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May, 2019



MAY



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

My column this month is dedicated to one of Aberdeen's unsung heroines - our own "woman of valor" – Naomi Mevorach. I have had the pleasure and privilege of knowing Naomi for most of the many years I have lived here, both as a friend and a colleague. Some of my best memories are of sitting next to her for 3 years when I was elected to the Board of Directors, benefitting from her sound advice and ongoing support. She was, and still is, one of a kind...always giving, always helpful, always dedicated to the task at hand.

Once we become members here at Aberdeen, the essential to making our lives busy, exciting and constantly appealing is being given opportunities to indulge in a massive variety of social, cultural, educational, sporting, club and trip-events to match all the different ages, interests and backgrounds. As head of Special Events, both on and off the board, for as long as I remember, Naomi led the way. She set high standards for our clubs and programs, trained members to take leadership roles in pursuit of new and creative endeavors, mentored those who were anxious to try something novel, made herself present at almost all of HER functions, wanting them to succeed. There are simply too many Naomi success stories to recount. I think the

(continued on page 2)

WHAT IS AN INVERTED YIELD CURVE?

By: Dr. Pat Williams (Muirhead)

An *inverted yield curve* has nothing to do with scoliosis or agricultural harvesting. It is a financial indicator—an indicator that caused the stock market to fall almost 2% in mid-March. To appreciate its significance, we need to understand yield curves in general.

What is a yield curve?

A yield curve illustrates the relationship among interest rates of varying maturities. For example, you hold 2 Treasury bills (T-bills). One bill matures in 3 months (short-term), the other in 10-years (long-term). In a growing economy, the 3-month T-bill would have a *lower* interest rate than the 10-year. Why? There are basically 2 reasons. First, the investor needs to be compensated for the higher risk associated with holding the T-bill for 10-years instead of just 3 months. A lot of negative economic events could occur over a decade. Think of the old adage: "The higher the risk, the higher the return." Secondly, over 10 years in a growing economy, inflation will push interest rates higher. A typical yield curve is upward-sloping, and indicates the economy is growing.

(continued on page 4)

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ALL ABOUT ABERDEEN ... (continued from page 1)

main ingredient she put into her efforts is LOVE. She has loved doing what she did, and it showed.

A prime example I want to share is the popularity of the Member/Guest offerings at Aberdeen that Naomi has been part of, one way or another, for its existence. We have the well-known Golf and Bridge, but the new gem in the crown is the recent Tables Game Member/Guest event. Participating members and their guests have not stopped raving about the overall organization, the elegance, the environment, the outstanding food, preparation and service. Naomi’s hand could be seen everywhere; it has been on her agenda for many years, and a delight to see it come to fruition. We have so many table-game players; if you missed the event this time around, make sure you sign up early next season. So, kudos to Naomi for all she has brought and meant to us and to our special lifestyle at Aberdeen. We are deeply indebted.

Since we are now well into the beginning of May, we know that the newly-elected 2019 Board of Directors has chosen its leadership and is functioning at full speed. I think it is important to quote what President David Tager wrote in this March, 2019 message to the Members regarding

the functioning of committees. Advisory committees are the system under which our Board of Directors functions.

“As we have many new members, let me take this opportunity to explain the function of committees and how you can share your thoughts and ideas with a specific committee. Each committee is charged with reviewing Club matters within their scope and to develop recommendations for consideration by the Board of Directors. Depending upon their specific function, Committees recommend activities, menu suggestions, policy additions, changes or modifications to Club policies, etc.. Each committee title signifies the committee’s function. For example, the Food & Beverage Committee deals with all matters pertaining to the dining rooms and lounge. They develop recommendations to the Board and Management, based upon member feedback, etc. The Activities Committee recommends activities and events to the Board for approval. After Board approval, Management is charged with the responsibility of implementing the approved committee recommendations.

“As of the end of April 2019, the current lists of Committees, including the names and e-mail addresses of the chairpersons and committee members, are available on the Club’s website. After logging into the Club’s website, along the top right side of your screen, click on “My Aberdeen.” At the bottom of the “drop down” menu you’ll see “Committee Rosters.” Click on “Committee Rosters” and you will see a listing of all committees. When you click on the committee name, you will see a listing of committee members, including the committee’s chairperson, with everyone’s e-mail. Whenever you have a suggestion/question related to a specific committee’s function, always feel free to share your thought(s), directly, with the committee chairperson via e-mail. Generally, it’s more efficient to contact the appropriate committee chairperson first, rather than contacting the Board, as often the Board will refer your question, suggestion or concern back to the committee for consideration.”

Remember to pick up flyers for May and June events on the Communication Wall at the Clubhouse, or check the weekly e-mails on your computer. Read Sunday’s “Around & About” reminders. Don’t miss out on all the fun! There is something exciting in store. Willing to get involved?

Editor’s Note: Please add to your 2019 Tel/ Directory (to the Sheffield section and the alphabetical listing at the rear): Bert & Laura Roth, 7883 Bridlington Drive, 364-7166. Thank you.



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INVERTED YIELD CURVE ...(continued from page 1)**What is an inverted yield curve?**

An inverted yield curve occurs when the rate on the 3-month T-bill is *higher* than that of the 10-year T-bill. If graphed, this yield curve would be downward-sloping. How does this happen? This situation usually occurs when the economy is performing poorly.

Economies grow and economies decline. If the current economy is bad, investors seek to lock in a higher rate by buying longer-term T-bills. There will be a bidding war for these longer-term T-bills. The bidding war pushes up the price of the T-bill and lowers the effective interest rate.

For example, an investor buys a \$1,000, 10-year T-bill with an interest rate of 3% and pays \$1,100. The extra \$100 is called a *premium*. At maturity, the investor will still receive only the face value of the bill (\$1,000) no matter what the *premium* paid. Additionally, he or she will still only receive \$30 per year in interest (\$1,000 X .03) no matter what the *premium* paid. This lowers the actual or *effective* interest rate received. In our example, the effective rate of interest on the \$1,000 10-year T-bill purchased for \$1,100 is not 3% but 2.7% (\$30/\$1,100). If an investor pays \$1,300 for a \$1,000 T-bill, the effective interest would be an even lower 2.3% (\$30/\$1,300).

The more demand there is for the 10-year T-bill, the more of a premium the investor will have to pay and the lower the effective interest rate. When the effective interest rate falls below the rate on the 3-month T-bill, an inverted yield curve is created.

Why does an inverted yield curve matter?

An inverted yield curve is considered to be a predictor of an economic recession. For example, the yield curve inverted in 2005, 2006, and 2007 before the equity markets collapsed in the fall of 2008. Since the curve also inverted in late 2018 and then again in March, does this mean a recession is on the way? While an inverted yield curve has historically preceded a recession, it does not mean the downturn will occur the next day or even at all. Generally, it has taken 1 - 2 years for a recession to take place following an inverted yield curve.

Former Fed Chairperson, Janet Yellen, had this to say regarding the recent inversion: "...It might signal

that the Fed would at some point need to cut rates, but it certainly doesn't signal that this is a set of developments that would necessarily cause a recession."

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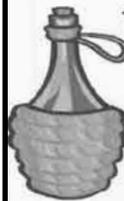
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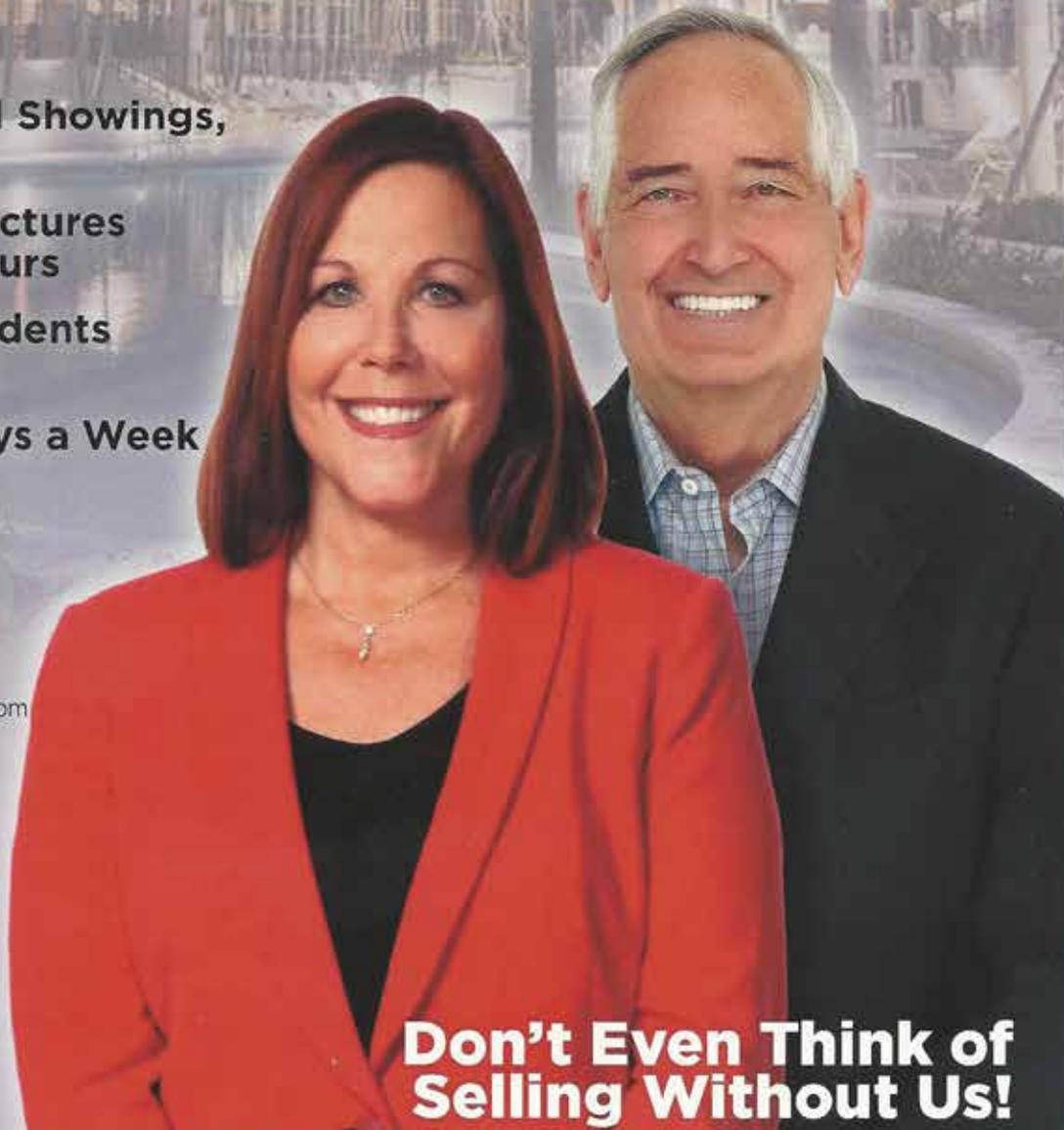
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Some notes of interest from the April 2019 POA Meeting:

- Directory - The POA is putting the directory online in addition to the printed version. They hope to have it up and running in 30 to 60 days. The plan is to update it twice a year and it would then simply be uploaded to the printer, which would reduce mistakes in the printed version.
- Comcast - Everyone was urged to put their cell phone numbers on their account since it makes it so much easier to identify when you call. This can be done by calling 1.800xfinity or doing it online at www.xfinity.com
- It's mating season for alligators and snakes and there was a caution to stay away from the lake banks.
- Ficus - ficus is dying from white fly and soon it won't even be available for sale. The POA is looking at options to replace it.

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Aging Quotes

Compiled By: Sheila Tronn Tannenbaum
(Sheffield)

I am old but I am forever young at heart. We are always the same age inside. Know that you are the perfect age. Each year is special and precious. You can only live it once. Do not resist growing older. It is a privilege denied to many.

-Richard Gere

Some guy said to me, "Don't you think you're too old to sing rock and roll?" I said: "You'd better check with Mick Jagger."

-Cher

When I open my eyes I think, "This is going to be a beautiful day."

-Marjorie Goldberg

You can live to be a hundred if you give up all the things that make you want to be a hundred.

-Woody Allen

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.

-Samuel Ullman

Live gratefully each unrepeatable day.

-Debbie Aldrich

Every year should be teaching us all something valuable. Whether you get the lesson is really up to you.

-Oprah Winfrey

We don't stop playing because we grow old. We grow old because we stop playing.

-George Bernard Shaw
reprinted from *Senior Planet*

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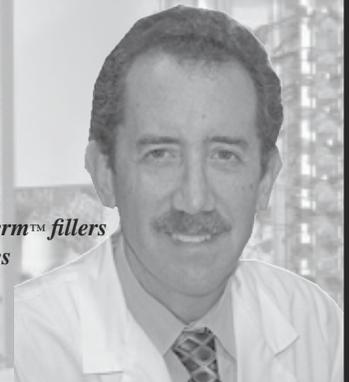
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Sharing With Sheffield

By: Ruth Krawitz

Last year I wrote an article about being visually-impaired, and the results of a seminar Dr. Marc Winnick (my eye specialist) and I conducted for those also afflicted, who were having difficulty adjusting. That column garnered a great deal of positive attention. Blindness, as a result of macular degeneration or other eye problems, has become a popular topic in the media. Along with scientific and medical aspects involved, are those dealing with coping mechanisms for dealing with a healthy, meaningful, busy life without eyes. That was the goal for that first seminar. Yes, you can do anything with one good eye except fly a plane. Yes, you can still read (Kindles and Talking Books). Yes you can still watch TV with a chair planted directly in front of a large TV. Yes, you can buy a special program for your computer that enlarges everything, and a device that does the same and enables you to read, proof and edit. You can even go to the movies (perhaps not one with titles), sit up front and enjoy the show. I speak from experience because I do all of the above!

There seems to be no limits to testing what you can do as a limited-vision person if you set your mind to it. I heard the most inspiring segment on the Sunday CBS Jane Pauley Show several months ago. It was called, "Shining a Light on Blindness." At a facility in Chicago called the Lighthouse, men and women with serious disabilities were using their talents to create works of a variety of arts...paintings, sculptures, crafts, etc. Most of the artists are blind, but one has muscular dystrophy and was producing the most gorgeous works with limited use of her hands. It was hard to believe that such beauty was coming from people with serious impairments. The Lighthouse has become a popular tourist attraction in Chicago and a venue for purchase of some seriously beautiful artwork.

A perfect example of a sightless person who has challenged the boundaries of the blindness is performer Andrea Bocelli. He has brought such pleasure to the world with his glorious voice. What did he have to say about "Life without limits"...

"I'm not the best person to give advice about overcoming physical limitations. I don't think that

(continued on page 11

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

way. I never go to the doctor. I am physically active. When I was younger I never missed a chance to go skiing, windsurfing or skydiving, although my wife is insisting lately that I be more cautious. There is no impossible dream. If you have faith, discipline and humility, you can pursue just about any task."

In the article I wrote last year in the TIMES, I discussed coping with blindness in an upbeat manner, stretching that positivity into an arena to help others similarly afflicted and who were experiencing difficulty coping with it. That concern and need to bring light into their darkness led Dr. Winnick and me to plan our first seminar. It was for "cheerleading" and sharing helpful devices, our "toys", and home-made remedies for survival. It worked; Each participant brought something to the "Show and Tell" and declared it a success because everyone learned something new. On March 9th, Dr. Winnick and I ran our second seminar. The group of 17 blind, well-functioning women, were eager to delve into newer ideas, gimmicks, devices and even technology. Through our contacts with the Florida Council for the Blind, we were blessed to be linked to an extraordinary group called the Florida Outreach for the

Blind...all of its staff are bright, knowledgeable and blind. The half dozen who addressed us, were true to the mission goals of the organization and outlined to us and detailed the many advances made in this field. The MISSION:

The mission of the Florida Outreach Center for the Blind, Inc. is to develop and administer programs that will integrate blind and visually-impaired persons into the social, economic, and spiritual lives of their community.

We were all so enthralled with the doors that are now open to us...the use of iPhone apps, workshops for cooking and crafts, new devices to detect differences in the color of our clothes, another to define money denominations...on and on. You had to be there to revel in the excitement and hope generated amongst our V-I attendees and the family or friends who escorted them. A huge success for all involved. By printing the following, you will get an idea. If you are interested in our seminars, let me know. If you want more information about the Council, the address and telephone are listed below for your convenience. If you want to speak to me personally about

(continued on page 12)

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

being visually impaired, you know where to find me.

The FOCB is a 501 (c) (3) not for profit organization established in 2003 by a group of visually-impaired persons who realized that the more than 30,000 blind residents in Palm Beach County needed additional services and support.

FOCB recognizes that for every technique used by a sighted person to accomplish a task, alternative methods can be used by a visually impaired person to achieve the same results. The Center believes that with the proper tools and training, a visually impaired person can live a full and productive life.

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33406, (561) 642-0005, info_focb@bellsouth.net,
www.blindfocb.org.

Last but not least, kudos to teenager, Max Win-niele, who attended the session and made lists for us (in big, bold font) of contact names and numbers. You were fantastic, Max!

Brittany Lakes Bugle

By: Jerry Zarkin

Braking News: A special Block party event was held Sat., Mar. 30th, on the levee green area by the sleepy lagoon. From what I hear it was a most successful event with the special feature of a Sabrett's Kiosk set-up which was mobbed by the hungry lions.

If you were smart enough to secure the coupon in the Aberdeen Times, you could get a hot dog with sauerkraut and a Doctor Brown's diet soda for \$1.99. Yes, you had to bring your own napkin.

With the generous permission from el presidente David Pick of the HOA, all the hydrants were opened. What kind of block party would it be if you couldn't splash around and soak your friends! Regrettably, your fearless reporter was unable to attend as he was in Boston imbibing in lobsta and good Chinese food.

I was attending my granddaughter's 16th birthday celebration, along with my dear friend John Connolly's 90th celebration. John showed us the bill for his hospital stay in Mar. 1929 for his mother's 3-day stay in Carney Hospital. Total bill \$68.14 which included 55 cents for special medicine. OH! for the days of yesteryear! John had spent a week with me recently here in Brittany Lakes and we played bocce, visited a brewery, went to Green Cay and he loved the matzo ball soup at the 3 G's emporium in Delray.

By the time you read this, March madness will have been completed. I don't get caught up in the hysteria and hoopla, unless, of course, a team from Syracuse is playing. In that case, I would be riveted to my Dumont 8-inch screen with magnifier located in my den. Of course, I would have my TV tray and a frozen chicken fricassee dinner on my lap. Go ORANGE!!

It is worthy of note that the Entertainment Committee (it never sleeps) is planning a fall foliage tour through the Everglades. Bus reservations for the walking tour need to be made by Sept. 5th. Contact Buster Crabbe and Clyde Beatty at Glenview 3-5515

I begin my new summer job on May 1st where I will be a nighttime lifeguard at the indoor pool at the Lost Horizon's Senior Center. Look for me in my chair high above the empty pool with my cigar, Sam Adams beer, Italian sub sandwich and a large bottle of tums! Oh yes, my megaphone!

Lastly, I keep getting highly classified mail in official looking document form inviting me to a free lunch at Abe and Louis or the Ponderosa Steak house for a free seminar on Cremation. Thanks, but no thanks! As Dorothy Parker once famously said "Excuse my dust."

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Bermuda Isle – The Center of Our World

By: Harvey Schwartz

In case readers of this article are not aware, we are a committee of 5 persons who take turns writing. As a result, we provide a great variety of interesting, unrelated topics. Recently, I have written about technology and how that could impact Bermuda Isle. I wrote about Elon Musk because of his Tesla and Space X manufacturing/scientific achievements. Musk's newer enterprises range from tunneling for high-speed transit to refueling mechanisms needed for space exploration. Musk's activities always provide new topics for discussion, always taking the public pressure off lofty missed goals. Of course, he is trying to profit, but he is usually facing technical headwinds that cause delays. He has not learned to "underpromise" and "overachieve" schedules and

management. He does remain a beacon of light that deserves serious observation.

Bermuda Isle, South Florida. So much to enjoy! Holidays, weather, celebrations and visits from family and friends. We live in a great "travel destination." Thanks to the Entertainment Committee, we recently enjoyed a pool party that was a chili cooking contest. Congratulations to those of us who had birthdays and anniversaries this past month. Lots of construction progress being achieved in our homes. Enjoy the fruits of your planning and labor. Welcome to our new neighbors. Can you believe how terrific our neighborhood is?

What makes our lives extraordinary? Do you like baseball? Or, is it March Madness college basketball? Is going to the beach or fishing pier wonderful? Do you chase a little yellow ball on a flat surface called a court? Maybe you chase an even smaller ball around a very long pasture with sandy spaces, only to end up trying to get the ball in a hole? Do you like to read for a book club? Do you fly miniature airplanes? Is going to the gym or riding a bike a source of fulfillment? What about playing games of chance? How about a trip to the horse or greyhound track? Do live entertainment performances at an

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

orchestra, opera, ballet, musical, drama, comedy club or dinner theatre make you happy? Our selection of restaurants is unending. Religious and philanthropic opportunities abound. What did I miss? What is remarkable is that all of these things are right here right now for our individual and group participation.

Wish all well; see you in the neighborhood!

Canterbury Communique

By: Dee Levy

Greeting from the Canterbury Community! Yes, it's the month of May, the "Merry Month of May!" Named for the Greek Goddess of Fertility *Maia*, May is the 5th month of the year in the Gregorian calendar and the time of spring in the northern hemisphere. *"The world's favorite season is the spring. All things seem possible in May."* (Edwin Way Teale)

May's birthstone is the emerald; its flower the lily of the valley; its zodiac signs Taurus and Gemini. Holidays and notable days include May Day on May 1st, Cinco de Mayo on the 5th, Mother's Day on the 12th, Armed Forces Day on the 18th, and Memorial Day on the 27th. Not to be forgotten are the Kentucky Derby at Churchill Downs on Sat., May 4th and the 103rd Indianapolis 500 on Sun., May 26th.

Mother's Day, occurring annually on the second Sunday in May in the U.S. and in most other countries, celebrates motherhood, maternal bonds and the influence of mothers in society. Notable exceptions are in the UK and Ireland where Mother's Day is celebrated on the 4th Sunday during Lent; in the majority of Arab countries on Mar. 21, the day of the vernal equinox; and in several East European countries on Mar. 8th, International Women's Day. In Israel, Mother's Day is celebrated on the anniversary of Henrietta Szold's death, as determined by the Hebrew calendar. Although she had no biological children, her organization Youth Aliyah, rescued Jewish children from Nazi Germany and provided for them accordingly. Henrietta Szold is considered the mother of all those children and her Remembrance Day was set as Mother's Day. *"There is a story behind everything. But behind all your stories is always your mother's story, because hers is where*

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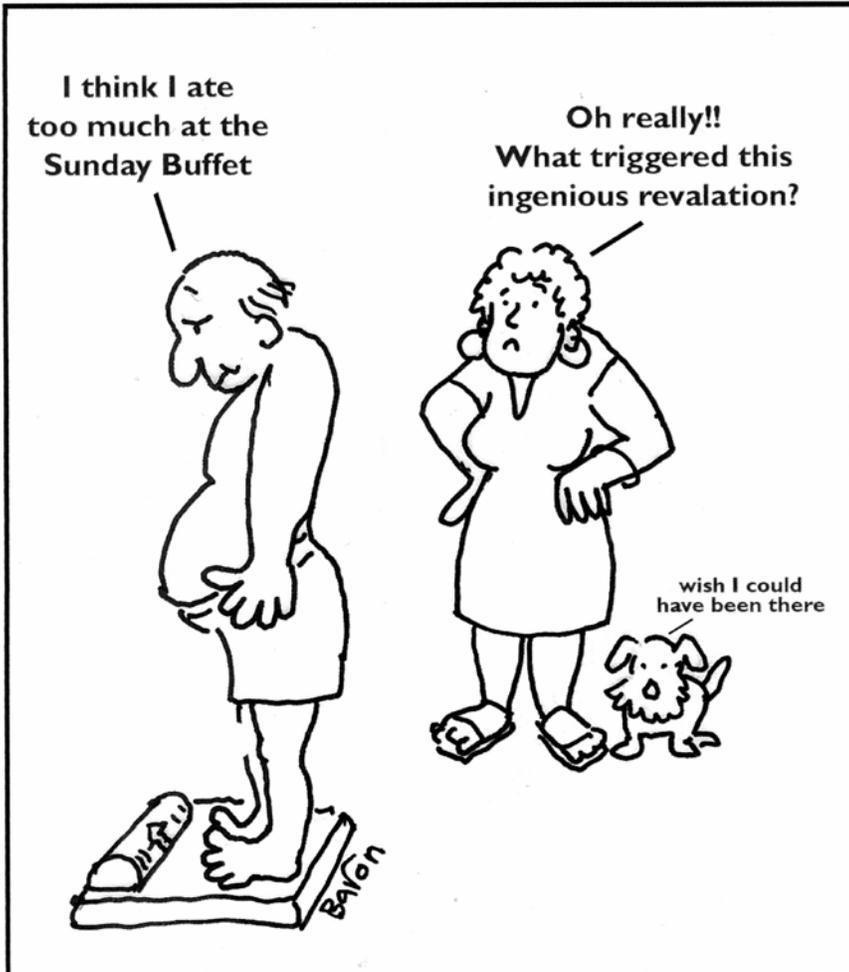
CANTERBURY COMMUNIQUE ... (continued from page 14)

yours begins.” (Mitch Albom)

In getting to know our surrounding neighborhood and its attractions, we focused on Whitehall and the Henry Morrison Flagler Museum, located at 1 Whitehall Way in Palm Beach. The museum, opened in 1960, is housed within Whitehall, the 75-room Gilded Age mansion built in 1902 by Henry Flagler as a wedding gift for his 3rd wife, Mary Lily. Designed by Carrere and Hastings in neoclassical Beaux-Arts architectural style, Whitehall is listed as a National Historic Landmark and is open to the public. Guided tours, changing exhibits, and special programs and events are featured throughout the year. “Maker and Muse- Women and Early 20th Century Art and Jewelry” is currently being exhibited and will be on display through May 26th.

The Café Des Beaux-Arts, an integral part of the museum, is located in the Pavilion alongside Henry

Harvey Baron’s Early Bird Special



Flagler’s private railroad car. Each day during the season (from the day after Thanksgiving through Easter Sunday), an afternoon tea featuring an array of delicacies reminiscent of entertaining during the Gilded Age is offered. In accordance with the observance of Mother’s Day, which had been established as a national holiday by Congress in 1914, the Flagler is hosting a Mother’s Day weekend celebration in the Café Des Beaux-Arts. In honor of the occasion, each mother will receive a special flower corsage as a gift.

In closing, we wish all our Aberdeen friends and neighbors Good Health, Well-being, and a Happy Mother’s Day! Have a great day and enjoy the “very, merry month of May!”

TURNBERRY ISLE

By: Sherry Morris

As we wrap up another season of excellent activities, we here in Turnberry look forward to a quiet summer and the eventual return of our snow-birds. Meanwhile, the Women’s Club spent a lovely day in April at the newly-renovated Norton Museum of Art. Now the largest art museum in the state of FL, it did not disappoint. Our docent guided tour provided information on the permanent collections, as well as the special exhibits. After a 7-month closure to add 12,000 square feet of space, the museum is truly a “must see” destination in West Palm Beach. The cleverly named “Restaurant at the Norton” hosted our 15 members for a lovely lunch. The menu ranged from grilled asparagus to grilled octopus, so there was something for everyone. We were all especially happy to note that the ever-popular Chihuly glass ceiling remains a major “wow factor” at the museum. Thanks to Sherri Weissman, the chair for this event.

Book Club scheduled its April meeting at the home of Gracine Dunn. The chosen book was *Where the Crawdads Sing* by Delia Owens. We all agreed that this choice was one of our best this year and led to a lively discussion, facilitated by Anita Ostrow and Sherry Morris.

(continued on page 16)

TURNBERRY ISLE ... (continued from page 15)

The quest for a gate guard continues. Our daily ritual here in the three neighborhoods that comprise Aberdeen Fairways is to check whether the gate is working on that day. Or, is the call box working? Or, do we even have telephone service via Comcast to facilitate guest entrances? The drama continues as we move into May. The last time we interviewed companies to man the gate a few years ago, the Fairway Lakes Board was asked the following question: "Do you want the guard to carry a gun?" At the time, we laughed. Now, no one is even smiling!

Our Turnberry board has been quite patient with all the glitches this past year, and we thank them for their professional approach to problems as they occur.

May each of us have a problem-free summer and return to a community still thriving as we enter our 22nd year.

Harbour Lights

By: Wendy Latman

It's May again. Some of us are sad to see our snowbird neighbors leave. It seemed like they just arrived yesterday. On the positive side, there will be less traffic on the roads, it will be easier to get into restaurants, not to mention all the specials that are run out-of-season, and we can look forward to them coming back in the fall.

A little bit of FL history. We all know that Henry Flagler played a huge role in putting FL on the map. I just learned there was another Henry who was making inroads into FL before Henry Flagler.

Henry Bradley Plant started as a cabin boy for a NY-area steamboat line. He later relocated to GA and expanded rail lines throughout the south. He was drawn to FL and would lay some 1,200 miles of track.

Plant spent \$2 million – more than \$50 million in 2018 dollars – to build an iconic hotel that would exploit America's then-fascination with "Moorish revival" architecture and be called the Tampa Bay Hotel. He topped each of the 13 minarets, cupolas and domes with a crescent moon. His wife traveled the world and spent another \$1 million on furnishings that filled 80 boxcars.

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HARBOUR ... (continued from page 16)

The hotel opened in Apr. 1891. Some 2,000 people from the cream of society came. They were treated to a grand salon, 2 ballrooms, 2 reading rooms, a billiard room, a “gentleman’s bar,” grand dining rooms and sitting rooms. Each of the 511 hotel rooms had both electricity and new-fangled telephones.

It was 3 years later, in Apr. 1894, in Palm Beach, that Henry Morrison Flagler opened the doors to his Royal Poinciana.

Who knew!

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.

IT’S HAPPENING IN DORCHESTER

By: Carol Baron

You may read this month’s article because you are here enjoying life in Aberdeen. How we already got to May is beyond me, but here we are. We got past April Fool’s Day, celebrating Easter, Passover and taking care of our annual income taxes. Now it is time to sit back and enjoy and perhaps eat less.

Just in case we forgot to welcome some of our newer residents, we want them all to know how delighted we are to have them with us. Among them are Diane and Joe Roszkowski and Robin Katz and Lynda Parker.

Yes, we had the annual HOA Board of Directors meeting in March and re-elected our board. We were short one board member, so Alan Kelman was appointed to the board as our 7th director. Glad to have you with us, Alan. Good luck, and we doubt you will be bored.

While we are talking about our Board of Directors, we want to congratulate one of our directors, Doug Schwartz, for being among the winners of the Apr.

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MEDICAL PYMTS.	5,000
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12-MONTH TOTAL PREMIUM	\$2,165

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DWELLING	380,000
OTHER STRUCTURES	7,600
PERSONAL PROP.	95,000
LOSS OF USE	38,000
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MEDICAL PYMTS.	5,000
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IT'S HAPPENING... (continued from page 17)

3rd AMGA golf tournament. Obviously, you can be a working board member and still find time to excel at golf. Good going, Doug! And in the area of sports, we want to also congratulate our tennis team for receiving the 2nd place trophy in Division 2 of the Palm Beach Senior Tennis League. Three Dorchester residents were a part of the team Diane Roszkowski, Roz Goldberg and Iris LeVine, and 8 other members of the terrific team were there to get the award at the annual luncheon.

Several residents here have inquired about developing a socialization group here to plan some occasions for us to get together with our neighbors. GREAT IDEA! If there are any Dorchester residents who would like to form or participate in a socialization committee, give me a call so we can put this together.

At this time, we want to wish the snowbirds a lovely summer wherever they go, and a wonderful summer for those who remain here enjoying all that Aberdeen continues to offer.

Addison Green

By: Marilyn Benvenuto

Well, we are almost into the mid-year! Time does go quickly, doesn't it? Already some of our snowbirds will be heading back up north, and they will be missed. This month is a special month; yes, Mother's Day. As I reflect, I am grateful for my children and the life they now live as adults. There was a time I remember when I was just dropping them off at pre-school and now I celebrate with them buying their first home, graduating college and welcoming a new grand dog! Where does the time go? It's the best feeling when you know your children have their own paths and are doing so well. For many, including myself, it wasn't all perfect and there were bumps in the road, but the result is a fabulous feeling for sure when they are now doing so well. Our children are our world, but we also are their world for a long time, and bless all mothers out there who raised children and are worthy of celebrating them not just all year but especially this month. So Happy Mother's Day to all the moms out there. Let's talk ladies' group; a couple of months ago we shared starting a lady's group for all of Aberdeen

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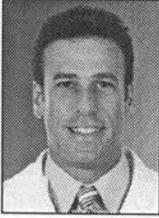
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ADDISON GREEN... (continued from page 18)

residents. We received an overwhelming response and have formed the group with approximately 20 ladies, and its going great. The group is simply getting together once a month for a meeting and gather ideas of where we can all go out together to dinner, a movie, shopping and more. We are continuing to accept new members so if you are interested, contact me or Lynda Tobey (we are in the directory), and we will send you information about the next meeting. Lastly, I want to share a great site I stumbled upon, it's called Festivals.com, and there you will find lists of upcoming festivals to enjoy; check it out. Enjoy the beautiful weather; see you in June.

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Sterling Lakes Estates

By: Judy Lukow

Goodbye to our snowbirds until we meet again! It's been fun! Everyone, have a safe and wonderful summer!

I don't have much to report about activities by the Sterlingites so I thought I'd tell some stories about children.

Spotlight on "Out of the Mouth of Babes" Judy Lukow (the mother of 3 sons): My son was about 5 when we drove past a cemetery. He asked me, "Is that heaven?" I said, "No. Why do you think it's heaven?" He said, "Because you told me that when people die they go to heaven"

When my son was about 4 he showed me a picture he drew of a man with a lot of hands. I asked him who the man was and he said, "God." I asked him why he saw God as having so many hands? He said, "He has to have a lot of hands to make all those toys."

My son was about 5 when he saw a sign that represented "Deer Crossing." He asked me if that's where deer stand to look both ways before crossing.

My son was about 4 when he came running to me with a hand full of nails and a hammer. Excitedly, he showed them to me and said, "Look at all the nails I took out of the stairs." I had to have the stairs fixed going down to the basement before we could use them again.

When I was younger, my parents, 2 sisters and I often got together with aunts, uncles and cousins to eat in Brighton Beach at our favorite Chinese restaurant, Jade Mountain. We always had the same combination dinner, won ton soup, chicken chow mein, fried rice, an egg roll accompanied by fried noodles, duck sauce, tea and hot Chinese mustard. I didn't know there was anything else on the menu till I was about 11.

This one Sunday, I was about 4, when I sat between my sister who was 5 and my Mother. The adults were busy talking and didn't pay much attention to the kids at the other end of the table. I had just put a glob of hot Chinese mustard on my chow mein when my mother noticed my sister next to me was about to put the same mustard on her chow mein. My mother said to her, "don't put too much mustard on your chow mein or your hair will stand up!" I had just put a glob on mine!

I took a little taste of my chow mein and tugged
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STERLING LAKES ... (continued from page 19)

on my mother's sleeve to get her attention. She asked, "What?" I asked her if my hair was standing up. She said, "No," and continued with her adult conversation. I took some more of the chow mein with the glob of mustard and I again tugged on my mother's sleeve to get her attention. "Is my hair standing up?" She said, "No, why?" I told her I put a lot of the Chinese mustard on my chow mein and was afraid my hair was standing up!

Sydell Nadel (a winter guest in Sterling and mother of 4 sons): After her 4-year-old son watched a program on TV showing chickens hatching from eggs, she found him in the kitchen throwing eggs on the floor and complaining "There are no chickens in these eggs!"

She told her 5-year-old son not to get his clothes dirty as he headed out to ride his Big Wheels bike. Soon a neighbor called her to tell her to come outside and get her son who was riding his bike down the street in the NUDE. When she caught up with him he said since she told him not to get his clothes dirty he took them off.

Her 3-year-old son was playing in the basement with his friend. He came upstairs to tell her his friend said he was an idiot. She told him to tell his friend, "That's not allowed in this house." From the top of the stairs her son yelled down to his friend "Idiots are not allowed in this house."

Sonia Goetz (a retired jeweler living in Aberdeen): When my daughter was about 5, unbeknownst to me, she would wear something of mine to school. I got a phone call from her teacher who told me to come to school quickly because my daughter was wearing my jewelry! She had a full face of makeup wearing my high heels, diamond ring, pearl necklace along with long gold necklaces and big gold hoop earrings looking like a gypsy! This is when I first learned she was doing this.

If these stories spark your memories of your own stories, please call me so I can include them. We all have stories to tell!

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Circling The Coves

By: Mary Chuzi

Early May is a bright spot on the S.FL calendar with its warm temperatures, sparkling blue skies and fewer crowds. Hopefully April's showers brought May flowers, and East Aberdeen is bursting with color and beautiful foliage. A big thank you to Great American Landscaping for keeping our property looking so beautiful. Does anyone miss clipping weeds, trimming bushes, mowing lawns, and putting down mulch? I think not. We say "Goodbye," to our many snowbird friends but look forward to enjoying the months ahead until their return.

The officers of the 2019-2020 Board of Directors are now in place. President-Paul Chuzi, Vice-President-Stuart Burton, Treasurer-Alan Louzin, Secretary-Fran Garfunkel, Landscaping Chairman-Bob Grazioso, and ARB Chairman-Bob Westfal work closely with Management to keep things running smoothly in our community. There is still one vacancy for a director on the B.O.D. Please contact Management or a BOD member if you are interested. It is a wonderful way to learn more about your community and share your expertise. Please consider it.

We welcome more new owners to the Coves. Hello

to Diana Acquaviva and Suzanne Rodon - in Building 7, and Thomas and Martha Holovach - in Building 1. We hope you are enjoying being a part of our friendly village.

Some quick announcements and reminders include #1, don't forget to return your Census Forms sent to you by Management. They are required every certain number of years to make sure the Coves is functioning within its legal documents.

#2, spring and summer remodeling projects require ARBs. The forms are online and can be printed out. Complete them and turn them in to Bob Westfal before your project begins. He can be reached at 385-2135. Don't forget, your contractors may NOT use our dumpster bins. They must haul away what is being discarded. Finally, #3, hurricane season is just around the corner. Plan. Beat the rush.

Painting and Pavement-resealing projects are in the planning stages. More information will be forthcoming. More reason to have your e-mail address registered with Management and our BOD Secretary Fran Garfunkel. They are necessary for e-mail blasts about these projects. Information is also posted on the bulletin boards near the mail boxes.

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CIRCLING THE COVES ... (continued from page 21)

In closing, here is a direct quote from a letter sent to all residents when CRA took over as our Management Company 2 years ago. The statement continues to hold true.

“IF YOU HAVE AN ISSUE THAT NEEDS ATTENTION, CALL MANAGEMENT! Every year a board is elected to represent you as owners. Remember, these representatives are volunteers and not compensated for their work. If you have an issue or need a work order completed, call Capital Realty Advisors at 561-624-5888. CRA’s Administrative Staff can create work orders if our Property Manager is not in the office, reducing the amount of time you must wait for satisfaction. Your Association (meaning YOU!) pays CRA to handle certain problems for you and contacting a Board Member adds another step in the procedure, slowing everything down.”

Our licensed property manager is Mr. TJ Nye. He can be reached at CRA 561-624-5888, or by e-mail: TJNye@cra.email. He handles all work orders with our vendors, questions and problems regarding the Coves.

Your cooperation is appreciated.

Moorings Matters

By: Eileen Hahn

According to the weatherman, April would continue with numerous showers and if we buy plants there will be May flowers since Florida isn’t big on perennials. Holidays abounded, the Easter bunny came and there were probably no eggs dyed by seniors, but much chocolate filled candy dishes. Passover spanned a week, filled kitchens with matzoh and left constipation.

Linda Segal made a quick trip to NJ because this year her granddaughter is old enough to appreciate the holiday. Bea and Charlie Cornell were celebrating here with 4 generations of the Cornell family. Isabelle and Don Rubenstein had their hotel in operation and they just keep changing sheets. It’s nice to have family that wants to visit. Sandy and Arthur Lowe had their granddaughter and her friend enjoying our sunshine and made Sandy feel that she wasn’t in a rush to leave. Sally Sage had a visit from both of her sons during the month. Our TIMEX man, Larry Darrow, takes a licking and keeps on ticking, is out and about

(continued on page 23)



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MOORING MATTERS ... (continued from page 22)

after his fall. He and Alice have had the pleasure of their daughter Laurie, visiting. Helen and Joe Fradella enjoyed having daughter, Lisa. Rickie and Harvey Brown took their children and grandchildren to the Dominican Republic to celebrate Harvey's special birthday.

At the Italian American Club dinner dance, we had the pleasure of singing happy anniversary to Joan and Vince Marini, celebrating 67 years. The winners in the Moorings are Eve and Milt Goldband at 69 years and Charlotte and Jerry Kahn and Joe and I are trying to catch up at 65 years. Joan and Vince's grandson came to visit and introduce them to his girlfriend. Our grandson, Peter, did the same thing a few months ago and then we wait and wait for the next step. This generation will never hit milestones since they're in no rush to get married.

The Moorings had its yearly elections and the same board and officers were re-elected. President-John Unger; Vice President-Jane Halley; Treasurer-Alfred Lubell and Secretary-Charlotte Kahn. It was brought to my attention by one of our energetic walkers that our plantings and signs at Mooring entrances need some TLC if we are to be as spiffy as our other East communities. Maybe we need some horticultural volunteers with green thumbs.

On the sad side, we note the passing of our past-president, Irving Alpert, who presided during the time of our roof replacement following a hurricane. We extend our condolences to Rose Edelstein and family on the death of her husband, Howard. In the community of pets, we lost Jasmine, an elderly and beloved cat who led a very good life with Kathy and Paul Aguirre.

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Hampton Happenings

By: Janet Friedman

It's around this time every year that we start saying goodbye to our snowbirds. We know our FL-people-snowbirds. It is interesting to know that there are some other kinds of "snowbirds."

The Snowbird Classic is held annually in the Charlotte Harbor and Gulf Island area, Port Charlotte FL. Snowbird Baseball comes here to meet the coach's and team's needs by providing outstanding customer service which enables teams to concentrate on baseball and fun while in our area. Ball teams pay a fee to stay here and practice yearly!

Snowbird Brown is a character on a reality TV show, "Alaskan Bush People." Apparently, she has large gaps between her teeth and some that are missing. There are references to Snowbird Brown teeth! She is a young woman and there is controversy about why she does not fix her teeth. Controversy also about whether Snowbird Brown is pregnant!

There are Snowbird Reports that offer snowfall in inches for over 136 ski resorts and there are Snowbird lift tickets and ski maps that can be purchased on line for many ski resorts.

However, none of these other Snowbirds can hold a candle to ours! We bid you all a safe trip back to your snowbird headquarters. We hope you enjoy your summer and look forward to seeing you again in the fall!

MAY HOLIDAYS

Origin of International No Diet Day:

International No Diet Day was created by Mary Evans Young in 1992, Mary is the director of the British group, "Diet Breakers." After personally experiencing anorexia, she worked to help people appreciate themselves for what they are, and to appreciate the body they have.

International No Diet Day always falls on May 6. You could consider it a "Big" backlash against becoming little (thin) people. This day is intended for us to appreciate the body we have. It encourages us to recognize that people come in all shapes and sizes..... and that's okay.

This day is meant to assist and support people who suffer illnesses like anorexia and have other medical problems involving weight control.

International No Diet Day is a good opportunity

to re-assess and evaluate your weight management goals and perspective, and to make certain your efforts to be thin don't come at a risk to your health. If you decide that continuing your diet is right for you, then take a one-day break!

Of course, a big holiday in May is Mother's Day. While the Mother's Day we celebrate is a recent development, the basic idea goes back to ancient mythology.

The Greeks paid homage to Cybele, the mother figure of their gods. In 16th century England a celebration called "Mothering Sunday" was started.... a Sunday set aside for visiting one's mother.

In the U.S., after her mother died in 1905, Miss Anna Jarvis wished to memorialize her life and started campaigning for a national day to honor all mothers. Currently there were many special days honoring men but none for women. In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday to be called "Mother's Day."

MEET YOUR NEW NEIGHBOR

Alicia Guess moved into her home in Hampton just about 8 weeks ago. She hails from San Francisco, CA. Alicia relocated here for several reasons, the most important being the frequency of "Spare the

(continued on page 25)

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HAMPTON HAPPENINGS... *(continued from page 24)*

Air Days.” There are 4 categories of these days in San Francisco. The worst being level 4. On a level 4 day you are asked not to go outside. Spare the Air days used to occur about once a month. Then about once every other week. Just before Alicia left, Spare the Air Days were sometimes occurring more than once a week. The pollution in San Francisco was so bad that it was affecting her health. She had to be on an inhaler.

Alicia came to FL to visit a friend in Vero Beach and discovered that she did not need to use her inhaler at all! That was it! She found her way to Aberdeen where she is now very happy... and healthy! She also loves the peacefulness. Having come from the inner city she appreciates our quiet neighborhood.

Alicia spent her career as a mechanical estimator for commercial HVAC. She has been doing this since 1989 and is still working part-time. But Alicia's real love is art. She is an artist, filmmaker, photographer and writer. You can see some of her work on her website www.artdive.us. Alicia has shown her work in several galleries and has had a couple of one-

woman shows. She has had a very interesting life. Her father worked for the agriculture department at the U.N. She spent her childhood traveling and living around the world...from Costa Rica to Zambia! She speaks fluent English and Spanish, pretty good French and Italian, and rudimentary German. Alicia says she is finished traveling and is so happy to be here permanently. We are so happy to have her!!!

Hampton is so happy to see that Jeff Hirschman is doing a little bit better. Vicki Flannery is recovering nicely from neck surgery. Susan Eastlick is doing a little better as well!

Our Hampton book group is taking the summer off and will be convening in September with “The Perfect Nanny” by Leila Slimani. Save the date: Connie LaMendola's home on Tues., Sept. 17th at 10:30 AM. We would love to welcome some more men to our group!

To reiterate: Our Hampton website is up and running. You can find pertinent information there at: hamptonhoa.us.

(continued on page 26)

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HAMPTON ... (continued from page 25)

We invite all Hampton residents to our board meetings. Come and be a part of your community. Learn what is going on. Volunteer to help. Our community can only benefit from everyone taking an interest.

At our annual meeting we welcomed our new 2019 board and said goodbye to Bart Cherry, who was our fabulous director of landscaping. Milton Lipson will be taking this position.

If you still have not gotten a new directory you can pick one up from Connie LaMendola or Milton Lipson.

Riddle of the month: Often we are covered with wisdom and wit, and oft with a cloth where the dinner guests sit; in beauty around you and over your head, we are countless, though numbered when bound to be read.

Prize for the first correct answer received at butterbib0731@gmail.com.

Cart-Walking

By: Sheila Tronn Tannenbaum (Sheffield)

Cart walking? Cart walking!

My husband and I were shopping in Publix and he was pushing the cart. "You know," he said, "I'm very comfortable walking with this cart. It's very stable, I feel well-supported." Since he didn't need a walker, this was a very good thing.

A few days later, he wondered if we might be able to get a cart to use walking around the neighborhood. He said it was very practical and something he'd like to have.

So I tried to buy one from different stores. I was told that they didn't sell them; they were needed in the stores. (I didn't question how they handled the shortages incurred by people stealing carts instead of asking politely.)

Then I called companies that manufacture and sell shopping carts. Couldn't be done! They only sold 6 or more at about \$300.00 a piece. Certainly prohibitive.

My son had joined me in pursuit of the cart. Paydirt! He called a company that told him it was his lucky day. It had just hired a new shipping company and wanted to track the carts. "I'll give you a brand new cart if you'll photograph the package when it arrives, how it's wrapped and the condition of the

cart upon arrival." This was an offer he couldn't refuse. The shipper had done his job perfectly and my husband had his cart. He started walking it around our community and enjoying the walk tremendously. He said he was even enjoying walking more quickly. Cart-walking...an aerobic exercise. Push a cart, move your legs, wear good walking shoes...no other equipment needed.

Now this would be just an amusing anecdote if I hadn't met another walker today. He was sitting next to me in CVS, leaning on a cart. I told him my husband uses a cart for support walking in our neighborhood. "So do I. I go to Super Target, take a cart and walk for an hour. Most every day. I love doing it; it's fun, and its shape and equally spaced 4 wheels give me

(continued on page 27)

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CART-WALKING ... (continued from page 26)

great security.”

Two walkers may not portend a movement. Yet comfortable walking in all weather might.

When I lived in Manhattan I loved to walk on Madison Avenue, looking in store windows and of course at the people. On the West Side looking at the people and, of course, the park. In Super Target, the whole world to see going up and down the aisles. Clothes, housewares, baby gifts, luggage, pillows... everything!

Will cart-walking catch on? Only if you want it to. Meet friends at your favorite store and walk together, each pushing your own cart. It's fun, it's easy, it's healthy. Great exercise and it's free.

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Now & Then

By: Vincent Marini (Moorings)

I would like to share an e-mail with you which I referred to in December re: where we are in our lives. The source of the story is unknown; however, when I started reading it, quickly, I stopped when I reached the third sentence and started over, reading slower and thinking about every word. Here is my adaptation of the December e-mail which I refer to as “Now & Then.”

We know time has a way of moving quickly and catching us unaware of the passing years. It seems like yesterday we were young, just married, and embarking on our new life with our mate. Yet, in a way, it seems like eons ago, and we wonder where all those years went. NOW, we know we lived them all and have glimpses of how it was back THEN and of all our hopes and dreams. But since THEN is NOW, we wonder how did we get here so fast? Where did the years and our youth go? We remember seeing older people and thinking those “older folks” were years away from us. We could not fathom what it would be like.

NOW, many of us are retired... moving slower and seeing ourselves as those “older folks” we never thought we’d be. Sometimes we find just taking a shower is a real target for the day! And taking a nap is not a treat anymore, it’s mandatory! If we don’t of our own free will... we may fall asleep where we sit!

As we entered the NOW season of our lives, we were unprepared for all the aches and pains and not being able to go and do things we wish we had done but never did. At the same time, we are happy to have done what we did and at least we know NOW did come, even if we are not sure how long NOW will last.

If you are not in your “NOW” yet, no need to remind you it will be here faster than you think. So, whatever you would like to accomplish in your life, do it quickly! Don’t put things off too long!

NOW, live for today and say all the things you want your loved ones to hear and remember. We hope they appreciate and love us for what we have done for them THEN. Life has been a gift. The way we live it and have lived it, is our gift to those who follow us.

Remember: It is health that is the real wealth, not pieces of gold and silver.

Local Updates:

- The ficus shrubs along Le Chalet Blvd are being replaced by POA.
- We ask all residents who walk their dogs to please pick up the dog's poop. Also, we are probably mistaking duck-poop for dog-poop. So as long as you are equipped to pick up poop, why not pick up the duck-poop, too.
- Happy Birthday to all Harbours' residents with birthdays in May.
- Happy Anniversary to all Harbours' residents who are having any kind of anniversary in May.
- Have a wonderful month and all that jazz!

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.

Bleacher Seats Splinters

By: Rob Tanenbaum (Bermuda Isle)

Sports fans have a huge advantage over non-sports fans in at least one essential element of senior living. And that, my friends, is memory. Sports fans can go back a half-century and more and bookmark a year, a month or a specific date based on some cherished sports event and immediately associate that memory with news or personal events that happened concurrently. Sports fans can remember an alarming number of details of such events. Sports fans can tell you exactly where they were at the big moment even if they weren't at the game. I'm an expert at this memory challenge and if you are a sports fan, I bet you are too. To prove this point to myself (nobody

else cares) I did a memory check-up recently. I went back 50 years. It was the easiest A+ I ever got. A half-century ago while I was a senior at the University of Missouri and the football Tigers were gloriously on their way to an Orange Bowl berth and playing for No. 1 against Penn State, I basked in the glory of the greatest pro sports season a fan has ever had. Mets win World Series. Jets win Super Bowl. Knicks win NBA championship. All in one season. A 3-championship season in one city had only been accomplished once before (Detroit 1935-36) and never since. What do I remember from this? I had my first front-page story

(continued on page 29)

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BLEACHER SEATS ... (continued from page 28)

in the Columbia Missourian. My editor asked me (the World's No. 1 Mets fan) and a classmate (a Baltimore Orioles supporter) to write a story about why our team would win the World Series. I don't have a copy of that story but I can still remember the lead: "How many college students ever got a care package from home with grass in the box?" I wrote. "No, not that kind of 'grass.' The kind of bright green grass from Shea Stadium. The answer is one and that one would be me because mom mailed me some outfield grass from the day the Mets clinched the division title. By the time I opened the package, most of the grass was brown, but I fed and watered it daily to keep the dream of the Amazin' Mets alive." I can also tie events from that year to what happened in my sports life. Jan. 9, 1969: Supersonic-jet Concorde flies for first time. Joe Namath "guarantees" 18-point underdog NY Jets will defeat Baltimore Colts in the Super Bowl 3 days hence. (I watched in my dorm room with a Mizzou football player who bet on the Jets minus seven points and won!) July 20, 1969: Man lands on the moon. Mets win second game of doubleheader in Montreal when seldom-used Bobby Pfeil bunts in Ron Swoboda with the winning run. (My parents were on a rare vacation so I worked alone in my father's hardware store the day before and watched the doubleheader and moon landing in our Queens house.) Aug. 17, 1969: Jimi Hendrix, Crosby Stills Nash and Young and other rock groups appear at the Woodstock Music Festival. Mets defeat San Diego Padres, 3-2, in both games of a doubleheader. (I refused an invitation from friends to go to Woodstock for the weekend so I can go to Shea for Sunday doubleheader. (Strangely, I'm still proud of this decision.) May 8, 1970: Nationwide student protests are sparked by Kent State shootings. Inspired by the appearance of injured MVP center Willis Reed, the Knicks win the NBA title over the Lakers thanks to the legendary 36-point, 19-assist performance of Clyde Frazier. (I write another front-page story for Missourian while watching at sports desk. Sorry, I don't remember the lead.) So sports fans and non-sports fans take a memory test for yourself. But here's a hint: reach way back to your teenage or young adult memories. If you're like me, I can't remember last week's sports results, meaning I don't remember anything.

Bridge - Try It, You'll Like It

By: Sheila Malamud (Brittany Lakes)

Hold Up Plays

Hold Up plays are particularly effective when the contract is No Trump. The point of the hold up is to sever communication between the 2 defenders. You hope to exhaust one partner of the suit by refusing to win with your one stopper until you are reasonably sure that the other defender cannot get to his partner to play the remaining cards in that suit.

Let's look at an example where you are the declarer at 3 NT. In all cases, a Spade is led. Let's assume the leader has 4 Spades and is leading 4th from his longest and strongest suit.

Your Hand

Spades	A74
Hearts	Q6
Diamonds	K865
Clubs	K862

Dummy

Spades	62
Hearts	KJ1098

Diamonds	A73
Clubs	A74

Assuming both defenders follow suit, you must hold up for 3 rounds. Then you play Hearts. You cannot be afraid to establish your winners. You must give up the lead or you will never make your contract. You have to take Heart tricks. So, if the defender with the A of Hearts has no more Spades, you make your contract.

We have assumed that the defender who leads Spades has 4. If you have 3 and dummy has 2, leaders partner will have 4 also and you will make your contract. You will only lose 3 Spades and one Heart. However if the leader had 5 Spades and his partner only has 3, it all depends on who has the Ace of Hearts. If the leaders partner has that Ace, he has no more Spades to return and you will make your contract. If the leader has the A...you will go down.

Let's look at the same example, but missing the K of Hearts rather than the Ace. Again, a Spade is led.

You

Spades	A74
Hearts	Q6

(continued on page 31)



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BRIDGE ... (continued from page 30)

Diamonds K865
Clubs K862

Dummy

Spades 62
Hearts AJ1098
Diamonds A73
Clubs A74

Let's assume the leading defender has 5 Spades and his partner has 3. If you hold up 3 rounds and then take the Heart finesse, it doesn't matter who has the King. If the Spades leader has the Heart King he will be finessed. If the Spade leader's partner has the K, he has no more Spades to lead back. In either case you are in good shape.

Let's look at a final example:

You		Dummy
Spades	A74	62
Hearts	Q6	432
Diamonds	AK64	QJ75
Clubs	KJ62	AQ74

This is an example of when NEVER to use the Hold

Up play. You have 9 sure tricks and are wide open in Hearts. Win the lead immediately and claim your contract.

PS Be thankful they didn't lead a Heart!

A Moment to Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Opposites Do Attract!

Astrologically my man is a Virgo, and I'm an Aries. He is regimented and punctual. I am whatever and whenever. If invited somewhere or have an appointment, he must arrive at least 10-15 minutes early. I arrive on a loose proximity of the scheduled time, i.e. scheduled time is 1:30, he will feel the need to arrive by 1:20.

I on the other hand feel if I'm there by 1:35 I'm early, by 1:40 I'm on time, by 1:45 I'm a few minutes late, by 1:50 I'm just a little late.

He finds running on "Maris Time" frustrating and unacceptable. I find it easy to accept and quite normal.



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The Sunny Shores

By: Estelle Morganstein

Smooth sailing in the Sunny Shores!

Our landscapers have been busy gearing up for the coming summer season. I notice the damage done to our lawns by the fiber optics installation is slowly disappearing with our grass slowly returning to optimum appearance.

If you are wondering why we seem to be one of very few communities without a flag at our entrance, we have recently been advised that our POA is in the process of having a flag installed in front of our clubhouse entry; I am sure we are all looking forward to seeing it flying proudly for all to see.

It has been brought to my attention that for the first time in several years, there are currently several houses for sale in Aberdeen East. Here in The Shores there are a few still on the market. So – if you have any friends or family who you think might be interested in purchasing a FL home, please let them know about the possibility of purchasing in our beautiful community.

NEIGHBOR NEWS

A happy birthday to one of our hardest working neighbors. I know we all wish Diane Greenberg a happy and healthy one.

Welcome back from an extensive tour of Spain and Italy to Norma and David Littman, via a trans-Atlantic repositioning cruise.

Get well wishes go to our Selma Hoovis who is still recovering from a mishap and to Anna Pesout following a short visit to the hospital last month. Also, best wishes to Estelle Tornick who has been undergoing rehab for some time.

Goodbye to the last of our snowbirds – hope you had a safe trip. Stay well. We look forward to seeing you next winter.

As Peyton March once said, “There is a wonderful law of nature that says that the three things we crave most in life – happiness, freedom and peace of mind – are always attained by giving them to someone else.”

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.

It's Happening at PAP

By: Marcia Levitz (Muirhead)

Springtime is a time of renewal. So too it is the time we voted in our new slate of officers for The Pap Corps, Champions of Cancer Research.

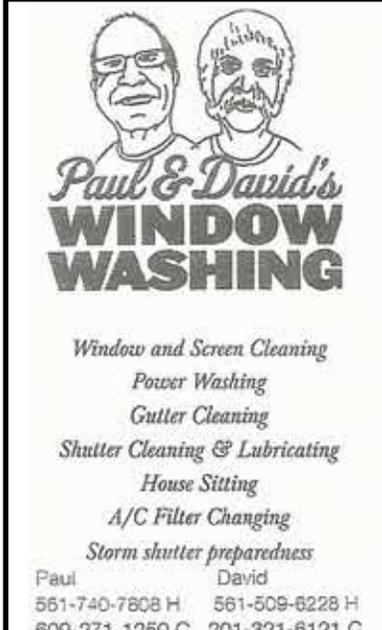
I first want to thank 2 impassioned women who will be stepping down this coming year. One dedicated woman, Ann Haar, was on the board for 8 years as the recording secretary. She kept the notes and recorded every meeting and without her attention to detail and her ability to condense the discussions into a readable and understandable synopsis of our meeting; we wouldn't have the historical documents that we have. As recording secretary, her skills in this difficult job were impeccable. To this I can attest, as I tried to fill in for her one meeting and her notes were far superior than any I could have proffered. Thank you for your years of dedication to the Aberdeen Pap Corps.

The next highlighted woman is Reva Schweitzer. She, almost single-handedly, grew the membership of our organization to what it is today. Always with a smile and friendly push, she would hand the application to all new members of Aberdeen. Her warm and bubbly nature will be missed on the board. Thank you for your enthusiasm and time you gave to this board position.

Here is the list of fantastic women who have heard the calling to help with ongoing research to find a cure for cancer. These dedicated volunteers provide their time, energy and their unique backgrounds to help us raise funds to find the cure.

2019 Executive Board: President: Carol Marsh; VP Communications: Penny Schuler; VP Fund Raising: Ellen Schwartz, Janis Jacobs, Irene Siegal, Lynne Rayman, Sue Goldstein, Gloria Berger; Liaison Fund Raising:

(continued on page 34)



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IT'S HAPPENING ... (continued from page 32)

Roz Lapenson; Levels of Giving: Rita Zide; VP Membership: Dale Krulick & Ginny Bennette; VP Technology: Anita Lippert; Treasurer: Michelle Auslander & Sue Dix; Recording Secretary: Joanne Lynch; Parliamentarian: Marcia Levitz.

We have a general board as well. Birthday Buddies: Sherry Rosenstein; Corresponding Secretary: Phyllis Hollander; Recognition: Phyllis Friedland; Tribute cards: Janet Friedman; Marketing: Carol Barron; Liaison/Dr. Referral: Lyn Schultz.

Cheers to all these dedicated women who help with the goal of finding a cure for cancer.

Family Matters

By: Bea Lewis (Lancaster Lakes)

Q: My daughter – with 2 children – ages 8 and 10 – told me recently of her impending divorce. I was devastated and would appreciate any suggestions how others got through this difficult time. L.G.

A: I can only imagine what you are feeling. I had a similar experience with my daughter. I remember the moment she called (before 7AM) and woke me out of a deep sleep. “Mom, we’re getting divorced,” she said, crying so hard, I could barely make out what she was saying. My heart fell to the floor; my knees buckled under me.

But that was a dozen years ago. Now, I am happy to say, she is remarried, living a happy and productive life. With around 50% of marriages today ending in divorce, there are plenty of parents and grandparents, like us, who have received such news.

Even though adult children are responsible for their decisions, it’s an exercise in futility to question how we could have prevented the divorce, or even have discouraged their marriage in the first place. Truth is, we never really know what goes on in our divorcing kids’ heads – or beds.

It’s scary to think we could lose our relationship with the grandchildren, especially if the daughter-in-law wants to keep the children from seeing the ex-husband’s parents. Be smart; never turn your back on an ex-daughter-in-law; she holds the keys to your prize possessions – your grandchildren. Don’t bad mouth the parents in front of the grandkids. Remember, it’s still their mother or father.

A divorce can affect your bank account. If you’re

asked to help financially, follow the advice of an airline stewardess - put your oxygen mask on first, then help your children.

During my daughter’s tough early years, it helped to be a safe port in the storm for my grandkids – someone they could come to for extra hugs and be assured that their parents’ breakup was not their fault. While it’s tough to avoid taking part in the escalating drama acted out between their parents, take a lot of deep breaths and do your best to stay out of it.

A good guide to get through the rough waters is *Your Child’s Divorce: What to Expect – What to Do*, by Marsha Temlock (Impact publishers, 2006).

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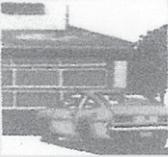
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Ya Gotta Laugh

By: Steve Solomon (Hampton)

I was performing again in Las Vegas the second week in April. My wife, Jane (Evers), and I decided to invite our granddaughter (Clara) and her friend to join us in Vegas and celebrate her 21st birthday. A 21-year-old granddaughter! Wow, Jane must be getting old.

I told Clara to pick ANY show she wanted to see—ANY show. Let's review; there are literally hundreds of shows to see in Vegas. There's my show. They've seen it so that's out. There are, at least 6 Cirque du Soleil. There's Donnie and Marie, David Copperfield, Terry Fader, Leno.... They picked— Magic Mike. "Ah, a magic show," I thought. "Sounds good!" I called Clara and confirmed that Magic Mike was her choice.

Jane went online to get tickets, found the Magic Mike site and she immediately called me into her office. Jane said, "look at the home page on the site." I did. I looked at Jane and said, "This must be some mistake." There was a full screen photo of 5 or 6 guys, pretty much, naked. Magic Mike was NOT a magic show; it was more like a rock and roll strip show. The video clip was even more revealing. They were dancing and squirming and rubbing and grinding their greasy muscular bodies against each other. It was 6 degrees away from a porn show.

I kept reviewing the clips of the audiences for signs of grey hair in the crowd. Yep, there they were. Seniors. They were screaming and cheering along with Magic Mike and the "boys." How do I as a rather conservative grandpa, condone sending two 21-year-olds to a show like this? The only thing that would satiate my fears is if they were escorted. I was performing that night. I could not (and wouldn't) go. I cajoled Jane into attending the show with the "kids."

After the show, we met for a midnight bite. They all loved the show, including Jane. Clara was thrilled because one of the hulks gave her a lap dance. Jane said the guys we're gorgeous. I was speechless. Jane, Clara and her friend kept talking about the way the guys danced and looked. I just smiled and thought about my bad knee.

Life goes on. If you need me, I'll be pumping iron at the gym all day today and tomorrow.

Lancaster Lakes

By: Phyllis Arnauer

I think I need a new...

When is it time to throw away an existing item and replace it with a new one? How do we know when tossing is smarter than repairing? Why am I contemplating these questions? Because just last week I was preparing to go to BJ's to purchase a new landline phone. In the previous few weeks, one by one, my phones stopped working. First it was the phone in the guest bedroom. Okay, there are 4 others that work. Then the phone in the lanai went kaput. Okay, 3 phones left. Shortly after, the master bedroom phone died. Two left, and I was scrambling like a rabbit on steroids to get to the phone in the kitchen or den. I had all the cardio exercise I needed right in my own home! I know you are thinking, "Why didn't I just keep a phone near me at any given time"? Hah, that would be too easy! So, I decided it was time to replace the phone. I mentioned my shopping excursion to a friend, who said very matter-of-factly, "Why don't you just get new batteries?" Well, you could have knocked me down with one of the functioning phones. New batteries! It never occurred to me. What else have I tossed because it didn't work anymore? Does my television need replacing? No, the remote needs a new battery. Does my iPhone, iPad, laptop, or smoke alarm need replacing? No, they just need recharging or possibly a new battery. Even the International Space Station recently exchanged old batteries with 3 lithium-ion batteries in its solar wings, never thinking about tossing their mission!

All of this led me to think about how we sometimes replace or toss people, no battery needed. Distance is often the culprit. Although, with social media it is easy to keep in touch, if we choose. Interests change, life circumstances change, but the comfort of a familiar voice is the battery charge that we may need. Are you lucky enough to have the friend who, even after months have passed, can pick up the conversation as if it were yesterday? Keep that going, keep that connection charged?

As we welcome May, we have warm memories of Easter and Passover spent with family and friends. Looking ahead to Memorial Day as we honor those who gave their lives to keep us free. Safe travels to our snowbird neighbors who will return with happy tales to share.

Neighborhood news: Did you hear? The Division

Three Pickleball team from Aberdeen came in second in their first year in the league! The beautiful trophy is on display in the tennis shop. Great work, everyone! Well done to Suzanne Fisher who was recently promoted from Director of Parks and Recreation to Assistant City Manager for the city of Delray. Welcome to Lancaster Lakes: Regina and Gerald Marcus, and Sharon Katz and Dennis Brenner. Paradise awaits! Congratulations to Lancaster Lakes' new Board of Directors: Larry Dix-President, Elaine Boderman-Vice President, Herb Klinger-Treasurer,

(continued on page 37)



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LANCASTER ... (continued from page 36)

Gary Akawie-Secretary, Shelly Schultz-Director, Roy Hanover- Director, Dennis Brenner-Director. All of Lancaster Lakes thank Elaine for her many years of service to the community as president. We wish Larry and his board much success. Our new president wants everyone to know that volunteers are needed to serve on the Landscaping Committee and the Social/ Welcoming Committee. Happy Spring!

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Use Storyboarding to Lead a Meaningful Life

By: Jane Evers (Hampton)

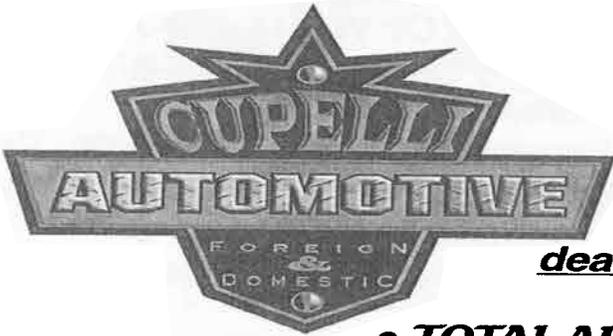
Have you ever thought that your life plays out like a movie or book? Both medias are planned with a storyboard. The novelist or director utilizes the storyboard to organize the action.

So, what exactly is a storyboard and how can it help us make our life more meaningful? When novelists and directors plan scenes and action they use boxes with figures and words that tell them what's going to happen next. It's a visual way to communicate. You can use the same approach to shape your life.

Storyboarding your life, or a part of it, is a conscious way to formulate what you want to do as life progresses. It's being able to make conscious decisions about who you are, what you want to do and how to go about achieving your goals. And, it doesn't matter if you're 15 or 95. You can always create a storyboard.

(continued on page 38)

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USE STORYBOARDING ... (continued from page 37)

When you make decisions and choices that directly affect the quality of your life, you feel physically better. Your mind is calmer, less troubled and more focused. You have an abundance of energy, and a zest for life.

As you're deciding what the story of your life will look like, you can create a storyboard. Use pictures, cut them from magazines, draw scenes, add visual items. Make sure what you put in your storyboard has MEANING to you; It helps you either make a decision or chose a path.

A storyboard is a living document, a reminder and an inspiration. You can have multiple storyboards; one for your personal life, one for professional, a crisis board, etc. I use a cork board with index cards pinned to it. I have a short time-line storyboard usually about one year and a long range-plan one that can range up to five or even ten years.

Just as a director or novelist uses the storyboard to keep his/her concept for the movie in focus, your storyboard helps you keep your vision of a meaningful life clear and centered. Use it, look at it, don't be afraid

to change it. **Add to it!** You change, your life changes and your goals can change too.

Make sure you let your storyboard reflect who you are at each moment, not who you were a year ago. Storyboards are good for normal planning, but when a crisis arises, it makes even more sense. By visualizing which path to choose you can see the steps you need to take to achieve your goal. Storyboarding gives you direction and a sense of where you are at each step.

When you make decisions, you affect the quality of your life. Storyboarding is a tool to use to help make your life more meaningful.

Call me if you have any questions or want to know how to plan a storyboard. 561-523-3545.

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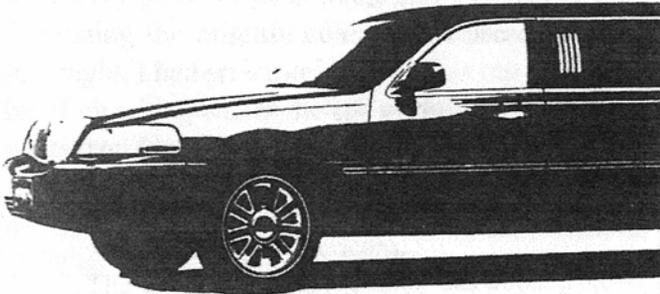
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Marty's Recipes

By: Marty Hyman (Ashford)



My wife, Fran, and I recently enjoyed a trip to Florence Italy. It was a dream come true to get to see the magnificent center of the renaissance in Europe. In addition to the usual tours and museums, one thing that we like to do when visiting a major city in Europe, is to get to meet someone who lives there and spend some time with them.

In Florence, we went to the home of Francesca Di Leonardo. She is a professor of English at the University of Florence. An accomplished chef, she conducts private cooking classes in her home. We were fortunate to have a private afternoon with her.

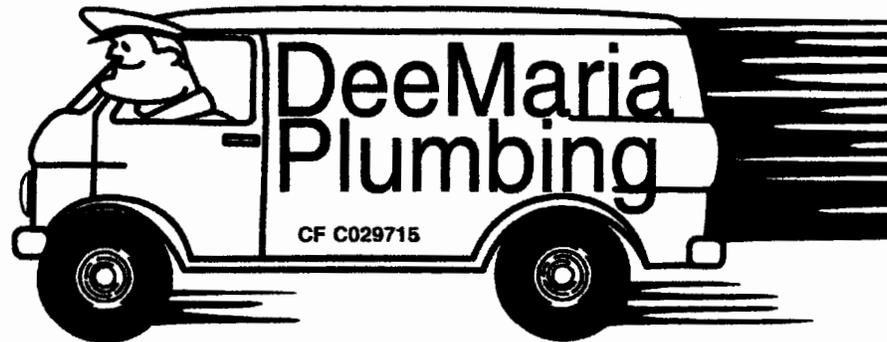
This dish is very popular in Central and Southern Italy. One of the pleasures of summer in Italy is being able to eat fried stuffed zucchini flowers—the cheese and anchovies ooze out of the thin, crisp *fiori*. In your home, you can serve them in batches just as they come out of the pan, so they don't get soggy. Use the blossoms as soon as possible after picking, as they will wilt within a day.

Ingredients:

- 1 cup all-purpose flour
- 1 tsp. salt, plus more, to taste
- 2 eggs
- 1/2 cup cold sparkling mineral water
- 1 Tbs. vegetable oil, plus more for deep-frying
- 2 oz. fresh mozzarella cheese
- 10 anchovy fillets, cut in half crosswise
- 20 large zucchini squash blossoms (available at Bedner's on Rt 441)

Directions:

1. Cut the mozzarella into sticks 1 inch long by 1/4-inch-wide by 1/4 inch thick.
 2. Pat the anchovies dry with paper towels.
 3. In a small bowl, stir together the flour and the 1 tsp. salt. Add the eggs, mineral water and the 1 Tbs. vegetable oil and whisk just until blended.
 4. In a heavy fry pan or sauté pan at least 3 inches deep, pour in oil to a depth of 1 inch and heat to 375°F on a deep-frying thermometer or until a bit of the batter sizzles when dropped into the oil. Alternatively, pour oil into an electric deep fryer and heat according to the manufacturer's instructions to 375°F.
 5. While the oil is heating, gently spread open the petals of each flower and carefully pinch out the filaments inside. Insert a piece of the cheese and an anchovy half into each flower and press the petals closed.
 6. One at a time, dip the flowers into the batter, turning to coat completely. Lift out and let the excess drip off.
 7. Working with a few at a time, slip the battered flowers into the hot oil and fry until golden brown on all sides, about 4 minutes. Using tongs or a slotted spoon, transfer the blossoms to paper towels to drain and season with salt. Serve immediately, and then fry the remaining flowers. Makes 20.
- Email your favorite recipe for the Times to Marty Hyman jogvista@yahoo.com.*



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