



Vol. 24, No. 17

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April, 2019



HAPPY APRIL



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

President David Tager brought us up to date regarding Club events past and upcoming in his Feb. 2019 Message to Members. Some wonderful highlights included.... an amazing Seafood Extravaganza, "Love Is In the Air" Valentine's Day dinner dances, the Showtime Performance by Ashlie Amber Harris, "I Will Always Love You," along with Golf, Tennis, Pickle Ball and Bocce events. Additionally, Aberdeen members should feel very proud that members who participated in the various "Play for Pink" fundraising activities. "Aberdeen is, indeed, a very busy place."

"In addition to the many activities and events this past month, by the time you receive this report, you will have been informed of the Board of Directors' Election Results. I'd like to express my thanks to all who ran for a position on the Board of Directors, (Art Feuerstein, Roy Hanover, David Hollander and Fran Peck). I would also like to take this opportunity to express my thanks and appreciation to Richard Haar and Jay Levine for their years of service on the Board and the work they have done on behalf of the mem-

(continued on page 2)

IT'S THAT TIME OF YEAR AGAIN

By: Dr. Pat Williams (Muirhead)

It's April first! By now most of you are either enjoying your less-than-expected tax refund or frantically searching for receipts and 1099s to file your taxes before the deadline, Mon., Apr. 15. The Internal Revenue Service (IRS) reported tax refunds in the first few weeks of returns declined by an average of 8.7%. The agency attributed the lower return to the Tax Cuts and Jobs Act law passed by Congress in Dec. 2017.

If you still haven't filed your tax return, the task might be easier this year for the following reasons:

1. Standard Deductions have increased. The standard deduction for a single filer rose from \$5,650 in 2017 to \$12,000 in 2018. For married couples filing jointly, the deduction grew from \$11,300 to \$24,000 for the same period. In addition, if you're 65 or older and single you can add \$1,600 to your standard deduction. if you're married, your deduction is \$1,300. In 2018, approximately 68.5% of those who filed taxes chose to use the standard deduction rather than itemize. In 2019, The Joint Committee on Taxation estimates that this number will increase to about

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IT'S THAT TIME ...(continued from page 1)

88 percent of the 150 million households that file taxes.

2. If you do choose to itemize, you can forget about the following items that are no longer eligible to deduct:

a. The personal exemption has been abolished.

b. Interest from home equity loans has been eliminated, unless the loan was used to substantially improve your home.

3. Thresholds for the following deductions are lower:

a. The cap (or limit) on the total deduction allowed has been reduced to the interest on up to \$750,000 of qualified residence debt, or mortgage principal on a primary or secondary home. Formerly, the cap was \$1,000,000. However, mortgages obtained before Dec. 15, 2017, have been grandfathered in at the higher limit.

b. Medical expense deductions have been lowered from 10% to 7.5% of Adjusted Gross Income (AGI).

4. Former tax deductions that are gone:

a. Moving expenses

b. Casualty and theft losses, unless attributable to a federally declared disaster

c. The "miscellaneous deduction" category that could be taken advantage of to the extent the deductions (e.g., tax preparation expenses), etc. exceeded 2% of AGI

Additionally, there have been drastic cuts to the SALT deduction. SALT consists of 2 elements. First, there are state and/or local property taxes such as those paid on a personal residence or automobile. The second component is state and local income taxes or state sales taxes, whichever results in the larger deduction. Starting with the 2018 tax year, the SALT deduction for the total of the 2 items noted above is limited to \$10,000. For filers in high state tax states such as California, NY, and NJ this reduction will negatively impact their tax situation.

And to end on a positive note: Although the number of tax brackets (seven) remains the same in the

(continued on page 6)

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

Apr. 10, 2019 AMGA Closing Day Tournament & Luncheon

Apr. 16, 2019 ALGA Closing Day Tournament & Luncheon

Apr. 28, 2019 Twilight Nine & Dine

Apr. 7, 2019 Showtime Concert Series "Rock Baby Rock"

Apr. 14, 2019 Art Show

Apr. 19 -20, 2019 Seder Dinner

Apr. 21, 2019 Easter Egg Hunt & Easter Dinner Extravaganza

A gentle reminder from the Board and Management: The putting green is available for all members after 5 p.m. (prior to 4 p.m. for golf members). Putters and balls are available near the putting green. Please note that all children under 16 must be supervised by an adult.

Obviously, this is a real putting green and not a miniature golf course. That being said, the turf (grass) on the putting green must be cared for. Sneakers or flat bottom shoes must be worn on the putting green at all times. Additional care should be taken so as not to damage the turf with the putter.

(continued on page 6)



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IT'S THAT TIME ... (continued from page 4)

revised tax bill, the marginal tax rates have generally decreased. For example, the top rate fell from 39.6% to 37%. So, if you're single with income over \$500,000 or married with income over \$600,000, you can enjoy that extra 2.6% tax break.

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

It is our desire to continue to make the putting green available to all Club members after 5 PM, as previously stated, so long as those using it follow the few, simple guidelines included in this e-mail. If you have any questions, please contact the golf Pro Shop.

Ashford Bytes

By: Marty Phillips

Recently Ashford elected new officers and Board of Directors: Pres. David Kerner, VP. Jane Casden, Secty. Fran Grossman, Treasurer, Henry Renkoff. Stan Gilman, Fred Raskin and Herb Greenberg will serve as directors. We want to thank outgoing President Neal Keitz for all his hard work and dedication in serving the community.

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ASHFORD ... (continued from page 6)

By the time you read this, all the homes in Ashford will have been completely painted along with the mailboxes. The landscaping committee, under chair Jane Casden, is diligently “spring” cleaning the grounds and sprucing them up in anticipation of our FL spring rains.

I spend a few days a week at the wonderful fitness center, not because I enjoy it, but I feel it is a necessity. When there I see many Ashfordians - Don and Barb Metsky, George and Lillian Spiro, Stan and Marilyn Gilman, Butch Melstein, Jeff Karp, Marty Chase and Bo Weiner. Occasionally, when I’m on the bike, I catch Bo Weiner swimming his laps.

I hear that Laurie Wohl is an avid pickle ball player. Jane and I frequently play canasta with Henry and Susie Renkoff. I sometimes play golf with Marty Chase who, at 91, outrides me most of the time.

On a sad note, our condolences go out to Emme Rodbell on the loss of her father.

I have read a number of interesting books lately that I recommend. “*The World According to Fanny Davis*”, “*My Mother’s Life in the Detroit Numbers*” by Bridgett Davis, “*My Grandfather Would Have Shot Me*”, “*A Black Woman Discovers Her Nazi Past*” by Jennifer Teege and Nicole Sellmair, “*Waking Lions*” by Ayelet Gundar Goshen, “*Unexamined Courage*” by Richard Gergel and “*Bad Blood*” by John Carreyrou. These should help to keep your brain cells alive and healthy.

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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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Sharing With Sheffield

By: Ruth Krawitz

By the time this issue of the TIMES reaches you, you will have read my extensive letter to all Sheffield residents highlighting the results of the Annual Election for the 2019 Board of Directors held on the evening of Feb. 21st. There were enough members to constitute a quorum, and the entire current slate was re-elected. The board is appreciative of the continuing positive support from residents, both new and long-standing, standing in solidarity. It provides our board the incentive and motivation to continue working diligently on Sheffield's behalf. It is the strong teamwork and confidence in our ability to serve that makes us so special. As a reminder, following are the names of your 2020 Board of Directors. Offices and areas of responsibilities were specified in the earlier Message to Residents.

- Ruth Krawitz President
- David Rinsky Vice-President
- Lew Roth Treasurer
- Lisa Weinstein Secretary
- Maxine Firestone..... Director
- Schwartz Director
- Ed Skidmore Director

Now, on to an entirely different subject. You all received an email last month notifying you of the passing of Lew Roth's father on the 13th of February. Lew's father, Harry, was a notable 104 years old! He neither looked nor acted his age, and this, in itself, for a man who lived more than a century, is particularly notable. I met Harry at a holiday party several years ago, while he was still in his 90s, and I still remember the long interesting conversation we had. Neither his health nor his mind failed him to the extent of a splendid hopeful model for the ageing.

On Harry's 100th birthday, the entire Roth family got together up north to celebrate the momentous milestone. The Roths' middle son, Michael, surprised the family with t-shirts he designed himself - Harry's handsome and smiling on the front, and on the back, a large 100, with all the things, "that are younger than Harry." It impressed me to the extent that I want to share it with my readers. These are some of the items and products that Harry experienced during his extraordinary lifetime; the list is long, but read, ponder and enjoy!

(continued on page 10)

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

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Neighborhood News: A warm Sheffield welcome to Peter Luckmand and Geraldine Farrar

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Turnberry Isle

By: Sherry Morris

The car carriers are roaming the streets, so it must be time for our snowbirds to fly north. But, in the words of Big Bird, "It's always a lovely day in the neighborhood." So, why would you want to go anywhere else?

Before waving goodbye to our friends, the women in our Women's Club have planned some special activities. The best and brightest of these is the Progressive Lunch scheduled for Mar. 15. As this newsletter goes to press, we are looking forward to our fifth (almost) Annual Luncheon. This year's hostesses are Harriet Wittersein, Diana Axelrod, Maureen Kilar, Mitzi Brown, Barbara Pearlman, Mary Wexler and Ellen Livingston. We have appetizers, soup and salad, delicious entrees and fabulous desserts at this event. And, of course



wine. Our President, Anita Ostrow prints a recipe book each year so we can recreate such dishes as Shrimp Bisque, Salmon en Crouete and Raspberry Ricotta Cheesecake at home. Or not. Many thanks to all our hostesses and our many chefs who make this day possible.

Many of us had a lovely day at the National Croquet Center in West Palm Beach. Pat Cohen planned a perfect day with croquet lessons by pros, competitive playing and a buffet lunch on the Club's veranda. What a classy place to spend a day; Rumor has it that a few of our women are getting so good at the sport that they might consider going on tour. Or not.

The new Aberdeen Directories have been delivered. We appreciate the members of our Board of Directors who distribute these each year. The Directory is published by the POA and lists many service numbers in addition to a listing for each residence in Aberdeen East and West.

We still are trying to stay positive regarding our temperamental gate and the Comcast/Xfinity completion of the repair work. Patience is its own reward. Or not.

(continued on page 14)

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TURNBERRY ISLE ... *(continued from page 13)*

April might bring the showers, as well as a Turnberry trip to the “new” Norton Museum of Art and May might bring the flowers, as well as our annual Pizza Party at the neighborhood pool. These are annual “givens.”

Our thriving Book Club recently discussed Eleanor Oliphant is Completely Fine by Gail Honeyman. We met at the home of Ellen Livingston, who also served as our able facilitator. We all feel very fortunate that the Book Club has celebrated our 20 year anniversary.

Whatever Spring holiday you celebrate, may it be happy and include family, friends and food.

Canterbury Communique

By: Dee Levy

Greeting from the Canterbury Community! April, the fourth month of the year in the Gregorian calendar and the month commonly associated with the season of Spring, has arrived. The name “April” comes from the Latin aperire (to open) and describes the blossoming of the flowers and trees at springtime. “April hath put a spirit of youth in everything.” (William Shakespeare) April’s birthstone is the diamond; its flowers, the daisy and sweet pea. Zodiac signs are Aries (Mar.21-Apr. 19) and Taurus (Apr. 20-May 2). Holidays and notable days include: April Fool’s Day, Income Tax Day, Passover, Easter Sunday, and Earth Day.

Occurring annually on Apr. 22nd, Earth Day was founded in 1970 as a day of education about environmental issues. The “brainchild” of Senator Gaylord Nelson, a Democrat from WI, Earth Day began as a national teach-in on the environment. By raising public awareness of pollution, Nelson hoped to bring causes of environmental degradation into the national spotlight. Since its inception, Earth Day celebrations have grown considerably. Today, the Earth Day Network, a non-profit organization, collaborates with more than 17,000 partners and organizations in 174 countries.

In getting to know the surrounding neighborhood and its attractions, we focused on the Ann Norton Sculpture Gardens, located on Barcelona Rd. in W. Palm Beach. Listed on the US National Registry

(continued on page 15)



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CANTERBURY COMMUNIQUE ... (continued from page 14)

of Historic Places, the 2- acre property is composed of rare palms and sculpture gardens, Ann Norton's historic home, her studio and exhibition galleries. On display are more than 100 of her works, including nine monumental sculptures, eight in brick and one in granite. Scheduled exhibitions of recognized artists are also offered; "Contour in Metal Sculpture" by Gino Miles and "An Eye for Nature: Paintings and Prints" by Morton Kaish are currently being shown.

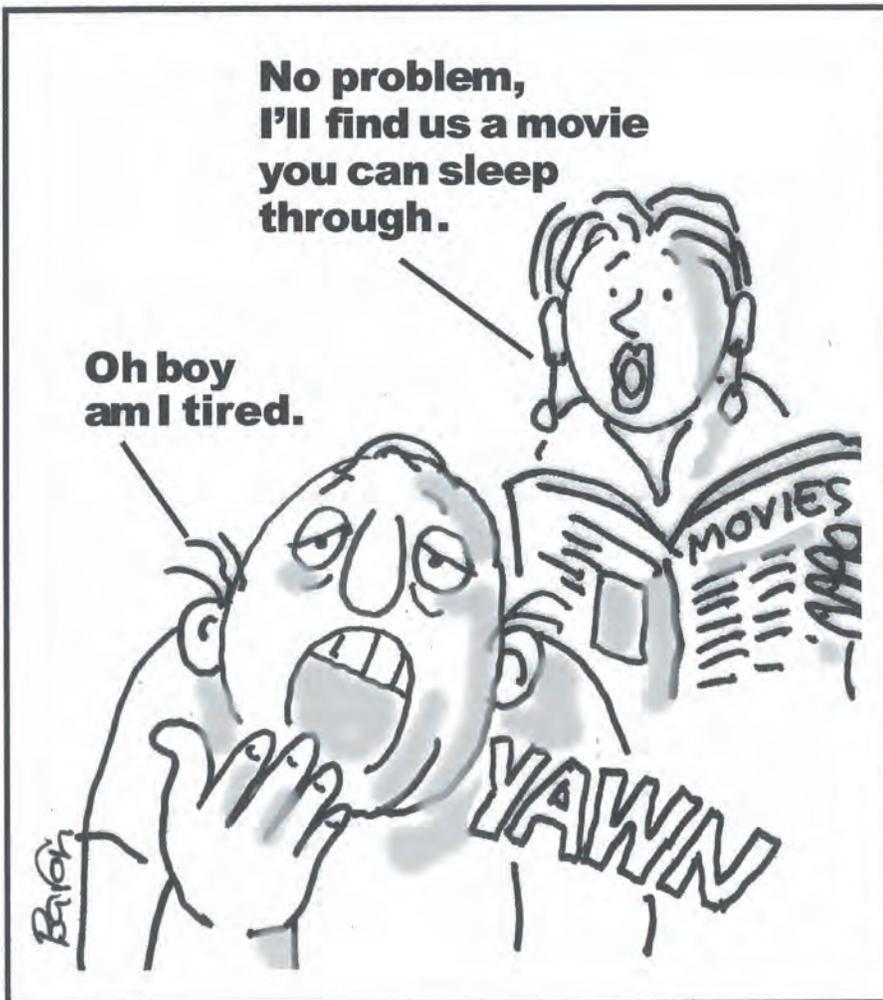
The Ann Norton Sculpture Gardens, a recipient of the STEM (Science, Technology, Engineering, Math) Innovative Award from the S. FL Science Museum in 2018, features a variety of educational programs and events for youngsters each school year. This year on Earth Day, several local organizations including Audubon FL, Everglades Foundation, Loggerhead Marinelife Center, Manatee Lagoon Center, Pine Jog Environmental Education Center, and S. FL Science

Center and Aquarium, will call attention to the day's significance and educate students on actions they can take to protect our earth. Attending this annual event, will be 300 Title 1 students who will visit interactive learning stations presented by each organization and participate in a fun discovery hunt.

On the local scene, we congratulate the incoming Canterbury Board of Directors and also thank Barry Kalen for organizing the very successful Canterbury Block Party. On a sad note, we mourn the loss of Ellen Neiges, a long-time resident of Canterbury, who passed away in January. Ellen was an active and responsible member of the community who served as Secretary of the Canterbury Board of Directors for several years. Our heartfelt condolences to Ellen's family and friends.

In closing, we wish all our Aberdeen friends and neighbors a happy, healthy and satisfying month of April. As Maya Angelou said, "Do the best you can until you know better. Then when you know better, do better."

Harvey Baron's Early Bird Special



Bermuda Isle Buzz

By: Eliot Ostrow

Spring has sprung! Here we are in APRIL! A quarter of the year has passed, the clocks have been changed, and it's getting close to the time when the frozen tundra up north begins to thaw and the first snowbirds start leaving us. Spring break, Passover and Easter will bring friends and family here for a visit or will send us packing to visit them. So much to look forward to!

Things are heating up in Bermuda Isle as well. We just had our annual Spring Fling bash by the pool, but with a new wrinkle this year: a chili cookoff/potluck luncheon. We had a great turnout, and many different chili recipes to sample. Those who were not big chili fans had plenty of other entrees, side dishes and desserts to enjoy, thanks to our wonderful resident chefs. Thanks to everyone who participated, and especial-

(continued on page 16)

BERMUDA ISLE ... (continued from page 15)

ly to Everetta Lofton and Ronnie Ostrow for organizing the event, and to our own DJ Myron Lofton for providing the music.

Our HOA Board is finalizing plans to refresh the look of Bermuda Isle's entryway landscaping. We look forward to an even more inviting welcome for our residents and visitors as they come into our neighborhood.

We have some new residents here in Bermuda Isle: Kelly Burlison, who joins her parents as a BI homeowner, and Stacy Verity and Cliff Phillips, who are new renters in our community. Welcome! Also, congratulations to Judy Schwartz, who celebrated her birthday last month. (Since I want her to keep talking to me, I won't mention which birthday it was!)

Our small community is punching way above its weight at the Club. Our own Art Feuerstein was recently elected to the Club's Board of Directors, joining Diane Kamp, who was elected to the board last year; Ronnie Ostrow is the new chair of the Club's Activities Committee; and Everetta Lofton has been reappointed as the chair of the Membership Committee. Congratulations to all, and thanks for your service!

We want to wish everyone in Bermuda Isle and in the greater Aberdeen community a great Easter or a zissen Pesach (sweet Passover) surrounded by loved ones. Happy Spring!

Harbour Lights

By: Wendy Latman

Here we are at the month of April. April is the fourth month of the year in the Gregorian calendar and its predecessor, the Julian calendar. Its name is derived from the latin word aperit, which means to open. April is the month of the growing season when trees and flowers begin to "open." It is also believed that the month is named after the Greek goddess, Aphrodite.

Other facts about April: April starts on the same day of the week as July and ends on the same day of the week as December in common years. During leap years, April starts on the same day of the week as January.

April's birth flower is the daisy and sweet pea. The

(continued on page 17)

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HARBOUR ... (continued from page 16)

birthstone for April is the diamond which symbolizes innocence.

So, what does April bring to S. FL, and The Harbours?

We have two major holidays in April – Passover and Easter. Happy Holidays to everyone.

Some of our snowbirds will be flying north or west to celebrate the holidays with family, or to end their winter season in S. FL. The roads may become less congested and the local businesses will start putting out specials. Yeah!

Local News:

Congratulations to Wes Ervin on making his first presentation at FAU’s Life Long Learning Institute to an audience of 405 people. The subject was “2000 Remarkable Years of Jews in India.” They are already inviting him back for more presentations.

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I Didn't Know That!

By: Vincent Marini/Moorings

A SHOT OF WHISKEY! - In the old west a .45-cartridge for a 6 - gun cost 12 cents, so did a glass of whiskey. If you were low on cash, you would give the bartender a cartridge in exchange for a drink. It then became known as a “shot of whiskey”

BUYING THE FARM! - During World War 1 soldiers were given life insurance policies worth \$5,000. This was the price of an average farm, so if you died, you “bought the farm.”

RIFF RAFF! - The Mississippi River was the main way of travelling north to south. Riverboats were expensive so most people used rafts. The steering oar on the rafts was called a “riff,” which transposed into “riff-raft,” meaning low class.

SHIP STATE ROOMS! - Passenger cabins on Steamboats were not numbered, they were named after states. To this day cabins on ships are called
(continued on page 18)

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I DIDN'T (continued from page 17)

“staterooms.”

OVER A BARREL! - In the days before CPR a drowning victim would be placed face down over a barrel and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective, so if you are “over a barrel” you are in deep trouble.

COB WEB! - The Old English word for “spider” was “cob”

IRON CLAD CONTRACT! - This came about from the “ironclad ships” of the Civil War. It meant something so strong it could not be broken.

SLEEP TIGHT! - In Shakespeare’s time, beds were made with wooden frames with ropes tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The ropes would then be tightened to get a better night’s sleep. Hence the phrase ... “Goodnight, Sleep Tight.”

BARGE IN! - Heavy freight was moved along rivers in large barges pushed by steamboats. They were hard to control and would sometimes swing into piers or other boats. People said and still do say they “barged in.”

GOLF! – The word GOLF was first mentioned in writing in 1457 on a Scottish statue on forbidden games as gouf, possibly derived from the Scots word goulf meaning “to strike or cuff”. This word may in turn, be derived from the Dutch word kolf, meaning “bat” or “club” and the Dutch sport of the same name.

It was not, as mentioned in recent E-mails derived from an abbreviation of “Gentleman Only - Ladies Forbidden.

HOT OFF THE PRESS! - As paper goes through a rotary printing press friction causes it to heat up. If you grab the paper right off the press, it’s hot. This translated to “immediate attention.”

This column is not “hot off the press” it is however intended to get your attention and make you feel a

(continued on page 19)

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I DIDN'T ... (continued from page 18)

little bit smarter.

PS,  Nobody Asked Me But...I am going to tell you anyway  just read a Great Book, truly a page turner – “Beneath the Scarlet Sky” by Mark Sullivan. A movie about this true story is going to be released sometime this year.

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Sterling Lakes

By: Judy Lukow

Sterling Lakes Social Committee

How lucky are we to have such terrific volunteers making us happy! The Social Committee has done it again with the **Sterling Lakes Get-Together Dinner** at our clubhouse. Our neighbors came out and we wine and dined and talked up a storm! As always a good time was had by all. Thank you again to Carol, Joan, Leah, Marsha and Ronnie. Keep an eye out for the April flyer social events.

Spotlight on Family Stories

Judy Lukow: When my Grandma Annie came from CA to visit us in NY, she would always give me and my 2 sisters a silver dollar. I asked her, “How come CA has silver dollars and NY has paper dollars?” She said, “because it’s very windy in California and the paper dollars would fly away.” I believed that for many years.

My Grandma had false teeth she would put in a glass of water at bed time. My sisters and I were fascinated by her teeth in a glass. On one visit, we met her at the airport. The first thing we asked her in our excitement seeing her was, “Grandma, take your teeth out so we can see them!”

Sydell Nadel (a winter guest in Sterling): My BFF always quotes her mother. Here’s some of her mother’s gems:

“Guests and fish after 3 days, stink.”

“If people walk all over you it’s because you laid down like a rug.”

When Sydell met and married her husband her mother said, “There’s a lid for every pot and Sydell found her lid.”

Ronnie Wiederlight: Her 2 granddaughters, a senior and freshman at U. of Delaware, asked her, “What are you doing on Spring Break?” Ronnie said, “I don’t get Spring Break.”

Renee Engle: When her guests leave she says, “Thank you for coming and thank you for going!”

Sharing Good News

Marsha and Irv Menahem: On February 24, Marsha and Irv welcomed their 12th grandchild, Alexander Michael. He weighed 7 lbs, 9 ozs., and was 21 inches tall. His big sister, Harper, who is almost

(continued on page 20)

STERLING LAKES ... (continued from page 19)

3, said, "I'm so happy I have a brudda!" Marsha and Irv, whose 10 other grandchildren live up north, are blessed that Harper and Alexander live in FL. There's nothing better than an infant to remind them how sweet and awesome life can be! Congratulations to the Menahem family!

A Little of This and a Little of That

Renee Engle: Renee, her husband and granddaughter, Rachel, went to the Valentine Dinner Dance at the Clubhouse. The music was great and food was delicious. On the internet there's a picture of her granddaughter dancing with her grandpa (big smiles).

Joel Lukow: Joel turned the Big 80 last month. Happy Birthday Joel!

Stephen Richmond: His son, daughter-in-law and granddaughter visited him along with his daughter. He always looks forward to these visits.

Marvin Charen: His wife's family came for a visit. It's so nice to hear people enjoying their in-laws visiting.

Amy Hastings: Amy recommends the Hacienda Mexican restaurant in **Delray Beach**. She likes it cause it seems more authentic

Bette and Rich Korn: The Korn's are off on an adventure again...Living La Vida Loca in their Panama home. Lucky them being right on the Pacific Ocean where they can see the whales and dolphins playing from their backyard patio. Call them if you want to know more about Living La Vida Loca.

Circling The Coves

By: Mary Chuzi

"No (April) foolin'! It's a new season here in the Coves where, despite what the calendar's beginning and ending dates are, we run on an April-through-March timetable, aside from the budget and vendor contracts.

Most of our snowbird renters left just a few days ago, and many of our owners who, too, are "seasonal," have noticed the forecast for hot weather just around the corner and are packing up to return to their northern homes. We have a sort of "Springmer" or "Sumpring" (newly created words!) here in where one season simply blends in to another without a clear division. Many clubs and activities here in East

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CIRCLING THE COVES ... (continued from page 20)

Aberdeen will hold their final events this month; however, there are several which continue through the summer. Let the Aberdeen East Newsletter and calendar serve as your guide.

Our season starts with our new Board of Directors, which, as of this writing (in early March, more than 2 weeks before our Annual Meeting) were to assume their positions by acclamation rather than election. Serving Year 2 of their year terms will be Bob Grazioso, Francine Garfunkel and Alan Louzin. Serving year 1 of their newly elected two-year terms are Stuart Burton, Bob Westfalt and Paul Chuzi. One member of our 7-person BOD has retired and as of now, that position is open. Officers and committee chairpersons were selected by board members themselves following the Annual Meeting and are not known as of this writing.

About that missing board member who has retired from "active duty" - - Rose Romano. There is hardly any resident here in the Coves who is not acquainted with Rose. She has served in so many capacities here in the Coves AND in Aberdeen East over the years, that no longer having her as a board-working, outgoing, tireless fixture" will be difficult

to comprehend. If you haven't seen Rose "at work," you can't imagine just how many volunteer hours she has put in over the years. A typewritten "Thank-you" seems inadequate for all she has done, so when you next see her strolling the Coves Circles, or at a social function, or on some type of duty at the Clubhouse, please offer her a heartfelt thank you or word of appreciation in person. Not to worry; she will still be a resident here, but she is officially "off-duty"! Congratulations, Rose, on a job well done and "thank-you." You are officially entitled to rest on your laurels.

On a sad note, we offer our condolences to the family and friends of long-time resident, Pearl Bishop, who died recently from injuries sustained in an automobile accident.

Here's hoping that the month of April with both Passover and Easter, will be a special month for all. As Shakespeare wrote, "April hath put a spirit of youth in everything." May you, too, enjoy some of the spring spirit and let it put a spring in your step as we look forward to the merry month of May!

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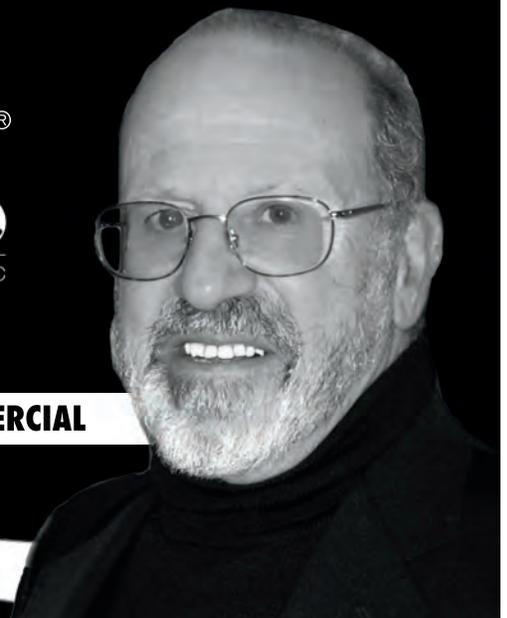
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ORT Chapter at Aberdeen

By: Lenore Blinkoff

For those who were not able to join us for the "Edward Twins" show missed a phenomenal production. Special kudos to Anita Kogan and Dianna Friedman, co-VPs of Fund-raising. It goes without saying this past schedules such fun and interesting events to support our ORT Chapter at Aberdeen. It is because of their dedication to ORT that this Chapter has been in existence for **31 years**.

Yes, 31 years at Aberdeen!

Because of the hard work and efforts to ORT by our many members, we have been able to build schools throughout the world including the U.S. The main purpose of ORT is to provide education to individuals to become self-reliant--- both financially and psychologically. Please attend our meeting on Mar. 18th at 9:00 AM in the Clubhouse. We welcome all! Looking forward to seeing you and having you join our ORT efforts.

It's Happening in Dorchester

By: Carol Baron

Among the days we are looking forward to this month are Easter and Passover. We are looking to get past Apr. 15th when our federal taxes are due. Other than that, we can just enjoy springtime and all of our personal celebrations the birthdays, anniversaries, graduations, family occasions and just the ability to be around and partake of it all. Life is about giving back, but if you are lucky you will have

the opportunity to get back, as well.

If you take a quick look back you will note that Dorchester had its annual meeting in March and relected 6 members of its Board of Directors. They are Steve Lippert, Carol Baron, Jeff Nisall, Doug Schwartz, Ollie Klapper and Neil Goldberg. We are still looking for a 7th board member. Any of our residents who may be interested should contact our President, Steve Lippert. We hope someone will step forward. In addition, walking around our community you will see the the repaved streets, the pressure cleaned sidewalks and the new mailboxes. It has been sort of a face-lift for us. There comes a time when all of us could repairs or a face-lift.

One of our residents informed us of a local gas station knowingly overcharging for gas. We were not told where this occurred. However, it was reported to the FL Fraud Hotline and the Palm Beach Sheriff's Office, but no action appears to have been taken. So this is just to let you know and to tell you to be aware when you purchase gas so that you are not a victim of fraud.

The golf course, the tennis courts and bocce areas have seen many of Dorchester's residents participating. Seen in these areas were members of the families of Bender, Pyne, Marsey, Lippert, Urbinato, Baron, Klapper, Katcher, Applebaum and many others. And, you could also find them and other community members enjoying the Sun Set Lounge while enjoying each other.

Spring is here another hour of sunshine each day and time to enjoy all that we have.

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Moorings Matters

By: Eileen Hahn

March was a month of good and bad---We started with the Men's Club dinner dance at the Fountains Country Club honoring our president John Unger as Man Of The Year. It was a dress-up fun affair: the evening's highlight was their adorable granddaughter, Lilly who, with her dad Jason, arrived from MI with charismatic personalities and great dancing skills. Mom was home with her twin brother and sister and the other Unger son was out of the country on business. Carol Carleton had her sister back as her room-mate on the Men's Club cruise and when she

(continued on page 23)

MOORING MATTERS ... (continued from page 22)

isn't in aerobics she was chairing the theatre party for the Travel Club. That's what we call involvement. Judy Kaminski finally got to California to hold her new grandson after postponing the trip since October. Lola Greenberg had her daughter visiting and Mitzi Licht's son and daughter-in-law dropped in for a short visit. Georgianna Panos had a special birthday and her kids all joined her for a party and she proved how many people fit into her new home in the Moorings. Cousin Linda Pagoulatos joined the festivities and later had a childhood friend visiting. Helen and Joe Fradella had another party in NY and Jayne Bartecki had another get-together with Martini. Marilyn and Alfred Lubell had daughter Julie and Simone and an adorable puppy that was bred in FL and was the bat mitzvah present for granddaughter Rachel in VA. The grandparents were there for the occasion and all the festivities that followed.

Never to be left out Isabelle and Don Rubenstein had their son and daughter-in-law enjoying our sunshine for a week.

"Compassion is sympathetic consciousness of other's distress together with a desire to alleviate it." This is quoted from Webster and maybe it should be memorized. Penney Fischler is still in rehab and Salvatore Truilo is going to a nursing facility, obviously no longer able to manage with home care. Flora Miller decided to examine the tile floor on her lanai and did it head-first severely injuring her arm and bruising herself. It's amazing the injuries that occur in our own homes, with which we are so familiar. When a woman lives alone and is a victim of a rodent problem, which unfortunately has plagued many residents over a too long period of time, wouldn't you expect those who have successfully solved this problem to offer some constructive advice. Telling one to move is not a means of alleviating the problem. This goes back many years when we bought owls and put up houses for them, but they decided to fly away. This started at the school and has been an ongoing situation. Remember, with all that occurs around us, but for the grace of G-d goeth you.

The good news is that most of our men thought it was too far to drive to Jupiter for the Orchids of Asia Spa and probable couldn't afford it!

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Waterford Watch

By: Steven Ledewitz

Two new board members were elected at our annual meeting to serve for the next 3 years. They are Walter Doyle and Bob Lemoine. The officers for this year are Karen Rabinowitz- President, Rod Goldenberg- Vice President; Gloria Miller- Secretary; Alan Nash-Treasurer and Walter Doyle-POA Rep. The new committee chair people are Rod Goldenberg-Landscape, Donna Doyle-Social, Alan Nash-ARC, Alan Nash-Finance, Rod Goldenberg-Security, Bob Lemoine-Security and Karen Rabinowitz-Communication. If anyone would like to serve on a committee contact Karen.

During the month of Feb. we lost 2 long-time residents. Arthur Wolfe, who, had lived in Waterford since 1995, passed away on Feb. 3, and William Ap-ton, who had lived here since 1990, passed away on Feb. 4. The community offers its condolences to the families.

Beverly and David Kennedy thank the community for the cards and phone calls of condolence when their daughter, Laura Kennedy Begnoche, passed away.

I am still looking for community information for the next issue of the Aberdeen Times. If you have children or grandchildren visiting, or you visit them, let me know. The same goes for weddings, anniversaries or any other special occasions or special trips.

Brittany Lakes Bugle

By: Jerry Zarkin

Braking news: This is your ace reporter Jerry Zarkin! SNEAK PREVIEW: A new special social event for residents of Brittany Lakes is planned for Mar. 30th. Since this issue will not hit the newsstands until the first of April, we are nevertheless giving our loyal readers the privilege of reading "Yesterday's News Tomorrow."

The food portion of the rained-out Block Party was salvaged by the yeoman efforts of Sherry Rosenstein and Cheryl Ferris, who set up a drive-by pickup service. They each had previously worked for A & W Root Beer Drive-in and on roller skates they delivered your sub sandwich and soda to your car window. They donated their tips to the Brittany Lakes Special Events Foundation aka BLSEF.

The new Social Party (not a political organization) featured live entertainment with Tony Martin singing "There is No Tomorrow," and Pat Boone singing "April showers."

Chuck Levine won the Bermuda Short's contest while the lovely snowbird couple of Howard and Ruth Gordon raffled off Cleveland Brown's memorabilia with the proceeds to be donated to BLSEF. Ginny Bennette of Rockford Road set up a fortune teller booth and was mobbed by residents wanting to know next week's Power Ball winning numbers. Marc Abramson, who is an elliptical-bike-whiz, gave a demonstration of how to have a fantastic workout while watching Fox News and CNN simultaneously. Harris Fishman, champion handball player, gave a demonstration of how to excel at this arduous and difficult sport.

Your ace reporter and his incredible wife, Phyllis, just celebrated their 43rd wedding anniversary and she commented that my waist now matches the number of years we have been together! We also finished watching the incredible series the Marvelous Mrs. Maisel. If you want to go back in time to 50s and re-visit the Catskills (also known as the sour cream Sierras) and laugh and cry over the world as we knew it then, do not walk but run to see this marvelous series. (I do not own stock in the production.)

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Hampton Happenings

By: Janet Friedman

One of our neighbors recently told me that there are over 70 dogs in Hampton! That may or may not be true, but we all know there are a lot!! I know several Hamptonites with more than 2 dogs each. We are most definitely a dog-friendly community. We have them in all shapes and sizes and now we are welcoming the latest addition to our dog community.....Casper, a Bichon frise who is a ball of white fluff (kind of like the friendly ghost) who comes to us from Lakeland, FL. When Vicki Flannery and Linda Stuart went to the breeder to get a dog they were surprised to find that the puppy they originally wanted had been sold already! There was only one puppy left. Casper. He was the runt of the litter. Vicki and Linda who have always had dogs fell in love with him and took him home. He is 5 months old now and you can see him prancing around the neighborhood and loving everyone he meets.

Casper is unflappable. He jumped into a swim-

ming pool at a cousin's house....no problem. He did not get upset....just started dog paddling (of course). They picked him out of the pool by his harness and he just went happily about his business as if nothing had happened. He was under the sofa one night and came out with a Kindle wire! He has been known to chew on table legs and the corners of decorative statues! Each night before he goes to sleep he races around the house like the ghost he is named for. When he finally gets tired and goes to sleep it is in a different spot every night! Oh well, puppies will be puppies.....

Before she retired, Vicki was a service rep handling very large accounts for a major office supply company in Hartford, Ct. Linda was a systems developer for Ct. She started out with key punch cards and ended up programing! Vicki, Linda and Dennis Szaleczki (Vicki's stepdad) came to Aberdeen 4 years ago. Look for Casper the next time you are driving by or walking around the community....you can't miss him! A little white puff ball prancing along.....

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HAMPTON ... (continued from page 25)

By now I am sure that you have noticed our new Hampton sign and the changed landscaping surrounding it. The flowers are now growing and blooming and the colors are beautiful. Thank you to everyone who made it all happen.

The annual Hampton luncheon is just about here. It will be on Sun., Apr. 7th, at Arrabiata's Restaurant on Jog Road. Meet and greet at 12:00 PM and lunch at 12:30 PM. Sign up to join us! There will be a 50/50 raffle and 2 gift baskets will be given away. The food and service is always wonderful....but it is the neighbors themselves that make it so special. If you would like to attend please call Janet Friedman, Connie LaMendola or Ellen Gold.

Our next book club will be at 10:30 Tues., Apr. 30th, at Connie's home. We will be reading "The Five Presidents" by Clint Hill. This is a non-fiction book written by a secret service officer who worked for all 5 of these presidents. Join us for an interesting morning. Gentlemen are invited. Get well wishes to Jeff Hirschman and Vicki Flannery.

Well, we all know about April Fool's Day. One year my sons put sugar in the salt shaker and salt in the sugar bowl! The exact origin of this day is unknown. It appears to have a number of possible origins, and may have evolved from any number of them. Some of the origins date back to the days of the Roman Empire.

In line with April Fools' Day.....here is a puzzle contest for Hampton. We'll post a new puzzle each month. Whoever is the first to solve it will win a prize....Good luck!

PUZZLE:

A motorcar is three times as old as its tires were when it was as old as the tires are now. When its tires are as old as the car is now, the car will be a year older than the tires are now. What are the present ages of car and tires?

*Email your answers to Janet at butterbib0730@gmail.com

What's the best exercise for you?

By: Jane Evers (Hampton)

I've always like to exercise. When I was in my 20s & 30s, I loved tennis and bike riding. My 40s and into my 50s, I enjoyed step aerobics and weight lifting. In

(continued on page 27)

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WHAT'S THE BEST ... (continued from page 26)

my 60s, I loved to hike in the hills and continued with my stretching AND weight-training. Then I broke my shoulder. Weight lifting became too difficult, so I tried yoga and water aerobics. As my shoulder got worse (I developed osteoarthritis), I had to give up weight-training and yoga but continued with water aerobics while adding walking in the pool to the mix. Now, in my early 70s and a few weeks out from complete shoulder replacement surgery, I need to re-examine what I should try next. I came across this article and thought I would share it with you.

These four questions can help guide you in exploring new activities:

What's the best exercise for you? The one you'll do. To stay motivated and challenged, try something new. The questions below may get you thinking about what you can do to expand your range of physical activities.

1. What factors should I consider when choosing a new exercise?

Your answers may include:

- Personal enjoyment or interest — Choose something that sounds fun or that you've always wanted to try.
- Convenience — How close to home or work is the activity? How easily does it fit into your schedule?
- Social factors — Do you prefer to participate with others, or do you like to exercise alone?
- Required skill level — Can you take a class or meet with an instructor if you need to?
- Level of physical impact — does the activity involve high-impact movements that may not be suitable for you?

2. What's best: an exercise focused on a specific part of my body — such as abs or thighs — or several kinds of exercise that use different body parts?

Abdominal exercises will help strengthen muscle and improve your posture but will not help you "spot reduce" or lose weight around the abdomen. The key here is burning calories. Aerobic (cardio) exercise is the most efficient way to burn calories, and there are many different types to try, such as bicycling, jogging and working out on an elliptical machine. Cross-training, which alternates your workout routine with various exercises, can reduce your chance of injury to a specific muscle or joint due to overuse and it can help alleviate boredom.

(continued on page 28)

WHAT'S THE BEST ... (continued from page 27)

3. What if a new exercise I try causes pain?

Exercise that causes pain isn't beneficial and can result in serious injury. It also can crush your motivation. Stop any activity if it hurts — and then try something else! It's normal to experience some soreness after trying a new exercise but not pain.

4. What steps can I take to help prevent injury while exercising?

- Warm up before exercising. Start with a less-intense (slower, easier) version of your cardio activity for 5 to 10 minutes.
- Wear proper shoes and protective gear.
- Take precautions in inclement weather. We don't get ice and snow, but we do get wind and torrential rains. Watch where you step and wear proper shoes or sneakers, not flip flops in the rain.
- Drink plenty of fluids before, during and after exercising.
- Cool down after exercising. Do a lower-intensity version of what you did during your workout for 5 to 10 minutes or try some general cool-down exercises.
- Get adequate sleep.

We're lucky here at Aberdeen to have a marvelous fitness center at our disposal. As soon as I'm given the green light to begin an exercise program (I'm already begun physical therapy), I will embark on a new fitness program at the fitness center.

OfCourse, it's recommended that before embarking on an exercise program check with your physician.

Love to hear about your fitness history...

Edited from www.changethatup.com

Bleacher Seats Splinters

By: Rob Tanenbaum (Bermuda Isle)

In my never-ending, worldwide quest to inform my readership about the peculiarities of sport, I decided to give Vietnam a try and I wasn't disappointed. In eight days in southeast Asia, I noticed one tennis court at a resort, didn't see but read about a dozen golf courses, saw no natives swimming in the oceans or pools and was told badminton was very popular. Yet it took only a few minutes on the ground in Ho Chi Minh City to realize the national sport of Vietnam is crossing the street. To get from one sidewalk to another takes superior athleticism, flawless timing, foot-eye coordination, balance and most of all, bravery. There are 45 million registered motorbikes in

the country including more than seven million in the city with a population of 8.5 million. Seemingly, all of them perpetually come at pedestrians from at least 6 different angles on every street and every sidewalk from about 5 AM to midnight. Think of Leiningen vs. The Ants with exhaust fumes. Since there are almost no traffic lights and even fewer visible police, it's a modern day version of the Wild West. Traffic deaths in Vietnam kill 30 times more people than pandemic diseases. Now I'm making this sound as daunting as I can, but in reality I learned it's not that scary. You just have to take the first step toward your objective and then the second and so on as long as you never

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BLEACHER SEATS ... (continued from page 28)

ever stop. Like a Hawaiian surfer looking for the big wave, you have to wait for a 10-yard gap in the bikes and take that first step. Then you have to keep going continuing at the same exact pace with your heading swerving in multiple directions. By doing this, a crossing-the-Red-Sea miracle takes place. The motorbike drivers adjust to you and veer, slow down or speed up creating a safe path. You learn not to fear the motorbikes at all, but you must respect the utter disdain that automobile drivers have for pedestrians because they don't care and they'll run you over. Once you've reached the Promised Land of the opposite sidewalk, I think the danger increases. Most sidewalks are 90 percent blocked by parked motorbikes in front of the tiny storefronts and restaurants. So you're walking on curb/sidewalk simultaneously with other hazards such as street vendors, kiosks, trees, cracked curbs and sidewalks and dips because of driveways. You must keep your eyes focused on the ground in front of you so you don't trip. In the meantime, you are getting sideswiped or cut off by motorbikes. The bikers come in all shapes, sizes and ages and both sexes. More than half wear masks to stave off dust and fumes. Some commercial bikes carry 2 or more strapped-on crates or 100-pound bags or rice. Some drive one-handed with objects like seven-foot pipes in the other hand. It's not unusual to see families of 4 or 5 on a bike and I even saw a couple with large dogs sitting on the seat in front of the biker. The view from the passenger seat of a taxi barreling through the same streets may be safer but is no less a thrill ride. The driver uses his horn incessantly to warn bikers of his looming presence. Dangers instantly appear from everywhere and I imagined the driver next to me had his hands on a Nintendo joystick instead of a steering wheel. But at least on all my journeys, everyone survived.

Ironically, how the Vietnamese handle traffic jeopardy, played an important part on why I went there in the first place. We were there for the wedding of one of my son's closest childhood friends. The groom was in San Francisco several years ago, when at a street corner, a visiting Vietnam woman fearlessly walked out into the oncoming traffic following the customs of her homeland. He yelled at her and she jumped back to the curb just in time. He started to admonish her but fell in love instead. Yes, it's a wide world of all different kinds of sport.

Bridge - Try It, You'll Like It

By: Lew Roth, Sheffield

Opening Leads

Opening leads often determine the fate of the contract. The Player on lead must be aware of the Bidding. Here are some suggestions for Opening Leads.

1. Has your Partner bid?

It is usually correct to lead your Partner's suit. However, it is vitally important that you lead the right card so that he knows what you have in his suit. Lead low to show you have an honor. Lead the top card in that suit if you have no honor. If you have never supported your partner's suit, show him count i.e. high/low for 2, etc

2. Have the opponents shied away from No trump?

If the opponents bid 3 suits and then finally settle in on one of the suits already bid or No Trump, it is likely that neither of them have stoppers in that 4th suit. Lead it!

3. Does there appear to be ruffing power in the

Dummy?

If so, lead trump, if that appears to be reasonable.

4. Has Partner had a chance to Overcall, but did not do it?

If your partner has not overcalled, and he is marked with some high card points, do not lead the suit he could have overcalled in. It is likely he is finesseable. Let the Declarer do his own dirty work.

5. What about Short Suit leads?

Short suit leads require a trump entry. The reason for a trump entry is to stop the Declarer from running the suit you are short in.

You might also lead a short suit when you have a very weak hand and the only tricks you have a chance of taking are trump tricks.

Sometimes you can detect from the bidding that your partner has a short suit. For example, if both your opponents have bid the same suit and you are holding 4 or 5 cards in that suit.

It is very tempting to lead a suit your partner may have only one in...but you may be giving away tricks if your holding the King three times or the Queen four times.

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BRIDGE ... (continued from page 30)

6. What about Leading an Ace or Leading From an Ace?

If one opponent opens a weak 2 bid and the other opponent raises it to 4, you must make an aggressive lead. Usually you will want to lead an Ace and see where the Dummy 's high cards are. For example, if you have the A,K in a side suit, lead the Ace and see what Dummy has in that suit. If Dummy has Q, J,x,x in that suit, you will know not to play the K.

Here are a couple quizzes for you

West	North	East	South
		1 ♥	Pass
2 ♥	Pass	2 NT	Pass
3 ♥	Pass	Pass	Pass
South Holds		♠K, 9, 8, 5	
		♥7, 3, 2	
		♦J, 6, 5	
		♣A, 7, 6	

Dummy will probably be very weak since the 2♥ response shows only 6 to 9 points. West also rejected partner's invitation for game. Further, West hand is likely distributional rather than flat since the NT attempt was rejected. What lead is called for?

Clearly, a trump lead is called for!!!!

Let's try one more.

West	North	East	South
		1 NT	Pass
2 NT	Pass	3 NT	Pass
Pass	Pass		

South Holds ♠9, 5, 4, 3, 2
♥J, 10
♦7, 4, 2
♣Q, 3, 2

Since South lacks a ready entry, a Spade lead does not seem like a winning defense. North, on the other hand, must have a few points and probably has some Hearts since West made no effort to find a Heart fit. Many good players would try a Heart lead.

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The Sunny Shores

By: Estelle Morganstein

It has been said that no news is good news, as this month's short article may suggest.

Our HOA contracted to power wash the sidewalks along Parkwalk Circle West which was completed a few weeks ago. This done at regularly-scheduled intervals in order to keep our community looking clean and preserve the integrity of the walkway. The board is also reviewing options for improving our lighting and thereby increasing the safety of The Shores.

According to the PB Real Estate Board, housing sales have levelled off this last quarter but well-priced homes are selling. We have one new sale to report this month – the unit is being totally renovated and may be coming back on the market in the near future, hopefully to sell at top dollar.

If you are upgrading or planning to make any changes to THE OUTSIDE your home, please don't forget that before any work can be done, an ARB form must be filled out and approved. This includes new lighting fixtures, entry or garage doors, etc. If you fail to comply with this rule, you will be responsible for any necessary repairs or changes at your expense in order to make your unit conform to our community standards.

One last request - it is difficult for our mailman to deliver the mail if cars are parked in front of our boxes therefore if you and/or your guests need to park on the road, make sure that the path to your mailbox is accessible otherwise no mail will be delivered.

For those of you who have not yet your 2018 tax returns, a reminder that the PB County Tax Appraiser offers several exemptions on the Ad Valorem portion of our tax bill. This is in addition to the Homestead Exemption which is available to every permanent resident, including a widow's exemption and a similar one for disabled veterans and those who are 65 years and older. For further information, call 355 – 2866 or apply at their office at the NW corner of West Atlantic Ave. and Cumberland (one traffic light west of Jog Rd.) in Delray Beach. There is lots of parking but be prepared to take a number and wait your turn.

NEIGHBOR NEWS

Little to report from my fellow-residents however

I was thrilled to receive a visit from my oldest friend (not by age, but by longevity of relationship!). She came down to FL from Montreal, Canada to spend a week with me and she agreed that living here certain has its advantages to the blizzards and cold weather that are commonplace in the "frozen north."

A wonderful Easter and a Happy Passover to each and every one of you.

It's Happening at PAP

By: Marcia Levitz (Muirhead)

It is with a heavy heart and great sadness that I write this article today. Last month, our Aberdeen Pap chapter lost to cancer one of its founding members – Maxine Bender.

By now, all who knew her know of her valiant struggle with this terrible disease. All who ever came in contact with Maxine knew her ever present smile, her innovative style, her effusive personality and her curly hair that matched her carefree attitude. She and Roz Lapenson were the gals who ran our ever popular card parties for years. Maxine was also instrumental in getting our authors for our Book and Author Nights. Both Maxine and Roz were in charge of all our fund raising efforts for many years so that we might raise funds to help find a cure, in our life time, for this disease. Maxine was also our first Pap Angel. Call Rita Zide for more information about becoming a Pap Angel.

All of us has known someone; whether a mother or father, sister or brother, aunt, uncle and sadly, even children who are stopped in their tracks from cancer. Sadly, few of us are left untouched by it. That is why I praise all those volunteers who work tirelessly, helping us to raise the funds necessary for the research that

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IT'S HAPPENING ... (continued from page 33)

is done right here in our own back yard in S. FL.

In addition to the research in cancer at The Sylvester Institute of Cancer Research located in Deerfield Beach, FL the Miami School of Medicine has attracted the best and the brightest to help in areas other than just cancer. Your Pap membership affords you the ability to be seen by medical experts in many different fields in a timely manner.

Whether it's cancer or if your back needs a second opinion, or you are suffering with other ailments and you want another opinion, please call our liaison, Lyn Schultz. Lyn will put you in touch with an advocate and get you an appointment quickly and discretely.

The Pap Corps Champions of Cancer Research is doing great things.

Family Matters

By: Bea Lewis (Lancaster Lakes)

During a recent game of canasta, one of the women complained that her kids never acknowledge a birthday or anniversary check she sent them but somehow they manage to cash her check the minute they receive it. Her card-playing pals understood as they had similar grievances. One said that she sent her grandson half a check for his birthday, but promised to send him a whole check if he responded with a thank-you note. Months have passed and she still hasn't heard from him.

Another told of the time she sent her granddaughter a package and inserted a stamped, self-addressed thank you note. All the girl had to do was sign the card and mail it back. She still hasn't heard from her.

But the best comment was from the woman who said she sent her son a birthday card with a note suggesting he buy himself something special with the enclosed check. She, however, didn't enclose a check. Guess what? She got an immediate response! "What happened to the good manners we taught our children when they were growing up?" the women wondered. "They knew the rules. You get a gift, you

send a thank-you note. Period."

While one of the ladies said she no longer send gifts to those who don't respond, the others felt that was too harsh a solution.

A few suggestions might be helpful. First, call the recipient to ask if she or he received your gift. If it was money, suggest they buy something special for themselves and ask to have a picture sent of what they purchased. Let them know it feels good to be appreciated. And make sure to respond to any gift that you receive from them, even something as small as a picture drawn by a toddler. Be a role model, not

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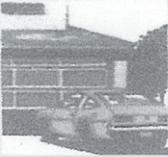
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FAMILY ... (continued from page 34)

a preacher.

While a handwritten thank-you note is always appreciated, today's good manners gurus explain that with our hectic way of living, a text message or a note sent by email is a perfectly acceptable way to express appreciation. Same goes for a phone call.

Ya Gotta Laugh

By: Steve Solomon (Hampton)

Permit me to vent. I'm on a plane almost every week doing shows in city after city. That translates to: I go through TSA security screening EVERY week; even PRE-CHECK lines (once hailed the greatest thing a frequent traveler could have) could take an hour. TSA pre-check is easy to obtain, fill out a form, pay the money, wait 3 months and you're a member of the, once-elite, TSA Pre-Check club.

Alas, things have changed. That exclusive Pre-Check line is now longer than the lowly non-pre-check line. There MUST be a better way! Enter CLEAR. The new "one step above" Pre-check. Once you've been approved through CLEAR you have clearance to access nuclear weapons facilities!

The initiation is a bit more rigorous. You have to have your eyes scanned. You're fingerprinted. Your passport is scrutinized. They do a detailed background check on you. Once you're approved for CLEAR, you whiz passed those delayed TSA Pre-Check passengers. You place your fingers in their machine, your picture pops up, the Walmart-trained clerk looks at the picture on the machine then looks at your passport, then looks at your face and walks you over to the TSA agent who says, "Have a great flight!"

I've been a CLEAR member for almost a year. Most of the time it does save quite a bit of time and trouble. After all, with CLEAR the government knows exactly who you are, where you're going,, and when's the last time you had sex.....

Things were different today. Jane dropped my off at the Air Train near our home in GA 30 minutes later I arrived at the Delta terminal and I headed for CLEAR. "Great" I thought. "There's a long TSA Pre-Check line. No waiting for this frequent traveler."

I walked over to the CLEAR agent, handed him

(continued on page 36)

YA GOTTA ... (continued from page 35)

my passport and boarding docs, placed my fingers on the machine and waited for my picture to pop up.... and waited....and waited. Instead of my picture a red screen popped up with a code number. The “agent” immediately called for his 20-year-old supervisor. The supervisor asked me to walk over to a different machine. It appears that, for the first time since CLEAR started, someone (ME!) was randomly selected to go through a specialty security screening. Apparently, my retinal image, my fingerprints, my friggen blood type was not proof enough of who I was.

They did a rescans of my eyes, reimaged my fingerprints and mildly probed my colon. Yep, I was who I was supposed to be. The agent expressed his apologies for the delay and brought me over to the TSA agent. He stamped my pass and mumbled something about a safe flight. All is good, yes? NO! My luggage was pulled for a re-screening. Apparently, the Prozac in my carry-on triggered something. Ah... discussions with a non-English speaking TSA agent. I wonder if Greyhound still operates in FL?

Lancaster Lakes

By: Phyllis Arnauer

Can We Be Too Busy??? And Other Thoughts!

Welcome April! Hopefully March was a good month for everyone. There were certainly wonderful things happening at the Club. April offers Rock Baby Rock, an Art Show, a Seder dinner for Passover, an Easter egg hunt and dinner extravaganza!

Combine these special events with everyday activities and our days and nights are really busy! But... do we want to be so busy? For indoor activities we have card games, mah jongg, knitting and crocheting, book clubs, art club, painting, opera, genealogy, cinema, current events and physical fitness.

For outdoor activities there is golf, tennis, pickleball, bocce, water wellness, fishing, (weather permitting), and power walking around the neighborhood.

Are you feeling exhausted yet? When we were working we yearned for free time to do many of these activities. Or the free time to just put our feet up, relax, and do absolutely nothing. In our retirement, it is often a difficult decision we have to make. How busy do I want to be? Am I afraid to say NO because I may miss out on something? Am I afraid to say NO

because it might be interpreted as being unsociable? Do I say YES because I don’t know how to say NO?

Too often I venture out in order to spend my \$5.00 reward at CVS, my Kohl’s cash on something I really don’t need, or \$10.00 off the purchase of \$50.00 at DSW. How can I let these amazing deals expire or go unused!

Personally speaking, I love a day with no special appointment, event, or obligation. A day that I can put my feet up on a lounge at the pool and read, do the crossword puzzle, or schmooz with friends. Or a day to

(continued on page 37)

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LANCASTER ... (continued from page 36)

plant myself in front of the TV and watch episode after episode of the latest Netflix or Amazon Prime series.

Now that April is here we should take a few minutes to look around and appreciate our beautiful environment, trees, flowers, birds, yes, even the iguanas!!! In NJ April saw the crocuses peeking up from the snow-covered ground. What a wonderful sign of Spring. In FL, we feel the cooler air of January, February, and March disappearing. The sun feels warmer and is welcoming us outside. Do I miss the crocus? Yes, but there is much here in Paradise to appreciate and enjoy. And... my two orchids have bloomed!!!

On a sad note, we send condolences to the family of our neighbor Irwin Kossack, a longtime resident of Lancaster Lakes.

We all want to thank Elaine Boderman for hosting an enjoyable afternoon of wine and cheese at her home in March.

Just a friendly reminder from some of our neighbors-please use the odd and even months as a guide to parking on the street.

A Moment to Reflect, Relate, Remember

By: Maris Levy (Addison Green)

MAN "ISMS"

Man "isms" - Definition: Inane excuses concocted by men when they have no rational reason for not wanting to do something.

i.e. A while ago, I walked into the den to find my husband watching a documentary on WW11. I asked, "Why are you watching that?" He replied, "There's nothing good on." I told him, "The Hunt for Red October is on. I'd rather see that."

His response, "It's an old movie. We've seen it. I know the ending."

"Oh and you don't know the ending to WW11??? Please let me ruin it for you. The Allies Won!!!

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Celebrating our Local Libraries

By: Mary Chuzi (Coves)

2019 represents the 50th Anniversary of the Palm Beach County Library System. For 50 years it has been connecting, inspiring and enriching residents of our county in an unimaginable number of ways. If you do NOT have a library card, take time to stop by the West Boynton Branch on Jog Rd., just north of the Fountains Shopping Center ~ the nearest to Aberdeen ~ as soon as possible and you will see why it is worth celebrating. By the way, the West Boynton Branch is celebrating its 25th Anniversary this year! If you already have a card, but have been too busy to use it lately, take time this week to start fitting it back in to your schedule.

You're "not a bookworm," you say? You are a "more active" type of person? Just ask yourself, "Am I interested in Technology training, online resources, or maybe learning Meditation and movement; How about Arts and Crafts.. from Adult coloring to needlework? There are programs on everything from Art History to Self-Empowerment to Irish Dancing to learning how to play the heroic fantasy role-playing game

Dungeons and Dragons. Books, movies, technology and computers, classes, demonstrations, programs ~ an endless array of things to see and do. The monthly magazine HAPPENINGS is like receiving the Holiday Catalog of the book world. All in all, there are over 200 activities and classes at branch locations throughout the county each month. Books are only one part of our libraries do.

Summer is coming, and I guarantee you will enjoy an afternoon in the lovely air-conditioned relaxed surroundings of your local library. It is such a welcome extension of our own individual community libraries and book clubs. Give it a try. You won't be sorry.

Pick up a copy of HAPPENINGS magazine each month when you visit and you will be amazed by the colorful array of choices. It is one of the best bargains in the county, and as a PBC Property Tax payer, make the most of your investment by using its services.

I'd be remiss in not sharing that if you would like to do more than visit and perhaps be interested in becoming "A Friend of the Library" and receive all the perks of membership, you can join online

(continued on page 39)

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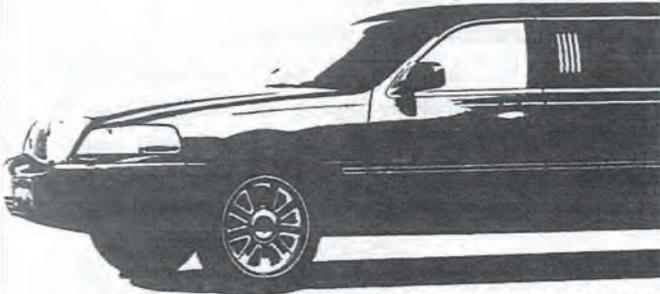
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CELEBRATING ... (continued from page 38)

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Marty's Recipes

By: Marty Hyman

I was 4 years old the first time I went to the White House. Not the place where the president sometimes lives, but the place in Atlantic City, NJ that makes the best-tasting submarine sandwich in the world. The sub, not the Philadelphia Hoagie, is without a doubt a wonderful blend of a variety of different flavors that have their origin in Southern Italy. It has taken me several years to get a copy of the actual White House recipe and here it is:

WHITE HOUSE SUB

Ingredients:

- | | |
|--------------------------------|---------------------------|
| 6 slices Provolone | Thinly sliced sweet onion |
| 10 slices Genoa salami | Salt, pepper, and |
| 6 slices Italian cooked salami | oregano |
| 5 slices Hot Capicola ham | Olive Oil |
| Lettuce in leaves | Crushed hot peppers |
| Thinly sliced ripe red tomato | |

Method

1. Obtain a roll from Formica's bakery on Artie Avenue. If you can't, get a crusty Italian loaf that is thin and soft inside.
2. Slice long ways a little more than half way into the loaf. (DO NOT CUT THROUGH!)
3. Spread the bread open (like a book) and scoop out as much of the inside of the bread as you can. (You'll need the room)
4. Squirt some Olive oil on to the inside of both halves of the bread.
5. Place leaves of the lettuce on the open bread.
6. Place the Provolone cheese onto the lettuce.
7. Place a layer of the Italian cooked salami.
8. Next, place an overlapping row of the Genoa salami.
9. Then place the Hot Capicola (pronounced "gobagoul") onto the pile.
10. Place an overlapping layer of the tomato slices.
11. Finally, a thin layer of the onions.
12. Sprinkle more Olive oil on this and then a light sprinkle of oregano and black pepper.
13. A little crushed cherry peppers to garnish.
14. Now the hard part, place your long knife into the center of the pile and gently fold over one side of the bread. Using the knife, tuck the remaining meats into the folded over bread. The final look will be a long roll with only a little of the insides showing.
15. Cut in half and enjoy.



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