’s plans to address the issues before us.

“This month most, if not all of us, are focused on the holiday season and the excitement of spending time with our extended families and friends. The month of December is one of those special times of the year when friends, children, grandchildren, and other family members join us to share in our slice of paradise. There is a special ‘vibe’ one feels this time of the year in the Clubhouse, around the pool, on the tennis courts and on the golf course. This year, I can confidently predict that there will many happy members and their guests enjoying a game or two of pickle ball or bocce.

“With the understanding that, at different times in our lives, we all face personal challenges, this is

(continued on page 2)

The Donut Hole

By: Dr. Pat Williams (Muirhead)

What is the “Donut Hole?”

Most plans with Medicare prescription drug coverage (Part D) have a coverage gap (referred to as the “Donut Hole”). This coverage gap, created by the Affordable Care Act (ACA) of 2010, primarily affects Medicare enrollees who have high prescription drug costs. Once the total retail value of drugs prescribed is above a certain threshold, the enrollee enters the donut hole and must pay a higher percent of the cost. Under the ACA, the donut hole has been narrowing each year.

How does the “Donut Hole” affect Part D enrollees in 2018?

For 2018, the threshold for entering the Donut Hole is \$3,750. This amount represents the total retail value of prescriptions purchased, not the amount the Medicare enrollee paid (coinsurance or co-pays). Once this threshold is passed, the enrollee is in the Donut Hole. Until the enrollee’s out-of-pocket expenses (coinsurance, copays, etc.) on prescription drugs reaches \$5,000, he or she must pay 35% of the cost of brand-name drugs and 44% of generics. The point at which one leaves the Donut Hole (\$5,000),

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ALL ABOUT ABERDEEN ... (continued from page 2)

and grandchildren. Who doesn't love a Carnival on our grounds! Thank you to all who helped make December so really special!

Of course January was not without its usual and unusual pleasurable events. Hopefully, you had the opportunity, following the beautiful New Year's Eve gala, to participate in some of them. Bridge Member Guest was a new offering, as was Table Games Member Guest, but to look forward to next year as was Twilight Wine & Dine. Another extraordinary feast to the eye and palate was the Seafood Extravaganza on the 16th of January. And a delightful surprise - sunset entertainment twice during the month from 6-9 in our fantastic, ever-popular Sunset Lounge ... to be continued in the following months. Watch our blast emails and flyers as these entertainment dates will be selective from month to month. It is important to check your emails and the communication board in the reception area on a regular basis to know what lies ahead. Also, make it a habit to read the Sunday reminder about upcoming offerings in the "All About Aberdeen" column.

A real trendy treat is the new Genealogy Club, aimed at helping you find your ancestors. It does not matter if you missed the first session in January. Future sessions will bring you up to date. Al Thierman, chair and Aberdeen resident, has had lots of experience in the genealogy field. He will chair the Genealogy Club and help Aberdeen members find their ancestors and create their own family tree.

The Aberdeen Genealogy Club is available to

both novices and those with experience in genealogy. Some knowledge of computers and working with software is necessary. .

Future meetings will cover DNA, family tree software and how to create a family tree book to preserve your research.

If you have any questions email Al Thierman at thiercpay@aol.com.

LOOKING AHEAD: Play For Pink Day (Feb. 12), Ladies Member Guest Game Day (Feb. 25), Aberdeen Book Club and Art Club, Book and Art Discussion (Feb. 25), Ladies Golf Member Guest Day (Mar. 7), Miami Open (Mar. 22). More to come; mark your calendars NOW!

A reminder from the club about the night time usage of the Bocce Ball courts and Putting Green.

Bocce Ball

- The bocce ball courts will be available, daily, from 8:30 AM to 9:00 PM to all membership categories on a first-come, first-serve basis.

- Members and their guests playing Bocce ball will not be charged a fee.

- Juniors 17 years of age or younger must be su-

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ALL ABOUT ABERDEEN ... (continued from page 4)

pervised by an adult at all times.

- A self-serve storage container, with bocce ball supplies, will be located adjacent to the Bocce ball courts.

- Athletic footwear is recommended when playing bocce-ball.

Putting Green

- The Putting Green will be available to members of all categories, only in the evening from 5:30 -9:30 PM, on a first come, first serve basis.

- Members and their guests using the putting green, from 5:30 PM to 9:00 PM, will not be charged a fee.

- A self-serve storage container, with putters and balls, will be located adjacent to the Putting Green.

- A full swing, creating a divot, may **not** be taken.

- Juniors 17 years of age or younger must be supervised by an adult at all times.

- Golf shoes or sneakers must be worn when using the Putting Green. **Shoes with a heel are strictly prohibited.**

After playing bocce or putting, be sure to return all equipment to its respective storage containers.

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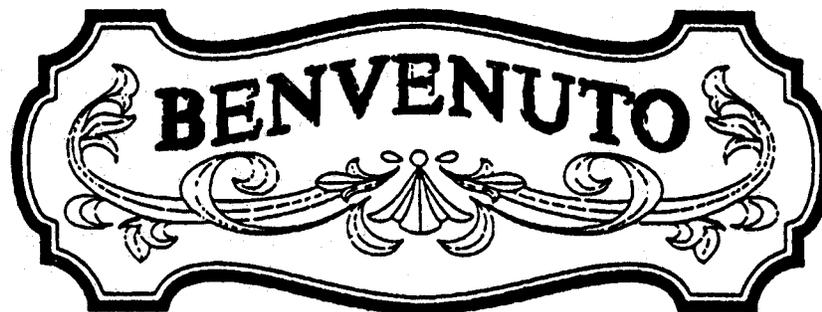
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THE DONUT HOLE ... (continued from page 1)

is referred to as the catastrophic limit. Once this limit is reached, the enrollee will pay no more than 5% of his or her drug costs for the rest of the year.

How does the "Donut Hole" affect Part D enrollees in 2019?

Under the ACA, the Donut Hole was set to close in 2020. However, under the new Bipartisan Budget Act of 2018, the Donut Hole will close for brand-name medications in 2019. The coverage gap will only affect generic medications. Under the new budget deal, Part D plans must continue to pay 75% of brand-name drug expenses until an enrollee reaches the catastrophic limit.

The new threshold for the Donut Hole in 2019 is \$3,820. Once in the Donut Hole, branded drugs will cost 25% (down from 35%) and generics 37% (down from 44%). One is out of the Donut Hole when his or her out-of-pocket expenses total \$5,100, the new catastrophic limit. As in prior years, once above the catastrophic limit, the enrollee pays only 5% for drugs for the rest of the year.

What will the Medicare Drug Plan look like in 2020? No one knows. In addition to new congressional acts, private insurance companies can also change tier levels, co-pays and retail costs for medications. For now, if you are taking expensive medications, be thankful for the changes to Medicare Part D in 2019.

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."

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Aberdeen Lynn Concert at Temple Torat Emet on March 18th at 7:30 p.m.

By: Carol Kayne (Sterling Lakes)

So many people have asked me why we are no longer holding the concert at Aberdeen and why no dessert party.

The facts: We are all proudly excited about the new club refurbishing. For all the years when seating people for dessert, we sat 9 tables of 12 people (108) in the old bar for dessert. With the new bar layout, THIS IS NOT POSSIBLE. We can now seat only 36 people. When we sell our tickets we would have to eliminate 72 people from the concert, creating a loss of \$2,880 ticket sales, plus donations.

This concert is a 20-year-old charity run for the purpose of raising money for the Scholarship Fund of the Conservatory of Music at Lynn U. Without your purchase of tickets and additional donations, many young, talented future musicians would not be able to attend the University and would lose the opportunity of making music their lives work.

So, the charity goes on! The concert goes on! Wonderful young talent will perform. Will you be there? Even without dessert? For tax deductible tickets call Carol at (561) 739-9318.

Bermuda Isle Buzz

By: Ketly Blaise Williams

Last month was 5 years since my husband Marshall and I moved into Bermuda Isle and the greater Aberdeen Golf & Country Club community. We love our home; the beautiful surroundings that make us smile every day and the growing and lasting friendships that we have established.

Being part of the small percentage of African-American families in this enclave of ours, we are very aware that we stand out. This is not unusual. It's pretty much always like that when you are a member of the minority population - whether in or outside of Aberdeen. It comes with the territory. We are conditioned to it and deal with it with seasoned practice.

We have noted an interesting phenomenon that often occurs whenever we go to the Sunset Lounge - one that bears mention and reflection. If we are sit-

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BERMUDA ISLE BUZZ ... (continued from page 10)

ting with *other* members of color, someone Caucasian will inevitably approach our table with a variation of: "So what's going on here?" or "Why are you all sitting together and not integrating/mingling with others?"

I dare say these comments are some what disquieting and puzzling. If we make plans to meet others in the Lounge, we do so *as friends*, **just like everyone else who is there to socialize**. Sometimes those meet-ups are with friends who happen to be African-American and sometimes, they are our white friends. Those questions are never posed if we are in a mixed group of people.

From our hearts to yours ... we would like you to reflect and realize that those questions are misplaced. **We are doing nothing different than anyone else enjoying the Club. We are either with people we know, are getting to know or have just met.** If you look around a room and see table after table of all whites sitting together, one likely gives it nary a thought and they most certainly aren't asked why they're sitting together.

We just want to enjoy a drink or a nosh with-

out the added stress of having to explain why we are there, since our complexions should bear no weight on those intentions. There is no explanation or obligation that's different from anyone else who is there.

Take a look around. People are laughing, chatting and appreciating the place we **all** call home. A sprinkling of color here and there, in my admittedly biased opinion, simply adds to the beauty of the mosaic. No more ... no less. With love.

Sharing With Sheffield

By: Ruth Krawitz

CHANGE Is simply unavoidable! It can have bad ramifications, or good. If, for example, you have suffered a serious loss, the resultant changes can be horrific; if you have been privy to the gift of a new life in the family, the results are overwhelmingly positive. Temperament has a great deal to do with how you react to change. If you are one who always sees the glass half-empty, the thought of any change can make change fearful to contemplate, if you are

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SHARING WITH SHEFFIELD ... (continued from page 11)

the ones who see the glass half-full, the thoughts of change may challenge, excite, produce joy. Remember Sherry Morris' quote in a recent article she wrote for the Aberdeen Times? It said "... seeing the glass half-empty implies that you are incapable of obtaining a refill." Some people will always see danger of unhappiness in any change in their lives, minute or large. They become fearful, argumentative, distraught, minds closed to the possibilities of anything good or productive or satisfying coming out of anything new or different. On the other side of the coin are those who take on change as a challenge, an uplifting endeavor, a new and different chapter in their living style or their lives. They are eager to jump into it, not hide or dismiss it.

Think of the people you know who exhibit (or have exhibited) either of these behaviors. I recall how fellow-teachers had panic attacks when they were assigned to a different grade than the one they were used to teaching; it was like the end of the world had come, and they were descending into darkness! They let fear of the unknown cloud their judgement and they were going to be miserable until the actual experience showed them otherwise. During the years

I taught on the elementary level before I went into administration, I was assigned 4 different grade levels! I loved each of them getting to work with different ages, different curriculum, different strengths and weaknesses ... It was exciting, not terrifying, and never boring.

Change arrives in a variety of ways and settings; sometimes unexpected, sometimes planned, sometimes self-initiated, often spontaneous. Many times it brings happiness, other times pain. It's how you accept it, cope with it, turn the negative into the positive that makes it come out right. Just the other day, a young adult told me how happy it made him feel to change his furniture around in his room for the first time in years. Many of us are always changing something in our homes for a new look or to update it. People make new friends, or lose old ones all the time. People start new chapters in their lives by changing partners or names or locations or careers; these are huge changes but second chances can be extremely rewarding.

I read the following article recently which resonated with my views on change You will find your-

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SHARING WITH SHEFFIELD ... (continued from page 13)

self asking: Why can't adults adapt to change as well as children?

"Many people struggle with the urge to be perfect. It could be related to a sport, career, or even an area like parenting, in which the performance does not always get measured in the traditional sense. The urge for perfection is as common as the inability to attain it, and Success magazine says that people caught in this limbo are suffering from a condition called perfection paralysis.

"Think about a violinist practicing for an important audition. They want to nail this audition by playing perfectly and they will need to hit every single note correctly. While practicing, missed notes start to cause anxiety because they start to worry that these notes will be missed in the audition. After a while, they may not want to audition anymore because of the fear of missing a note again. By failing to accept small mistakes, the violinist will cause their performance to suffer even more.

"Combating perfection paralysis comes down to accepting that perfection is often unattainable, and with most areas of life, 'good enough' really is good enough. Progressing toward a goal is the true sign of real success, and this mind set will allow a person to be satisfied as long as they are working hard and improving.

"Replacing perfection also means giving oneself permission to fail sometimes. Having that permission means that goals can fly even higher and risks be taken without the fear that it might not always work out. Taking risks can allow one's inner genius a chance to break out and make magic happen when it otherwise wouldn't."

Let change guide you, not paralyze you!

Turnberry Isle

By: Sherry Morris

Our December article wished peace, harmony, civility and love to all residents. We have managed the harmony and love part. Now, we await the peace and civility coming from the leaders of our country. Regardless of each individual's politics, we often wonder what happened to the days of civility. Some in our community have been active in trying to change things, but it seems we are fighting an uphill

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TURNBERRY ISLE ... (continued from page 14)

battle. In the spirit of change, let's take a look at the good things happening here.

We all are familiar with the quote, "Think globally, act locally." So many Turnberry residents can be cited as adherents of this philosophy. We have volunteers in all sectors. There are those who dedicate themselves to the plight of migrant children by helping those children succeed in school. There are those who volunteer with Aberdeen PAP to raise money and offer support to those who have been touched by cancer. Two other groups within Aberdeen count many Turnberry residents as active members. They are Hadassah and ORT. Turnberry residents have been hospital volunteers, school system tutors and helpers at a local free clinic. All of the above should put a smile on our faces and lead us to that goal of civility.

January was a busy month here, with the annual meeting and a big Women's Club event. Jan. 22 found us at Temple Shaarei Shalom for our Turnberry Isle meeting. These meetings are always friendly and civil and are seldom marked with controversy. For that we thank our loyal Board of Directors, past and present. New directors were elected at the meeting. Their names will appear in next month's column. We are all hopeful that the gate problems are solved soon.

Although Comcast finally completed the fiber work, the neighborhood still needs major repair work to the landscaping. We are hopeful that will happen soon.

TIWC sponsored a trip to City Place for the Downton Abbey exhibit. All anglophiles truly enjoyed the museum and lunch at Cheesecake Factory. Upcoming for our club is a February Croquet Day.

We are wicked with those mallets! In March we will host the very popular Progressive Luncheon in the homes of various members.

Book Club is alive and well. The February book was Educated by Tara Westover, a very troubling memoir by a daughter in a fundamentalist Mormon household that involved violence and turbulence. Barbara Pearlman served us well as facilitator, as well as hostess. In March, Penny Altman will also do double duty as both facilitator and hostess for the book A Place For Us by Fatima Mirza.

We end with a shout to our neighbors who have faced numerous challenges in the past year, but face each new day with hope and resolve. We admire you.

THE FUNNY SIDE OF ABERDEEN

by Harvey Baron & Maris Levy



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So You Think You Can Sleep

By: Phyllis Arnauer (Lancaster)

So, you are in the middle of a very weird dream and you roll over. Then you sit bolt upright. You look around to get oriented but try to keep your eyes closed so no light shines through. The room is pitch black, except for the light coming from the television box. You hope it is a reasonable hour - maybe 6:00 or 6:30. Then you check the time, and discover that it is 3:43 AM! But, you don't panic. You will lie back down and hopefully fall back to sleep. After considerable tossing and turning, you realize that sleep will not come. Okay, you will get up and try to encourage sleep to return.

What are the options at 3:43 AM? You can try reading, but you don't want too much light. You can read emails or news on your computer, laptop, or other device. You can play Words with Friends and realize that you are not alone in your wakefulness. A mental exercise might be soothing - a crossword puzzle, the daily Jumble, or Sudoku. Some people like to dabble in the kitchen at this time of night: nibble on dinner leftovers, finish that half-empty bag of Hershey Kisses, or whip up a batch of cookies. Maybe you can rearrange that overcrowded drawer that holds everything from potato peeler to lemon zester. The checkbook always needs balancing, but I'm not sure a half asleep-half awake person should attempt numbers at this time of night. Or you can turn on the television.

Television offers many interesting choices at 3:43 AM. You can binge watch some of the new Netflix or Amazon Prime shows being offered. You can choose from hundreds of movies on HBO, Showtime, Starz, Encore, and others. How about catching up on the shows you have already recorded? You can watch soccer matches from the Premier League or last week's NFL football games. The countless reruns of the daily news shows can really put you to sleep, or perk you up even more!

And of course there is always the Home Shopping Network, HSN or QVC. These programs will helpfully remind you of all the things you didn't know you needed. And I'm not just talking about the set of Ginsu steak knives! How about a Personal Pedi Elite Callus (their spelling) Remover? There is an Ideaworks Extra Wide Talking Scale. Is the scale trying to tell you something before you even step on it??? And for all

(continued on page 17)

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SO YOU THINK ... (continued from page 16)

the ladies up at this hour, an Up All Night Mascara with Eyelash Curler. Because we want to look good as we battle sleeplessness! And by this time it is 6:00 AM and it is a respectable hour to be awake. Sleep will have to wait until tomorrow night!

It is a month into 2019 and I hope everyone is enjoying the “winter” weather. Aberdeen continues to offer varied and exciting events for us to participate in and enjoy. After speaking to many people, it seems that the New Year’s Eve party was a fabulous night to be with friends and family. Also, there is a new Pickleball League, which offers Aberdeen players a chance to see how they match up against other clubs in the area

The Aberdeen Knitting and Crocheting Club, headed by Sue Dix and Barbara Weiss, is composed of women from all of Aberdeen’s communities. We meet almost every Wednesday morning in the Activities Center to craft items for various charities. This past holiday season we donated our handcrafted items to the Caridad Center. The following letter, sent to Sue Dix, is in response to our donations:

From Brenda Lopez: “Hello Sue: These donations

that you brought to us are marvelous. We are so thankful that you and the ladies at The Aberdeen Knitting and Crocheting Club took the time to create these beautiful pieces that our patients absolutely love. They will keep many children and families warm during the holiday season. Please let all the ladies know that they put a smile on the faces of people that truly need these donations. Your kindness is greatly appreciated.”

“Again, thank you all at The Aberdeen Knitting and Crocheting Club. Happy holidays to you and to everyone that made these gorgeous gifts.” (Brenda M. Lopez, Prevention, Education & Treatment Program Social Services Coordinator, Caridad Center)

On a sad note ,Lancaster Lakes offers its condolences to the families of Marcia Schwartz and Diane Romm.

Lancaster resident Caryl Hanover, sends the following message: “I would like to thank our wonderful Aberdeen community for their cards, well wishes and help during a very trying time. It’s inspiring to have such caring friends and neighbors.”

Happy February to all at Lancaster Lakes!!!

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Hampton Happenings

By: Janet Friedman

Linda Smiley came to Aberdeen from NJ 3 months ago and already she has learned mahjong, fixed up her home and is a steady fixture at the gym. This is pretty remarkable as she works full time! She shares her beautiful home with her Boston Terrier, Sadie, who is 10 years old. Linda has always had dogs, usually 2 at a time, but now Sadie is enjoying being the prima donna.

Linda worked in IT for over 20 years. When her company was bought by another, she was given a choice to either move to Alpharetta, GA, or leave. She left, and found an amazing job with Ernst and Young. Linda now works from home as a Global System Administrator of Mobility. What is that?

Anyone from any country in the world who goes to work in any other country in the world will need support and Linda is one of a team that uses software to help support them. They will probably need help finding a good and safe place to live. They will need to find a school for their children where their native language is spoken. What will the tax consequences be for them in their home country? In the new country where they are working? They will need help in shipping their possessions to their new home. They will need proper medical insurance, etc.

Linda has 5 people on her team that will help these people get settled. Her team consists of one person from Germany, one from The Netherlands, one from Poland, one from India and one from China. The team all speak English. As if there are not enough issues to deal with, there are special issues that have to be dealt with pertaining to the person from communist China.

Phone calls can come through to her at all hours of the day or night. She might have a call from Australia and from France in the same day. Different countries have different customs and the team has to learn to deal with them all. Ernst and Young sponsored a virtual holiday party this season. The team was to get all dressed up and skype ... but the lines did not work ... oh well ... they could not see each other but had a great time talking. Once a year Ernst and Young has a get-together in the U.S. where Linda gets to meet her team in person.

(continued on page 19)

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HAMPTON HAPPENINGS ... (continued from page 18)

Linda says 3 months here have been the best-three months ever! We are so happy to welcome Linda and Sadie to Hampton.

A special thank you to Gene LaMendola who shopped and then installed all our new lighting at our pool. The fixtures are beautiful. We so appreciate the time and dedication you have shown to our community. By the time this newsletter comes out we should have our new Hampton sign. If you are not getting our emails please let us know so that we can fix the problem. Reminder from our police department. ... **BE SURE TO LOCK YOUR CAR AT ALL TIMES.** Get involved in your community, come to board meetings. An email will be sent before each meeting to let everyone know when and where it will be. Anything unusual or interesting happening in your life? Let me know so that I can include it in the newsletter. Our social committee will send out an email to notify you of our next book club meeting. Come and join us! We are all looking forward to our annual luncheon and hope to see you all there.

Get well wishes to Jeff Hirschman, Susan East-

lick and Fran and Len Bon. We are thinking of you.

In case you thought the holidays were all-over, February, our shortest month, has plenty. Our Groundhogs Day on the 2nd is a remote survivor of an old farmer's tradition. February 2nd marks the mid-point between the winter solstice and spring equinox. Farmers had to know when to plant their crops. If it was cloudy and dark on the 2nd it meant that warmth and rain would thaw out the fields and have them ready for planting. If it was sunny and bright it was a bad omen for that meant snow and frost to continue. In Germany people looked to a badger for their predictions. In the 1800s, German immigrants brought the tradition with them to the U.S. Finding no badgers, they adopted the groundhog to fit the lore.

And don't forget Valentine's Day ... and the first Saturday in February is Let's Eat Ice Cream For Breakfast Day! This day was created by a mom in Rochester, NY, who decided her 2 young boys needed something to look forward to other than of just grey days and more snow. I am definitely a supporter of this one. Spread the word ... and pass the whipped cream!

Moorings Matters

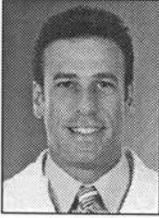
By: Eileen Hahn

One month into the new year and I'm already guilty of fake news. The difference between Washington and me is that I readily admit it. Painting will begin on our villas in 2019 by a different contractor, following power washing. According to our documents, the community is responsible for including the driveways and walks. Thinking about why my previous article evoked such vitriol, I decided it was the mention of money. Since residing in the Moorings for 33 years, we have never had an assessment except when replacing the roofs and this ended with a return of money by the insurance company. Lesson learned is never forgo a card game to attend a meeting to write what you hear and continue with innocuous gossip that no one reads.

The holiday season slowly ended last month with the removal of decorations and the return of those who visited family in far different temperatures. Mother Nature gave Joe and me running noses for weeks and Carol Carelton bronchitis. Anyone who saw my daughter-in-law running or my son walking

(continued on page 20)

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MOORING MATTERS ... (continued from page 19)

with the 2 standard poodles, knows what it was like here. The prize goes to Stephanie and Larry Cohen who took their son and daughter on a cruise to Key West and Cuba. They were lucky enough to have a private guide for the day in Havana and were able to go off the beaten track and see everyday life. Helen and Joe Fradella were back in the air headed for Long Island and family and Martini got to hang out with Jane Bartecki. Rickie and Harvey Brown went back home to celebrate her birthday with the family and remember why they winter in FL.

Maris Appel is back on the pickle ball court and planning not to run after healing her arm. As good parents, she and Randy are going to drive to NC and tote some belongings for their son, who is relocating. We welcome Jeanne to Waterline Dr. Born in New England and last residing in South Jersey, she has now made the right decision by joining us at Aberdeen. Best of all she likes games, and is a willing learner. Although Carolyn Hagymas sold her villa on Waterline, it is great to have her pretty face still here, renting for the season. We extend our good wishes to Mitzi Licht and Simon Glastein when they move to the Vi next month; one more original owner leaving. Get well wishes to Larry Kaminski, we need you back on the circle.

Now as we prepare for Valentine's day, we need a little love in the air, as proposed in Vince Marini's column last month. Remember this column is up for grabs, so all detractors, don't hesitate to volunteer.

Mostly Muirhead

By: David Bloomgarden

Generosity: Options

Global Perspective - We are fortunate to live in a vast and varied world. Mother Nature provides extremes in weather, ranging from wonderfully benign to dangerously life threatening. A world unique in its abundant variety of natural geographic features and its multitude of different people inhabiting our planet. We all experience differences in religions and politics.

What is absolutely astounding is the world-wide generosity of people of all regions, races, religions, and genders. When I mention generosity one may think of monetary donations to foundations, charities, health organizations and 'Save the (*you fill in the

blank)'' requests. Most of these are dependent on vital infusions of cash to serve those they have pledged to help. While this type of contribution may be altruistic in some, and self-serving in others, there is another form of generosity. This is the generosity of people who give of themselves. Donating their personal time, effort, knowledge, skills, and dedication for the benefit of those in need is outstanding. My highest admiration is reserved for those who are not only able to contribute funds but their valuable time as well.

Local Perspective - Bringing this to the local level, look around. Realize and recognize your neighbors and friends who volunteer their time to various health related organizations, religious groups, to aid the underprivileged and poverty stricken, and to maintain

(continued on page 21)



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MOSTLY MUIRHEAD ... *(continued from page 20)*

cultural offerings for people of all walks of life.

As my thoughts intensify, I question what is happening here at home. Are we, or are we not, just a microcosm of our vast planet? I truly value the dedicated members of our communities, including Muirhead, who volunteer their time to serve on HOAs to keep Aberdeen the special place it is. Although we may not always agree with them, we should be thankful there are those who are willing to give of themselves for the benefit of all.

On a personal note, I am a firm believer in volunteerism. There is no monetary value I can place on the gratification I've received from a lifetime spent in various activities with volunteer organizations. You too can be a volunteer at any age with the degree of involvement that is appropriate and comfortable for your lifestyle. As the saying goes, "Try it, you may like it!"

It's Happening in Dorchester

By: Carol Baron

One month down and 11 to go. That means we have the next 11 months to be there for someone else, to do the things we intended to in 2018 and be

grateful for all we have each day.

Come visit us and use our newly-paved roads. While you are here, take a look at all the new mailboxes. They make our bills look better.

Our neighbors have had their families visiting with them right through the new year. It was great fun, lots of eating and enjoying their company ... and now enjoying the quiet and time to do all that we had put aside for the holidays.

Among those having their kids and grandchildren with them or those traveling to family, were the Lipperts, the Benders, the Hollanders, Iris Levine and more.

Jill and Jon Shaw had an exciting end-of-year, topping it off with the birth of their second grandchild, a grandson. Then their other daughter got engaged. And to add to all these good happenings, Jon was sworn in by the Supervisor of Elections to fill a position on the Palm Beach Soil and Water Conservation Board. We should all look for Jon's name on the ballot in 2020.

The next time you hear about a space launching or see one take off, you should be aware that working on the SpaceX launch committee is Josh Beckerman,

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IT'S HAPPENING ... (continued from page 21)

Carol and Harvey Baron's grandson. Yes, I'm the one who told my grandson, "you know how much we love you, but don't you dare go to Mars."

For those of our residents who celebrated their birthday or an anniversary, congratulations! We hope you remember that it is not the number of years, but what you accomplished in that time. We should all remember that we are never who we used to be, but we're always who we are going to be.

'Tis the month of showing your love. The calendar makes it easy as we share our love through Valentine's Day. We have always been told that we make a living by what we get, but we make a life by what we give. So give a lot of love.

Circling The Coves

By: Mary Chuzi

In spite of being the shortest month of the year, February is filled with holidays and activities. The holidays, such as Valentine's Day on the 14th and President's Day on the 18th, are well-known, of course. If you're looking for other reasons to celebrate and have fun, there's always National Wear Red Day on the 1st, Chinese New Year on the 5th, or National Margarita Day on the 22nd. As for activities, one only has to pick up the February copy of the Aberdeen East Newsletter to see that it is thicker than ever with announcements of upcoming events, shows, programs and club meetings. If you prefer to read it online, subscribe by contacting Clubhouse Manager Lisa at Aberdeen5700@comcast.net and the digital

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edition will be in your e-mail box monthly.

Co-writer of this column, Debbie Sackin, and I have often lamented the lack of neighborhood news for publication. If you have any travels, events, or happenings you'd like to share, don't hesitate to e-mail them to phcmhc@comcast.net or sackin6025@comcast.net. We'd be happy to share them in this column, so don't be shy!

As of this writing The Dryer Vent Cleanings should be at least halfway finished, having begun in mid-January. This annual service is included in your maintenance, and helps prevent fires and damage to your unit and the others in your buildings. Our annual Pest Control Service may have been completed as well; if not, it is in progress. This is an integral part of maintaining the interior of your unit and is also included in your maintenance payment.

There are plenty of new faces around the Coves. In 2018, we welcomed many new owners here in the Coves. Our newest owners Bob and Marie McNicholl, who purchased in Building 8 in November, will be joining us this winter while still maintaining their home in NY. We welcome then to our friendly community.

It's also the time for seasonal renters. We welcome Howard and Barbara Roller (Bldg. 3), Robert Cassagnes and Marie Lanciault (Bldg. 7), and Gary and Jean Sanders (Bldg. 14). We hope they enjoy their winter here in our sunny, warm state.

Be aware that our Annual Board of Directors election and meeting will be in March of this year. Information regarding this important meeting will be forthcoming to make sure a quorum is obtained and to give you a chance to vote. You will also receive information on how to run to become a board member if interested. Make sure your e-mail address is on file with the Association. 75% of our residents have followed this directive. If you think are not listed, call Rose Romano at 742-4323 with your information. If you have questions regarding the Coves or important information regarding your unit, call our Property Management Company, CRA, at 561-624-5888 and ask for our Property Manager, Mr. TJ Nye.

With only January behind us, it is not too late to wish all our Coves residents a Happy and Healthy New Year.

The Sunny Shores

By: Estelle Morganstein

This February article is going to be short and sweet!

Everything continues to run smoothly, reports The Shores HOA. We have finished the major driveway and walkway repairs and painting and I'm sure everyone is very pleased with this improvement. As I write this article, our fibre optics installation is finally underway. When finished, this promises to improve the quality and speed of our internet and cable service. However, before this change can happen, everyone will be contacted and asked to set up an appointment for the service technicians to gain access to our units to complete the on-site process. If for any reason, residents cannot be available for this update, they must make arrangements for someone to let these techs inside their homes; otherwise, our changeover from our current cable system to fibre optics will not take place. EVERYONE must cooperate or all will suffer, so let's make every effort to ensure a smooth and trouble-free transition.

Finally, in this regard, if you notice a problem

with damaged sprinkler heads caused by this installation, please report this to Kris at Campbell Property Management immediately so that she can arrange to have the repairs taken care of by the installer company. If you delay in making your report, the cost of these repairs will have to be borne by your Homeowners' Association.

NEIGHBOR NEWS

I know everyone will want to wish Barbara Ladd a speedy recovery from the unfortunate fall she had recently at BJ's, resulting in a broken femur, surgery and rehab. Barbara is a true treasure in The Shores and on our HOA board and we expect to see her back on her feet by the time this article is published.

Other news over the holiday season - the Littmans spent a few weeks up in NYC welcoming a new grandson. I went up to Orlando to join my daughter and her family for a few days and my son

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THE SUNNY SHORES ... (continued from page 23)

and his family came down to visit with me as well. He returned in mid-January prior to his attendance at a trade show in Miami.

A laugh is better than a cry - here's a cute story from a Canadian friend. Her young grandson called her the other day to wish her a Happy Birthday. He asked her how old she was, and she answered, "71," he was quiet for a moment and then he asked, "Did you start at 1?"

Enjoy the shortest month of the year. Come and join us at our next Board meeting on Feb. 12th at 9 am in the Card Room at the Clubhouse.

Harbour Lights

By: Wendy Latman

Can you believe it's February already! So what does that mean to the residents of the Harbours? Oh no!!! We are having another election for our Board of Directors. There are 4 board positions that need to be voted on to our board to serve 2-year terms.

Sadly, Tony DeMunno will not be running for election again. Tony has done an outstanding job on maintaining the infrastructure of our buildings and grounds in The Harbours. We all owe him a hearty Thank You for an amazing job over many years. May you enjoy the rest of your retirement.

Our elections tend to be a very long, drawn-out process. Therefore, I am looking for a resident who either is, or who aspires to be, a "Stand-Up" comedian or comedienne. It would help pass the time if we could get all the residents to laugh. Laughter is good for the soul and it's cheap medicine. Did you know that some of the social benefits of laughter are that it strengthens relationships, enhances teamwork, defuses conflict and promotes group-bonding. Just what we need in The Harbours!

If we can't find a comedian/comedienne, I would like to find a Line-Dance Leader. This would also keep everyone's blood flowing so we are not all just sitting around waiting and getting cranky. Absent a comedian/comedienne, or a Line Dance Leader, I am just going to have to bring a boom box and get everyone up to do some freestyle dancing to music such as "We are fam-i-lee." Can you imagine everyone who you may like, or not like, dancing together? Take it from me, you can't help but smile when you are dancing no

matter who you are dancing next to. Maybe we can break up the 3 hours by doing all 3 activities!

Anyone willing to make us laugh, or lead us in dancing, call Wendy Latman at 561-752- 8443.

So let's look forward to The "Happy" Harbours Annual Meeting in February.

Other local news:

Let's all send positive vibes, wishes and thoughts to Anita Kaplan's grandnephew, who is in a coma after being shot. He currently lives in Israel and we are all hoping for a miracle.

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! February, named after the Latin word for purification, "februm," is the second month of the year according to the Gregorian calendar. Although the shortest month, February has many holidays and special events including: Groundhog Day on Feb. 2nd, Valentine's Day on the 14th and President's Day on the 18th. Not to be forgotten are Super Bowl Sunday celebrated on the first Sunday of the month and the Academy Awards on Sunday, Feb. 24th. Although we all have favorites, it was Clint Eastwood who said, "There's a lot of great movies that have won the Academy Award, and a lot of great movies that haven't. You just do the best you can."

In getting to know our area and its many attractions, we focused on the New Norton Museum, due to open on Feb. 9th. The Norton Museum of Art, whose mission statement is "to preserve for the future the beautiful things of the past," was founded by Ralph Hubbard Norton and his first wife, Elizabeth Calhoun Norton, in 1941. Upon retiring to West Palm Beach, Norton decided to share his sizeable collection of paintings and sculptures with the public. "To encourage literature and the arts is a duty which every good citizen owes to his country." (George Washington) The Norton Museum, designed by Marion Sims Wyeth, opened on Feb. 8th, 1941.

Over the years the Norton has undergone significant expansions; the largest and most costly (\$100 million) due to open this month. Designed by Pulitzer Prize-winning architect Lord Norman Foster, the New Norton will house nearly double

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CANTERBURY COMMUNIQUE ... (continued from page 24)

its original gallery space, a significantly enlarged educational center, a state-of-the-art auditorium, and a glass-walled sculpture colonnade opening onto a 9,000 square foot sculpture garden.

In addition to its permanent collection, upcoming exhibitions include: American artist Nina Chanel Abney; Going Public: "Florida Collectors Celebrate the Norton; Sculptors Oldenburg and Van Bruggen's "The Typewriter Eraser, A Favored Form; "Good Fortune to All: A Chinese Lantern Festival in 16th Century Nanjing; "Out of the Box: Camera-less Photography; "Modern Spontaneity: Ralph Norton's Watercolor Collection; WHO? A Brief History of Photography Through Portraiture; and "Spotlight: Ralston Crawford Across the Media." Also being offered are: an Art Leader Lecture series, an Artist Talks series, a Norton Cinema series, a Sunday Speaker series, a Dance series and a Concert series.

In order to learn more about the Norton, we prevailed upon Bob Marsey, who has been a docent for 22 years, as well as head librarian of our Aberdeen

library. Having taught photography to children at The George Eastman House Museum in Rochester before retiring to FL, Bob is a highly qualified tour guide. Over the years he has guided both school-age children's groups and walk-in visitors to the Norton. When asked about the docent-training and preparation relative to the opening, Bob stated "The museum is expecting large crowds and is preparing for them with a full schedule of training sessions. (Note that in addition to educational sessions at the museum, a docent is expected to do an in-depth study of the material at home.) "For all docents, it's a labor of love!" he added. In describing a highlight of his tour, Bob said "My greatest pleasure in giving tours is talking about the painting *Ruby Greene*. I tell the group that Mr. Norton had many of his collector friends stop by his house after purchasing the painting. However, much to his surprise, they were aghast that he would add a picture of a black woman to his collection. Mr. Norton responded by saying that he was proud to hang the painting. When I tell

(continued on page 26)

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CANTERBURY COMMUNIQUE ... (continued from page 25)

the group this story, I get a very positive reaction to Mr. Norton's qualities, from what is often a multi-cultural group."

We thank Bob for sharing. Kudos for his outstanding service to Aberdeen and the greater community at large! We're all looking forward to going to the New Norton and, hopefully, on one of Bob's tours!

On the home front, we welcome the Karla and Jay Teitler to the Canterbury Community; we're delighted to have them as our neighbors! Our congratulations to Suzanne and Mort Thaler, whose son, Warren, won the Aberdeen Men's Singles Tennis Championship. On a sad note, we offer condolences to Roz Magidson on the passing of her beloved husband Donald. In closing, we wish all our Aberdeen friends and neighbors good health, happiness and success in all their endeavors. Have a great month and remember "no matter how long the winter, spring is sure to come."

Sterling Lakes

By: Judy Lukow

SOCIAL COMMITTEE ANNOUNCEMENTS

Our Bagels and Brunch in December was a big hit with a large turnout. We met new and old neighbor, and a good time was had by all thanks to Carol Wallach, Marsha Menahem, Leah Bulger, Joan Lacher and Ronnie Wiederlight. In the next issue you'll hear about January's visit to the Wick Theatre and Costume Museum - Tour and Lunch. Note that the February flyer for the next social event should now be available.

SHARING GOOD NEWS

Amy Hasting's daughter, Hope, got married to Michael Demyan on Sat., Dec. 22, 2018, at The Carolina Hotel in Pinehurst, NC. In the same week, Amy's family celebrated her parent's 65th wedding anniversary on Dec. 26th. Wow! That's a big accomplishment! Congratulations, Hastings family! Amy's parents live in The Bermuda Isle. She feels so blessed to be here with them as "2nd - Generationers" (as a group here at Aberdeen call themselves).

Sheila Hyman shared the following ...

At our Sterling Lakes Brunch I found out that Amy Hasting's Mom went to Camp Olympus at the same time as me. Marilyn and Shelly Feld and I have been

(continued on page 27)

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STERLING LAKES ... (continued from page 26)

friends for many years but never knew we shared a history in our youth.

Judy Lukow shared ...

On Facebook, I found classmates from Abraham Lincoln H.S. are living nearby. Shortly after I moved to Aberdeen, I had an Ice Cream Party for my H.S. friends and invited some of my new neighbors. Carol Wallach, who lives across the street from me, came to tell me she can't stay long. So, not being able to introduce her to all my friends I told her to mix and mingle and meet my friends from Lincoln HS. She said "I went to Lincoln H.S." I said, "In Brooklyn?" She said, "yes." It turned out we graduated the same year - 1964. When I told her my maiden name, she told me hers and we knew each other; not only from H.S., but grade school too! She knew some of my friends at the party. Of course we didn't recognize each other but we have fond memories. Small world, isn't it?

Herb and Carol Kayne related ...

We graduated from James Madison H.S. in Brooklyn; he in Jan. '48, and Carol in June of '48. We were friends with a girl who is now in the press on a daily basis, and whose life story was made into a movie just released, Ruth Bader Ginsberg; Kiki to us. She was part of our crowd.

Kiki graduated in June of '49. She was a beautiful girl who was on the cheer-leading squad bouncing around at every sporting event. In Carol's senior year, as president of the Boosters, it was up to her to interview applicants in the beginning of the year. Kiki applied and it was an easy decision to bring her up for admission. She was funny, smart and strong ... Kiki proved to be a leader even then. We never expected her to become a Supreme Court Justice but we're not totally surprised. Even at her young age we knew her to have strong convictions and to go after every position she thought would enhance the school and the students' in it. We wish her well and hope she can remain on the bench until she decides to retire.

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Brittany Lakes Bugle

By: Jerry Zarkin

Hello Mr. and Mrs. America, and all the ships at sea in the Brittany Lakes waters. By the time this is published, the 3rd annual Block Party will have been most successfully concluded. Kudos to Sherry Rosenstein and Cheryl Ferris for their splendid efforts in setting the stage for this terrific event. A special note of appreciation for the fabulous flyer created by the son of tennis champion Cheryl Ferris. The added event of a stickball game was a furious fight to the finish as Jack Ungar's walk-off grand slam home run won the day for the green team. The ball carried into the nearby Carrington area and an irate owner is still seeking redress for a broken window.

"Braking" news!! An added movie to the community poolside sunset series will be a new version of "Where the Boys Are," starring Barney Oldfield and Julie Newmar, Thelma Ritter and Edward G. Robinson. You will enjoy this version.

I had heard about the legendary emporium from many residents of Aberdeen. To prepare for my visit I borrowed a Hummer from one of my local pals and rented a flak vest and iron helmet from the local armory.

Just entering the parking lot is like being a contestant in a Demolition Derby. People honking their horns, blocking the parking slots which are crammed to begin with and much confusion as well as few epithets I hadn't heard since I was at Fort Dix. After securing a slot, I found a small cart which I was later to learn doubles as a battering ram. The sign on the entrance which said) "All ye Who Enter do so At Your Own Risk" did not deter me.

Once inside, I marveled at the incredible selection of fruit, vegetables, salads, breads, pastry and every kind of prepared dinner option. Literally every square inch was crammed with enticing edibles. However, I made the mistake of cutting into a long line and an elderly (my age) man wearing a cap from Boca East immediately shoved his cart into my legs causing much pain. Fortunately, as it was a cool day, I was wearing my "dungarees" which shielded much of the impact. The crowd frantically grabbing the free melon and pasta samples reminds me of The Running of the Bulls at Pamplona. I retreated

(continued on page 29)

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BRITTANY LAKES ... (continued from page 28)

to the end of the line with the sound of the curses and suffered my humiliation in silence which, for once, was the right decision. While in line, I noticed Batampte Mustard selling for \$1.99 as opposed to \$2.99 each at the grocery chain on every corner here in PBC. I figured the savings on 2 bottles paid for my gas. Now you must check out, which again, is like being in line for the wedding dress sale at Filene's Basement in Boston of yester year. I finally made it into the parking lot also known as Flanders Field. While driving home, I ate a delicious green apple. However, history indicates that biting an apple in certain gardens can be dangerous. That's all folks!!

*** Editor's note: never let the facts get in the way of a good story.

Family Matters

By: Bea Lewis (Lancaster Lakes)

Do your grown kids see you as their personal ATM machine?

Do they ignore any advice you give them?

Does your daughter-in-law treat you like a second-class citizen?

Does your son or daughter's divorce keep you from spending time with the grandkids?

Fear not. Help is on the way with answers for the many issues we struggle with our adult children and their families in this day and age. Starting next month, Bea Lewis will respond to your questions. A retired staff writer for Newsday and former advice columnist for The Palm Beach Post, she is the author of "My Kids Are All Grown Up, So Why Are They Driving You Crazy? How to Get Along With Your Adult Children, Their Spouses and Other Aliens." Send your questions c/o Aberdeen Times, Ask Bea, 8781 Shoal Creek Lane, Boynton Beach, FL 33472.

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A moment to Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Just Desserts

Out to dinner with husband's friend and his wife. Come dessert time, I order chocolate cake with scoop of vanilla ice cream. His friend tells the server bring extra forks. I promptly tell the server bring two desserts. He asks, "Why did you do that?" So I responded, "I love my desserts. I don't share! When you ordered your scotch on the rocks, I didn't tell the server to bring extra glasses!"

Bleacher Seats Splinters

By: Rob Tanenbaum (Bermuda Isle)

One of my early memories as a baseball fan is bringing a scorecard to Show And Tell in second grade. I had learned how to keep score the summer before when my grandfather took me to a game at Ebbets Field and the stranger sitting next to me showed me how. So, when spring training of 1956 opened and the first game was on radio back to NY, I grabbed a loose-leaf page, ruler and pencil and constructed a scorecard and filled in the boxes as I'd been taught. What I brought in was a mess because, as every baseball fan knows, the early games of spring training are when the coaches look at most of the players on the roster and dozens of lineup changes start happening in the fourth inning. My teacher, Mrs. Bartachek, was extremely patient with me as I rambled on from batter to batter. I guess she saw how passionate I was and took pity on me. The memory brings a smile to my face more than 60 years later, as the first day of spring training approaches right here near my own backyard. But I won't be going to Jupiter, West Palm or even Port St. Lucie, or listening either. And certainly will not be keeping a scorecard. The spring training was a siren to me. It was a call to winter's end and the summer's approach. It was a bridge to Sunday doubleheaders with my mom at Ebbets and the almost daily broadcasts

Editor's Note - The Aberdeen Times welcomes human interest or feature articles. If you have an interesting story to tell we would love to publish it.

of Vin Scully and Jerry Doggett. Spring training no longer intoxicates me. From my seat, spring training is just another money-sucking niche enterprise in baseball's surrender to big business. Can you imagine what a box seat cost for the 1957 spring training game in Vero Beach that I scored? A dollar? Maybe \$1.25. Today's spring training Tickets, from Jupiter, FL, to Peoria, AZ, are similar to big-league prices. You will pay \$30 or more behind home plate. Expect to dish out \$20-30 down the baselines. You'll get a break if you sit on the berm in the outfield with the grandkids for \$5-10 apiece. The millionaire players you came to see will be in uniform for 3 innings and then they go prowling the Gold Coast for places to get into trouble. My wife tells me I'm out of touch. That if your family is into baseball and coming down to South Florida for a February or March spring break, you'll be happy to shell out \$150-250 for an afternoon watching players you've never heard of wearing uniform numbers like 73 or 91. I say go for it, just don't ask me to come with you. Here's where to go. The West Palm ballpark on Haverhill Road, which opened 2 years ago, houses the Washington Nationals and Houston Astros. Roger Dean Stadium in Jupiter is home to the St. Louis Cardinals and Miami Marlins. Driving to either is 30 minutes or less. Drive another 30 minutes and see the Mets in St. Lucie. Here are some dates to remember (but only if there are tickets still remaining): Mar. 4 Red Sox at Mets; Mar. 5 Red Sox at Nationals; Mar. 19 Phillies at Astros; Mar. 20 Yankees at Astros; Mar. 21 Yankees at Cardinals. Tickets to all these games will cost more, maybe twice as much, as other games. I'll visit Jupiter and St. Lucie for baseball games in 2019, but I'll wait until April when the minor league affiliates are playing and I'll get to see Players 73 and 91, too, but for much less.

Stay Fit When Traveling

By: Jane Evers (Hampton)

It's "The Holiday Season," and for a lot of people, that means travel. And for most people, that means trouble when it comes to health and fitness.

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STAY FIT ... (continued from page 30)

When you're on your home turf and in a groove with your schedule, it's a lot easier to stick to your workout routine, eat healthy, and get a good night's sleep. But when you're on the road for business or vacation -- it can be a LOT tougher.

It's harder to find time to get to the gym. Healthy eating habits take a backseat to indulging in high-calorie meals, junk food snacks, and over-consuming alcoholic beverages. Staying up late becomes the norm, and a strange bed and environment often means broken sleep.

But even though getting and staying in shape when you're on the road can be difficult, it's not impossible:

1. Make health and wellness a priority. First and foremost, it's about your mindset. Be aware of your health needs. Do some physical activity each day. For example, if you're in a hotel choose the stairs instead of the elevator. The first step to keeping healthy is making it a priority.

2. Plan your eating routine. You can eat healthy foods at restaurants; go to health food stores for snacks. Pack protein powders and bars, mixed nuts, low-sugar jerky, roasted chickpeas, and fruit. You can even take hard-boiled eggs and pouches of tuna and salmon (if you don't mind some dirty looks).

4. Take an on-board health and wellness package

of OTC meds like nasal spray, clear eyes, antacid, and antibacterial wipes, hand lotion, mask, ear buds, anti-diarrhea, throat lozenges, zinc tablets etc. I also carry a small bottle of antibacterial lotion. We call it "squirt-squirt."

5. Pack your workout clothes. You can't exercise if you don't have your gear.

6. Do short bodyweight workouts. Even if you can't find or don't want to go to the gym, you can do workouts -- anywhere. A simple 5-minute full-body workout makes a difference and is way better than doing nothing. Even just stretching, simple weight bearing exercises and deep breathing are helpful.

7. Get enough sleep. Try to maintain the same sleep schedule every day, keep your room cool at night, minimize caffeine consumption, and avoid devices with screens for at least an hour before bed. An eye mask and earplugs will help create an ideal sleep environment. If you're traveling to a different time zone? take melatonin 30 minutes before bed. It may help reset your internal clock.

8. Stay hydrated. Between dry plane air, busy days, and time in the sun, it's easy to get dehydrated when you travel. Drink enough fluid so you're peeing a normal amount. If your urine is darker than usual, you need more fluid.

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STAY FIT ... (continued from page 31)

9. Carry an in-case-of-emergency card with you. Carry a card with contact information of someone who's not traveling with you in case of emergency. If you have existing medical conditions or medication allergies, include them on the card in the local language.

10. Don't forget to take your supplements and medications. Remember to pack enough supplements and medication for your travel. I also have learned the hard way to carry a one-week prescription for all my meds just in case I forget something.

Take it from someone who travels many months of the year, it doesn't take too much time or thought to keep yourself safe and healthy.

Questions, Comments? Jkevers@bellsouth.net

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Bidding Messages

The theme of this season's bridge columns is Communication. Sheila and I have both written about defensive communication. This month's article is about bidding communication.

For better bridge results, it is important to agree on what message is communicated by certain bids. It is vitally important for you to have confidence that your partner will or will not Pass certain bids. Every bid during the auction carries a certain message. It may be a forcing bid, an invitational bid, or a signoff bid.

A typical auction will carry multiple messages. For example:

| Opener | Responder |
|--------|-----------|
| 1♣ | 1♠ |
| 1NT | 3NT |

The opening Club bid shows an opening hand of 13 to 21 points. It is invitational. The Spade response is forcing. It shows at least 4 Spades and an unlimited number of points (but at least 6). The 1NT bid shows a minimum opener with 3 or less Spades and, again, is invitational. The 3NT bid is a signoff. The Opener is expected to PASS.

Because there are too many possible bidding sequences, you and your partner cannot discuss all of them. Therefore, certain agreements must be made concerning which bids he is allowed to Pass and which he cannot Pass. Let's take a look at some of them.

Most Opening bids are invitational. You and your

partner must agree on at least one that is forcing. Most partnerships agree that a 2♣ bid by Opener is forcing. All other bids are invitational. That means that a 2NT bid is invitational. That also means that a pre-emptive 2 bid or 3 bid is also invitational.

Most responder's bids are invitational. The responder does not usually know what the Opener's hand looks like when Opener bids 1 of a suit. There are some forcing responses such as bidding a new suit or 2NT.

When playing Standard American, a Responder's jump in Opener's suit is usually invitational (limit raise). A jump into another suit is played by some partnerships as forcing to game and by some as a very weak preemptive bid.

The Opener's rebid should more fully describe his hand. After a 1♠ bid, Opener can make an invitational bid like 2♠, or a forcing bid like 3♣. Opener's rebid is almost never a signoff. A bid like 4♠ after a 1♠ opening bid is not a signoff. It is a descriptive bid showing enough points to go to game even if responder only has 6 points.

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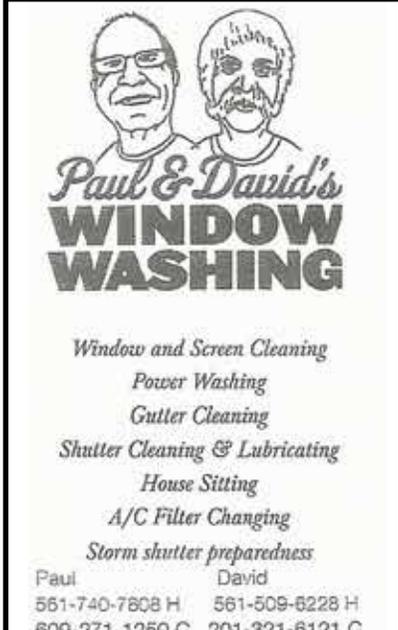
By: Lenore Blinkoff

Hope you all had great holidays! Welcome to our newest members: Lee Shaevitz, Sandra Wenacur, Sandra Meizlish and Roslyn Workman. We look forward to seeing you at our next meeting on Feb. 18 in the Clubhouse.

You ask, "WHY ORT?" This mission-building self-sufficiency through it's educational process - is enacted in the strategies and programs of World ORT.

We're delighted to have at our February meeting Laurie Wohl, a resident and new member of our Chapter. Laurie is

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ORT ... (continued from page 32)

a representative of VAST (Volunteers Against Scams Team). She will explain ways you can prevent scam victimization.

Now that the holidays are over, we would love to have you join us at our upcoming event on Feb. 10 at Avanti's Italian Restaurant in Winston Trails. \$22.00 includes choice of one of 5 menu items and beverages. Entertainment will be by an Elvis Presley impersonator. Contact: Dianna Friedman at 704-5450 or Anita Kogan at 350-0912.

Hadassah Happenings

By: Bea Lewis (Lancaster)

If you are interested in finding out the latest and most innovative medical information and amazing life-saving techniques being researched - and performed - at the Hadassah Hospital in Israel - you are just a click away.

All you need is a computer, an iPad or even a cell phone - to find out on the new and very exciting podcast series titled "Doctors on Call: New Frontiers in Medicine."

Here's what you do. For starters. Go to www.Hadassah.org/podcast.

Then click on Doctors on Call.

Then scroll down to the numerous topics discussed by the medical experts in each of their fields. And what's best is that the information is clear and concise. I did not have to refer to a medical dictionary to understand what the experts were talking about!

I spent hours browsing through the numerous breakthroughs being conducted at Hadassah Hospital. I was intrigued by the research on their groundbreaking robotic surgery, the exciting future of stem cell research, and an up-to-date discussion on celiac disease.

And after the recent Pittsburgh synagogue massacre, a psychologist discussed coping strategies for children experiencing trauma. You can't get more up-to-date information than that!

A special Hadassah program - Women's Health and Wellness symposium, featuring medical experts will be held on Feb, 11 at the Delray Country Club.

The cost is \$36 and includes lunch. For information, contact Marjorie Feldman at 455-2091.

It's Happening at PAP

By: Marcia Levitz (Muirhead)

Have you or your best friend, your parent or child heard these words: "I am sorry, but your test results showed that you have ... CANCER"?

I remember growing up and no one ever said the word, CANCER. It was referred to as the BIG C, and in hushed voices. It can be an unnerving and scary time when this happens. Questions run through your mind. What do I do now? To whom do I go? Who is the best Doctor? What are the survival statistics?

(continued on page 35)

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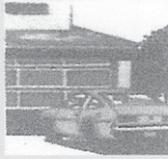
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IT'S HAPPENING AT PAP ... (continued from page 34)

What are the side effects to a treatment, the negatives to the treatment? Who is doing cutting edge research for the Cancer that it is? You might have a "Calgon take me away from all this" moment. For those that do not remember, Calgon was a bath soap to add to your bath for luxuriating in a bathtub to relax and unwind and forget the day's trials and tribulations. Hiding isn't the answer, but calling our dedicated Pap volunteer, Lyn Schultz, is the answer; for she is our Liaison to the Physician's Referral Program. For the last 3 years, she has helped many members and/or their family members facing a difficult health issue by referring them to an advocate at the Specialists at Sylvester Comprehensive Cancer Center. If you are a member of Pap, she is able to expedite a path for you to receive the nationally acclaimed care right here in FL.

In her own words Lyn says, "this care brings hope to those that might otherwise feel they had lost it; for many health issues and not just cancer related." She shared with me that her grandson is in remission from the guidance her advocacy was able to give.

"Life is a gift," she says "No one should have to give up the joys of another day."

As the Pap corps continues to grow, I say Lynn is a gift to us at Pap.

Her number is (561) 734-8570.

Viva La France, Normandy & The Barge Cruise

Submitted By: Vincent Marini (Moorings)

Ernest Hemingway once said, "Whenever I dream of an after-life in Heaven, the action takes place at the Ritz in Paris."

Recently, I told a friend I loved Paris. Her reaction did not surprise me since I heard the "how could you; the French don't like us" comment before. It also did not surprise me that she had never been to France.

I told her, as beautiful as Paris is by day, it is spectacular at night, especially from a boat on the Seine. I said, in addition to the wonderful food and scenery, the French believe in the Golden Rule of Friendship; be nice to them, they are nice to you. Add charm to that and you have a recipe for a very enjoyable trip.

A trip that offers "beaucoup" things to see and do. Among them - tours to the Louvre, Notre-Dame

(continued on page 36)

VIVA LA FRANCE ... (continued from page 35)

Cathedral, Beaux Arts Museum and the Hospices de Beaune Hospital, built in 1443, which is the second most visited place in France. The first is the Eiffel Tower. A NY Times editor once wrote, "If you are in France with very little time, skip Paris and visit Saint-Malo, the maritime town facing out to the sea." Saint-Malo should be seen; however, I agree with Hemingway. - "Never skip Paris." The Palace of Versailles and Mont Saint Michel are also a must see.

My favorite France "Triple Play Visits" were Paris, Normandy and Dijon. In Dijon, we took a 7 day Canal River Cruise on the Escargot Barge. The cruise was a wonderful boat ride with 16 passengers on board attended by to 10 crew members. During the trip we enjoyed walks and biking along the towpaths, and had fun opening and closing some of the locks.

Meals were served daily on the Barge with pre-presentations by the Chef discussing the food and wines being served. Each meal was a feature and a feast. Nightly entertainment was provided by the passengers.

Although Normandy is a place everyone looks forward to seeing, no one has any idea the effect it will have on them. At first we fell into a trance and then we cried. As we stood at the top of the cliff overlooking Omaha Beach, we knew this is where it all happened. This is where the tide of the war and the fate of the world changed. Today, it is a peaceful place where rows and rows of crosses and stars of David reflect the valiant efforts of thousands who gave their lives to achieve peace and freedom. It is a monument that speaks courage and fortitude and is a realistic reminder of the dire consequences of war. All the peoples of the world should visit Normandy.

And Paris! Cuz I love Paris!

My Job Search

Submitted By: Sheila Hyman (Sterling Lakes)

1. My first job was working in an orange juice factory, but I got canned. Couldn't concentrate.
2. Then I worked in the woods as a lumberjack, but just couldn't hack it, so they gave me the axe.
3. After that, I tried being a tailor, but wasn't suited for it, mainly because it was a sew-sew job.
4. Next, I tried working in a muffler factory, but that was too exhausting.
5. Then, tried being a chef-figured it would add a

little spice to my life, but just didn't have the thyme.

6. Next, I attempted being a deli worker, but any way I sliced it I couldn't cut the mustard.

7. My best job was a musician, but eventually found I wasn't noteworthy.

8. I studied a long time to become a doctor, but didn't have any patience.

9. Next, was a job in a shoe factory. Tried hard but just didn't fit in.

10. I became a professional fisherman, but discovered I couldn't live on my net income.

11. Managed to get a good job working for a pool maintenance company, but the work was just too draining.

(continued on page 37)



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MY JOB SEARCH ... (continued from page 36)

12. So then I got a job in a gym, but they said I wasn't fit for the job.

13. After many years of trying to find steady work I finally got a job as a historian - until I realized there was no future in it.

14. My last job was working in Starbucks, but had to quit because it was the same old grind.

15. So, I tried retirement and I found I'm perfect for the job!

Listening to your Inner Voice

By: Sheila Tronn Tannenbaum (Sheffield)

We all have an inner voice that warns us what to do, or not to do, often saving us from harm. For example, "Don't put that envelope with your mother's jewelry into one of the moving company's cartons instead of putting it in your purse." Regrettably, I didn't listen ("Sheila, put the jewelry in your purse. It will be safe and secure there.") Now it's too late. It is probably into the hands of the moving lady, who saw me irresponsibly throw it in the box. What was I

thinking? I heard my inner voice and did its anyway.

Maybe the voice had said, "Don't eat the chocolate cake: it's not on your diet." One hundred and eighty calories later, it's gone. Too late.

"Watch where you're going, you may trip," as you look away from the broken sidewalk, fall and break a hip. The voice knew, you didn't listen.

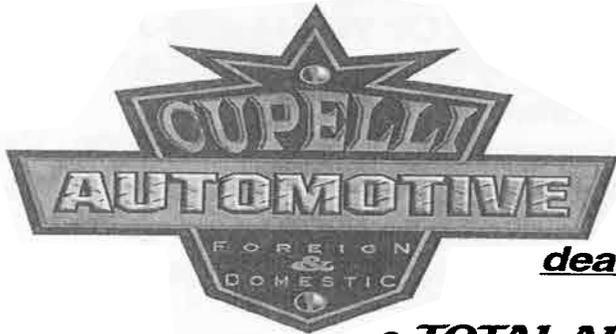
You didn't study as admonished, you got pregnant when forewarned, you pressed the send button on an email that was not ready to go ("check it, check it before you hit send.") Oops, off it went. You heard the voice; you just didn't listen.

It's important. Like take your medicine or your shot, be sure to know where you parked, visit a dear friend before it's too late. It's your own inner voice, like an always means-well friend. Only you can hear it.

Are you listening?

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A Treat for the Sense

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:

(If you sing it, its especially hysterical!!!)

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they
bring,
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

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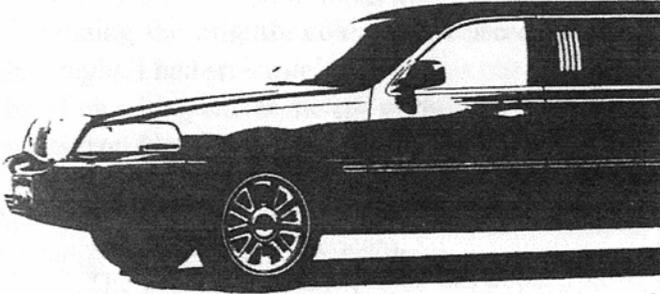
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Senior's Exam

Submitted By: Lew Roth (Sheffield)

You'll have no trouble with this test. New Senior's Exam, you only need 4 correct out of 10 questions to pass.

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after which animal?
- 7) What was King George's VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

ANSWERS TO THE QUIZ:

- 1) 116 Years
- 2) Ecuador
- 3) Sheep and Horses
- 4) November
- 5) Squirrel fur
- 6) Dogs
- 7) Albert
- 8) Crimson
- 9) New Zealand
- 10) Orange (of course)

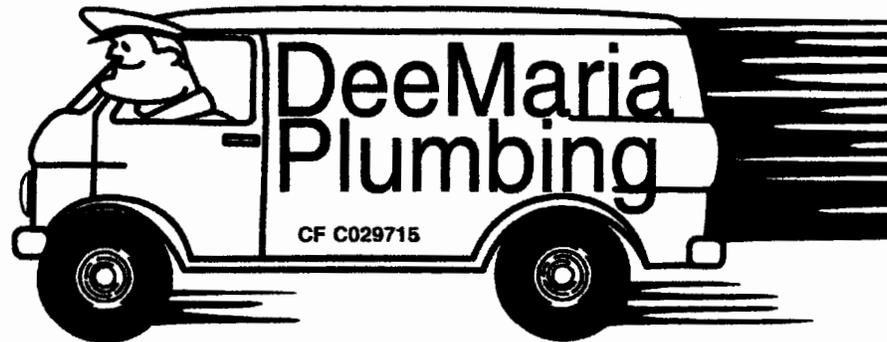
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