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OCTOBER



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

Like the Aberdeen Times, the Club is finished with its summer hiatus and running on full speed! In his Message to Members of June, 2019. President Tager wrote: *“Summer in Florida may signal warmer weather, higher humidity and an afternoon thunderstorm or two. However, in Aberdeen, summer also means a continuation of the active lifestyle we have all come to enjoy. The vast majority of Club members continue to participate in golf, tennis, pickleball, bocce and/or table game activities. Special events such as the Father’s Day Brunch, Hawaiian Night, Friday Night Music at the SSL on June 7th and 21st, are some of the highlights for this month. With July just around the corner, members can look forward to a fantastic Independence Day Celebration, a special “Come to the Cabaret” evening, a Havana theme night, “Take Me Out to the Ballgame” - Mets vs. Marlins baseball game, in addition to golf, tennis and bridge tournaments.*

“Since the refurbishing of the golf course, tennis courts and clubhouse, along with the addition of pickle ball and bocce courts, our facility has certainly been dramatically upgraded over the past two plus years. As many of you already know, the upgrade continues,

(continued on page 2)

Import, Exports and GDP

By: Dr. Pat Williams (Muirhead)

What is GDP?

GDP or Gross Domestic Product measures the value of economic activity within a country. More specifically, GDP represents the monetary value of all goods and services produced within a nation’s geographic borders over a specified period of time. Economists traditionally use GDP to measure economic progress. If GDP is rising, the economy is in good shape, and the nation is moving forward. If GDP is falling, the economy is in trouble, and the nation is losing ground. When GDP growth is strong, firms hire more workers and can afford to pay higher salaries and wages, which leads to more spending by consumers on goods and services.

Based on UN (United Nations) and IMF (the International Monetary Fund) figures, the U.S. has the largest GDP in the world at \$20.4 trillion (IMF) and \$18.6 trillion (UN). The second-largest GDP is China at \$14.1 trillion (IMF) and \$11.2 trillion (UN). However, while U.S. GDP is expected to grow 2-3% per year, China’s GDP is anticipated to increase by 6% per year. As such, by the year 2050, China is expected to surpass U.S. GDP.

(continued on page 4)

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**TO CONTACT THE ABERDEEN TIMES
FOR BUSINESS MATTERS:**

JOHN PAGLIARINI
8230 Cassia Drive • Boynton Beach, FL 33472
561-596-1714

FOR EDITORIAL MATTERS:

RUTH KRAWITZ
7791 Bridlington Drive • Boynton Beach, FL 33472
561-734-5244

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ALL ABOUT ABERDEEN... *(continued from page 1)*
as, in the near future, all of the cardio equipment in the fitness center is going to be replaced with the latest machines currently available. During the Fitness and Aquatics Center shutdown, the pool deck will receive a “deep” cleaning in order to restore it to its original condition and beauty. Though the Fitness and Aquatics Center was opened in 2010, it still sets the standard for neighboring clubs and prospective members continue to be “blown away” when they tour this facility.

“Though there is always work to be done, and improvements that can be made, Aberdeen members certainly have many good reasons to feel proud of their Club.”

Now, here we are, anticipating the upcoming special events and coming attractions. For sure there will be more theme nights and dinner date nights under the stars, special holiday offerings, golf, tennis and pickleball tournaments, and many surprises emanating from the Activities Committee. All of our clubs and committees should be functioning. (Watch for flyers and check the Club website for date and time schedules.)

With regard to pickleball, a very detailed set of rules and regulations pertaining to this popular new sport has been printed and distributed to members. (Contact the tennis pro shop if you need a copy.)

Don’t forget to visit the second floor of the main clubhouse to see the most recent exhibit of Aberdeen images. The display changes periodically, and the photographic work of our own members is top-notch. (Thank you, Jay Levine and his committee for this display that enhances the gallery and brings such pleasure to our viewers.

Reminders from our President and Club Manager: *“It has been noted that, on a number of occasions, vehicles without the appropriate handicap placards or tags have been parked in the handicap parking adjacent to the Fitness/Aquatics and Tennis Center. In fairness to those members who require these spaces, under no circumstances should unauthorized vehicles park there.”*

Card Room Guest Policy

Oct. 1st through Apr. 30th. Guests players are not permitted in the card room during season with the exception of the following:

- A house guest with a guest pass is permitted only within the game of the member.
- Non-house guests will not be permitted during season.

Note: According to club rules and regulations, Aberdeen residents who are not club members may not be included as guests.

May 1st through Sept. 30th.

- Members are permitted to bring (1) guest Monday through Friday during the day.
- Members are permitted to bring (1) guest Monday through Wednesday during the evening.

Note: A person is permitted to be a guest only once in any given calendar week. According to club rules and regulations, Aberdeen resident nonmembers may not be included as guests.

And last, but certainly not least, a loving public farewell to Chef Norbert, who has been with Aberdeen for more than 25 years. I have known him for all these years, and can attest to the popularity of this talented, devoted personable man. He has worked with Chef Jeff for a year and is ready to take the plunge into retirement at his new home in NC. He has been such an important, vital and familiar presence in the Aberdeen family, and will be missed. Bon voyage, Norbert!



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IMPORTS, EXPORTS...(continued from page 1)*How is GDP calculated?*

The formula for GDP is as follows: $GDP = C + I + G + (Ex - Im)$, where “C” equals spending by consumers, “I” equals investment by businesses, “G” equals government spending and “(Ex - Im)” equals net exports, that is, the value of exports minus imports.

What are exports and imports?

Exports are the goods and services produced in one country and purchased by residents of another country, while imports are the goods and services bought by a country’s residents that are produced in a foreign country. In the GDP formula above, imports are subtracted from exports to determine net exports. If exports exceed imports, the net exports figure would be positive, indicating that the nation has a trade surplus. If exports are less than imports, the net exports figure would be negative, indicating that the nation has a trade deficit. A trade surplus contributes to economic growth.

Another term for net exports is balance of trade (BOT). Positive net exports represent a trade surplus. Negative net exports imply a trade deficit. According to *Trading Economics*, the U.S. had a trade deficit of \$54 billion in July 2019 while China enjoyed a trade surplus of \$45.05 billion during the same period.

Nations with trade surpluses have several competitive advantages. By having excess reserves in its current account, the nation has money to buy the assets of other countries. For instance, China and Japan use their surpluses to buy U.S. bonds. Purchasing the debt of other nations allows the buyer a degree of political influence. Carrying a surplus also provides a cash flow with which to reinvest in a country’s machinery, labor force and economy. In this regard, carrying a surplus is analogous to a business making a profit -- the excess reserves create opportunities and choices that debtor nations don’t necessarily have by virtue of debts and obligations to repay.

On the other hand, George Alessandria, senior economist for the Philadelphia Federal Reserve, explains trade deficits indicate an efficient allocation of resources: shifting the production of goods and services to China allows U.S. businesses to allocate

more money towards its core competencies, such as research and development. Debt also allows countries to take on more ambitious undertakings and take greater risks. Though the U.S. no longer produces and exports as many goods and services, the nation remains one of the most innovative.

U.S. Companies and China

China’s population is over 1.4 billion with a rapidly expanding middle class. U.S. companies have long recognized China’s potential. KFC has been in China since 1987 and currently has 3,200 locations. McDonald’s, Starbucks, Walmart, Nike, GM, Proctor and Gamble, Intel, Microsoft, and Coca-Cola all have a significant presence in China. On Aug. 27 of this year, Costco opened its first store in Shanghai. According to the Washington Post, “the store had a 3-hour wait for space in the parking lot—and sometimes longer in checkout lines.” The Post noted, “Beyond the chaos, [these scenes] illustrated an important political point. The Chinese and American economies are inextricably intertwined. Chinese shoppers want American products, especially at bargain prices, and American companies want Chinese shoppers.”

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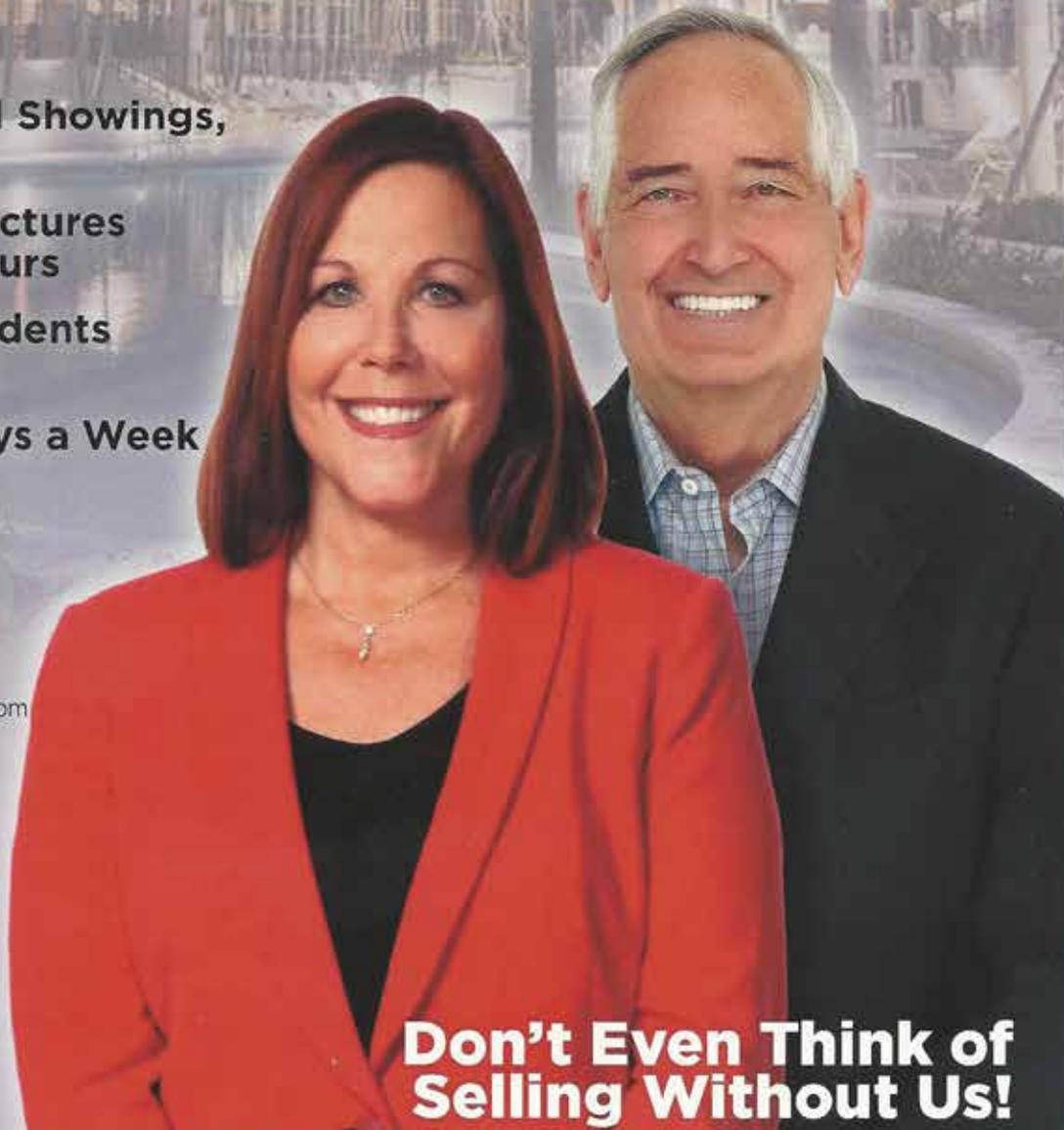
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Dear Aberdeen friends, I want to thank you for all of your personal condolences and thoughtful cards and donations given in remembrance of Abrian. Some of our most joyful moments have been spent in your company and in our special community of Aberdeen. Your kind gestures have been of great comfort to me and my family and will always be remembered. With warmest regards, Judy Bloom.

Acknowledgement July 19, 2019

We want to thank the Aberdeen membership for all the get well cards, telephone calls and "prepared food" we received after the Memorial Day car accident. Your thoughtfulness and caring was truly appreciated.

Sincerely,
Ruth & Norm Mazart



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Bermuda Isle Buzz

By: Lynn Chodos

The season of fall has always been exciting for me. As a child, I couldn't wait to see old friends after summer vacation, and looked forward to starting a new school year. Today, I still see fall as a special time to reflect on my past life and set new personal goals. As I get older, I recognize that life can change suddenly. The importance of living in the present becomes especially significant as I think of family, friends and community, and how many of their lives have changed. We bid fond farewells to some of our cherished residents, welcome new neighbors, recognize achievements, see a new look in our community and mourn the loss of one of our past residents. We send best wishes to all of our residents who have been ailing and wish them a speedy recovery and return to good health.

Best wishes to: Francine Krenik, a long-time Bermuda Isles resident, who has moved closer to her family, as well as Marc Furtado and Michael Souza, who have contributed so much to helping residents and supporting our social activities. Our community feels a tremendous sense of loss with the news that Everetta and Myron Lofton are moving away. They have been pillars in our community, and the "steam" behind many of our social activities such as the Sunday Jazz Brunch. They will be missed for being role models of kindness, inclusiveness, and hard work for all of us. We are hopeful that the next chapter in their lives will bring them happiness and include living not far from Bermuda Isles.

Sadly, we report the loss of Arthur Glaser, a long-time BI resident, who passed away recently. He will be sorely missed. We send our deepest condolences to Arthur's wife, Ruth, and their family.

We welcome our new neighbors who will be moving into Bermuda Isles. We are so pleased that you have chosen our community in which to live. By the time this newspaper is published, they will hopefully have moved in:

- James Galante- snowbird, from Long Island, NY
- Annette Pappas - full time from Orlando, FL
- Jean-Guy Belair and Manon Whittom- snowbirds from Canada
- Sharpe and Mary James- full time from Newark, NJ

(continued on page 10)

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BERMUDA ISLE...*(continued from page 8)*

Congratulations to Ronnie and Eliot Ostrow on their daughter Jessica's achieving a doctorate in Occupational Therapy. What an exciting accomplishment! Best wishes to Jessica as she moves on with her career.

Our Bermuda Isle entrance is being beautified via the work and talents of Bonnie Lappin and Arlene Solomon. Thank you to these women who have put smiles on our faces as we and others enter our community.

While many life changes are beyond our control, there are those changes we can create for ourselves. Reflection on our past can give us the opportunity to challenge and examine our actions, and reinforce the value of living in the present moment. We can appreciate what is beautiful in our lives, and cherish our times with family, friends and community. We can seize opportunities to reach out and help others, engage with our passions and work on our "bucket lists." Turning the page as we enter a new season may help us to be more fulfilled as people, and have less regrets. Happy fall to everyone!

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References

Turnberry Isle

By: Sherry Morris

The other columnists have undoubtedly covered Hurricane What's-His-Name, so let's move on with kudos to those who prepared well. First, we never lost power, cable, telephone or internet. Even though many of us have been critics of our Triple Play with Comcast, this time everything was well planned and caused no service outages here in Aberdeen. FPL also managed to keep our electricity up and running throughout the slowly moving storm. Thank goodness! Next, our neighbors cared enough to keep us all safe. Porch furniture was removed or secured, shutters were closed and storm drains were cleared. Our management company--Campbell--sent us pointers via e-mail and we felt safe. There were no gate problems, but our gate has been barely operational for so long now that we rarely notice a glitch. Apparently, the Fairway Lakes Board of Directors has negated the vote to get a guard at our gate without adequately informing residents. Our representative, Paul Green, has stepped up to the plate on many occasions, but getting the three com-

munities to come to agreement has stalled the operation.

Another Turnberry summer has been enjoyable for members of our Women's Club. Mary Wexler hosted a lovely July cocktail party at her home. Mary always includes all the bells and whistles necessary for a successful party. She provided tasty appetizers and desserts, and many members contributed their specialties as well. The spread was picture-worthy. Somehow, we always have an excellent turnout when wine is served and the price is right. The Women's Club subsidizes this annual event.

Meetings have been held to begin planning the activities for the coming season. We will repeat some of our most popular outings and add many more. As always, we thank Anita Ostrow and her hard working board for being the heart of our community. Our meetings start in September, and are hosted each month by Rhoda Schwartz. We are thankful to all.

May the coming season bring back our beloved snowbirds to join in the spirit that is Turnberry Isle--22 years of fun in the sun.



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The Sunny Shores

By: Estelle Morganstein

Rested and ready to begin reporting again in the Aberdeen Times on behalf of The Shores, I am looking forward to a year filled with health and happiness.

I have been busy gathering lots of information during the summer months on services that are available for seniors in our area and I believe that in the following, there is something for each will find useful in the following material.

During Sept., a new garbage cart was delivered to every Aberdeen customer of the Solid Waste Authority (SWA). As of Oct. 1, everyone must place their trash in this bin. If a second bin is needed, it can be purchased for \$65. Residents are encouraged to use their current garbage cans for yard waste. Garbage will continue to be collected twice a week. A reminder: bulk items like appliances, furniture, etc. (but no more than 3 items) that do not fit in these carts will be picked up once a week. If you have more than 3 items, please call 697-2700 to have these additional items removed.

If you are a member of AARP, this organization offers Safe Driver Training Courses in various areas in Palm Beach County. The one I took recently is located in a senior center on Lake Worth Road near Haverhill. The cost is minimal and the 6 hour class was not only informative, but, depending on your car insurance, can save you a substantial sum of money upon completion. The certificate is in effect for 3 years.

The Palm Beach County Clerk's Office urges all residents who own property in the county to register for free property fraud alert notifications. The Property Fraud Alert will send notifications by email or phone any time there is activity in their records pertaining to your real estate. To sign up, go to mypalmbeachclerk.com/property-fraud-alert or call (800) 728-3858.

More community information to follow in next month's article.

NEIGHBOR NEWS

We welcome the following new homeowners to The Shores:

Guy Sarault from Canada and Jo-Anne Beaugard and Daniel Butler, also from Canada

each of whom took possession of their new units over the summer;

Patsy Ruth Martsoff who purchased her new home in my court recently; and Josephine and Vincent Bracaglia, who moved into Court A a few months ago from Tamarac.

Congratulations to Norma and David Littman who recently attended the bar mitzvah of their grandson, Rocky, in NYC and the baptism of a new granddaughter Francesca in NJ.

To our friend and fellow board member Diane Greenberg, a complete and speedy recovery from your recent knee surgery.

To our Jewish readers, Sept. 30 began the High Holy Days of Rosh Hashanah, to be followed by Yom Kippur, Sukkot and Simchat Torah, a time of rejoicing, seeking atonement, the completion of reading the last book of the Torah and the beginning of the first book, "Genesis." Happy New Year to all our Jewish homeowners.

Lancaster Lakes

By: Phyllis Arnauer

Renew and Refresh!

The current refurbishing of the Clubhouse and Fitness and Aquatics Center has reminded me that we all need to renew and refresh periodically. The cooler, crisp days of autumn can be our time to do that. With the coming of another season, we can think about renewing and refreshing. Many of us, myself included, tend to get stagnant, set in our ways. Our daily routines are set; if it's Monday, the activity is canasta; if it's Wednesday, it is onto the links for a round of golf. Even in the dining room, we may be routinely drawn to the same lunch or dinner choices. How about an appletini instead of white wine!

The slightest change can make a significant difference in the way we feel, act, and see the world. On the computer, we are asked if we want to refresh a site or a page, and by saying yes, we are given a chance to rethink what we are doing. In the same way, we can renew and refresh in many ways. A vacation, even for a few days, to someplace we've never considered, or a short nature walk at Green Cay can give us a boost. Get a new _____: fill in the blank

(continued on page 13)

LANCASTER LAKES... (continued from page 12)

with: a new haircut or color, new style of clothing, a new outlook on life. Plant an orchid and watch it thrive, buy a painting in a style you would generally ignore, watch a sunrise or sunset, a butterfly, an egret, a turtle, and yes, even an iguana or alligator! See someone you know in a new way, or view a stranger with a fresh perspective. Refresh your thinking and see something you might have missed. Renew with a massage, a facial, or a calming trip to view the ocean. Renew your library card, your magazine subscriptions, your cholesterol prescriptions! Attack with renewed purpose the huge box of loose and disorganized photos sitting high on a shelf in the closet! Let's reinvigorate, revitalize, rejuvenate, energize, exhilarate, revive, update, and be present every day.

With the summer over and October upon us, we start welcoming back our friends who were renewed and refreshed in other locales. How happy and appreciative we all are with the newly paved Shoal Creek Lane! Smooth sailing, no annoying bumps in sight! To catch up with summer happenings: Sue and Larry Dix had a busy summer - a week in NY and the Berkshires, a stay in St. Petersburg, FL, visits from grandkids from Denver and GA, and Larry's successful hand surgery. Arlene and Gene Stern

became great-grandparents in June to Sophie Lauren, and one of their granddaughters became engaged.

David and I were in Washington, DC, VT, and NJ. And had visits from our son and both granddaughters. A neighbor would like to know if anyone in Aberdeen lived in Yonkers in the early 70s. Let me know and I will forward your info.

Carrying On At Any Age

Imagine it's the eve of your long-awaited retirement, and you discover your spouse is having an affair. That's the premise of the delightful British comedy *Finding Your Feet*. The film stars Imelda Staunton as Lady Sandra Abbott, the humiliated wife who flees to the country, to her estranged sister, but goes on to prove it's never too late to start over again.

"We need to tell more stories like this, that show 'third-agers' with personalities, wit and a sense of fun," says the award-winning actress, best known in the U.S. as Professor Umbridge in the *Harry Potter* movies. "There are always going to be difficult times in life. But people can adjust, change, learn and be happy."

- Lori Berger. AARP Bulletin Mar. 2018

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Sharing With Sheffield

By: Ruth Krawitz

Over the past few years I have written several articles about the health benefits of positive thinking. I identified these people, who do not practice the positive thinking concept, as those who see the glass as half-empty, rather than half-full. Those who see laughter as a chore and who instill negativity on those around them, wearing their companions down, making any association tedious and depressing.

Researchers on the subject advise us to make a concerted effort to stay far away from those “downers.” Actually, as it turns out, being with them is bad for your health and mental well-being. And yes, we know exactly who they are!

So is there anything one can do with these negative nellies, other than ignoring them? First, you have to recognize the problem and want to take steps to correct it. Some people like being miserable and depressed; they wear it like a badge of some sort, and it draws attention to them. The negativity has become ingrained and they do not want to change.

Research on the subject demonstrates that the extent to which we can generate positive emotions from even everyday activities can determine who flourishes and who doesn't. More than a sudden bonanza of good fortune, repeated brief moments of positive feelings can provide a buffer against stress and depression and foster both physical and mental health, their studies show.

This is not to say that one must always be positive to be healthy and happy. Clearly, there are times and situations that naturally result in negative feelings in the most upbeat of individuals. Worry, sadness, anger and other such “downers” have their place in any normal life. But chronically viewing the glass as half-empty is detrimental both mentally and physically and inhibits one's ability to bounce back from life's inevitable stresses.

Tips from the research to develop positivity include:

Do good things for other people. In addition to making others happier, this enhances your own positive feelings. It can be something as simple as helping someone carry heavy packages or providing directions for a stranger.

Appreciate the world around you. It could be a bird, a tree, a beautiful sunrise or sunset or even an article of clothing someone is wearing.

Develop and bolster relationships. Building strong social connections with friends or family members enhances feelings of self-worth and, long-term studies have shown, is associated with better health and a longer life.

Establish goals that can be accomplished. Perhaps you want to improve your tennis or read more books. But be realistic; a goal that is impractical or too challenging can create unnecessary stress.

Learn something new. It can be a sport, a language, an instrument or a game that instills a sense of achievement, self-confidence and resilience. But here, too, be realistic about how long this may take and be sure you have the time needed.

Choose to accept yourself, flaws and all. Rather than imperfections and failures, focus on your positive attributes and achievements.

Practice resilience. Rather than let loss, stress,

(continued on page 15)

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SHARING WITH... (continued from page 14)

failure or trauma overwhelm you, use them as learning experiences and stepping-stones to a better future. Remember the expression: When life hands you a lemon, make lemonade.

Practice mindfulness. Ruminating on past problems or future difficulties drains mental resources and steals attention from current pleasures. Let go of things you can't control and focus on the here-and-now. Consider taking a course in insight meditation.

Andrea Bocelli said it so succinctly when he said it in an interview for AARP last year...

“Just say yes. It’s so easy to be negative in this world and to say no. Yes is so much better. You say yes when you have your first kiss, when you want to make someone feel good, when you open yourself to new experiences. I always say yes – *sì, sì, sì!* – and it makes every day better.”

A vital question is: Are you spending time with the right people? Are there some negative folks who can never change? Recommendation: Choose your

Harvey Baron's Early Bird Special



friends wisely.

While many of use focus primarily on diet and exercise to achieve better health, science suggests that our well-being also is influence by the company we keep. Researchers have found that certain health behaviors appear to be contagious and that our social networks – in person and online – can influence obesity, anxiety and overall happiness. A recent report found that a person’s exercise routine was strongly influenced by his or her social network.

Positive people generate enthusiasm, energy and magnetism; negative people emanate defeat and depression. How can you not chose to be with those who are upbeat, hopeful and fun to be around!

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it’s Oct. 2019 and the resumption of Aberdeen Times. A HEARTY WELCOME to all those who have returned! We hope everyone’s had a pleasant and satisfying summer as we look forward to another eventful season at Aberdeen.

My husband and I had a great summer! We spent 2 1/2 months in Israel where we enjoyed quality time with family and long-time friends. Social bridge, movies (in English) and the availability of Netflix also added to our pleasure. The weather was normal for the time of year (unlike like the sizzling temperatures in Europe) and the borders were relatively quiet. Needless to say, with 4 grandchildren in the army, we pray for continued calm and a peaceful solution to the overall Israeli-Palestinian conflict.

Having just celebrated World Peace Day, a United Nations sanctioned holiday observed annually on Sept. 21, the words of John F. Kennedy seem particularly noteworthy. “World peace, like community peace, does not require that each man love his neighbor – it requires only that they live together with mutual tolerance, submitting their disputes to a just and peaceful settlement.” Hopefully, a realistic solution beneficial to both sides will bring an end to the conflict and peace to the region.

On the local scene, we extend a warm welcome to two new Canterbury residents: Angeline Bernard and Carol Brooks. We’re delighted to have them in

(continued on page 16)

CANTERBURY COMM... *(continued from page 15)*

the community! On a sad note, we mourn the loss of Arnie Sinkin, a long-time resident of Canterbury, who passed away in August. Our heartfelt condolences to Joan and the family.

In closing, we wish all our Aberdeen friends and neighbors good health, happiness and success in all their endeavors. As the Scottish poet, Alexander Smith said, "In the entire circle of the year, there are no days so delightful as those of a fine October." Have a great month!

Harbour Lights

By: Wendy Latman

Here I am on Sept. 2nd, waiting for Dorian to make his monstrous presence known. This experience will be a memory, and hopefully, a not-too-painful memory, for residents of FL by the time you read this.

It's Oct. and the summer officially ended last month. Snowbirds will soon start trickling back to FL, and it will be nice to see some old friends again. This summer was one of the hottest summers on record and those of us who stayed put can attest to that.

A little bit of FL history:

The city of Boynton Beach bears the name of Major Nathan Smith Boynton who came to South FL from Port Huron, MI in 1895. He purchased oceanfront land and began construction of the Boynton Hotel with workmen recruited from MI.

They brought their families and settled in the new town. When Henry M. Flagler brought the FL East Coast railroad into FL, visitors seeking the warm weather of the area began arriving for what was to become the winter tourist season. Even Boynton and his family, who spent their summers in Port Huron, came back to their Boynton Hotel for the winter.

Meanwhile, the area expanded rapidly as a farming community, growing vegetables for the hotel guests and opening up new sources of revenue through shipment of winter vegetables to other areas of the country.

Local Updates:

We had a sealcoat project on our roads that started on Jul. 23rd and was supposed to be completed within 2 weeks. For those of you whose sections were completed, we know it was a big inconvenience, and we thank you for your cooperation. Here it is Sept. and there is one section that is still incomplete. Mother nature has not been kind to us or the business that does this kind of

work. Hopefully, it will be completed before Christmas. Just kidding!

We ask all residents who walk their dogs to please pick up the dog's poop.

Happy Birthday to all Harbours' residents with birthdays since June and upcoming in Oct.

Happy Anniversary to all Harbours' residents who are had any kind of anniversary since June or upcoming in Oct.

If you have news you would like me to include in Nov.'s newsletter, please call me or 561-699-5857 or email me at wlatman@bellsouth.net.

Have a wonderful month and all that jazz!!!!

Hampton Happenings

By: Janet Friedman

By the time this newspaper comes to you, we will be in the midst of the hurricane season here in FL. We almost had a run-in with Dorian but we got lucky. Thank you to Ellen Gold for organizing mah jong games in her home to keep our spirits up! Thank you to all the neighbors who helped other neighbors to get ready for this storm. Thank you to Pat Brown for driving around the neighborhood to make sure all properties were secured and prepared. It is wonderful to know that we have such a wonderful, caring community.

Welcome back to the first wave of snowbirds! We missed you. You missed all the excitement! We hope that you enjoyed your summer.

Many interesting and important things have happened in Oct.'s past. The World Series was broadcast on radio for the first time in 1921. Thomas Edison showed the first motion picture in 1889. The first Physician's Assistants graduated from Duke in 1967. Martin Luther King Jr. was awarded the Nobel Peace Prize in 1964.

Hampton has some interesting things happening in October as well. On Oct. 20th we will be having a BBQ at our pool. More information will follow. Our Book club will be meeting on Tues. Oct. 22 at Connie LaMendola's home at 10:30 A.M. We will be discussing "Cherokee America" by Margaret Verble. Ms. Verble was a previous finalist for a literary Pulitzer Prize. This is an epic novel that follows a web of complex family alliances and culture clashes in the Cherokee Nation. All Hamptonites are welcome to join us.

This summer, a bunch of us went to the movies and

(continued on page 17)

HAMPTON HAPPENINGS... (continued from page 16)

then had lunch at 3 G's, a really nice afternoon. Many expressed a desire to do it again! We hope some more of you will join us next time. Our social committee has met and has some interesting ideas for the upcoming season. We are considering another trip to the Delray Theater and a progressive luncheon. We will keep you posted.

Come to our board meetings so you can learn what is going on in your neighborhood. Date, time and location of each board meeting is posted in front of our pool a week before each meeting. Let me know if you have been anywhere or done anything interesting or unusual. It would be nice to include it in this newspaper.

Thank you to Larry Barbour for taking our broken pool umbrella to be fixed. Thank you to all our neighbors who have been checking the pool at the end of each day. Your help is greatly appreciated.

Get-well wishes to Wayne Poverstein. We are all so happy to see Jeff Hirschman feeling better and making good progress. Condolences to Phyllis Maziroff on the loss of her dog, Bailey, and Mary Jane and Wayne on the loss of their wonderful dog, Dylan. Congratulations to them on their new schnauzer, Ice. They found him on line, drove to TX to get him! Look for him when you are

our walking. He is very cute and so friendly!!

Happy Halloween! And happy increase your Psychic Powers Day – both on Oct. 31. Look this one up yourself!

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Moorings Matter

By: Eileen Hahn

As we end September, all our snowbirds were so happy to have missed the Dorian drama. We all had a chance to test our ability to close shutters or find someone willing to do the job. It was a long waiting game that had a happy conclusion except for the cabin fever it caused. Many of our residents here and at their summer hideaways spent the summer visiting a variety of doctors, but all are on the path of recovery. Many folks traveled although the heat followed wherever we went. Charlotte and Jerry Kahn cruised the eastern Caribbean, and Joe and I did a river cruise on the Rhine in Germany. Cathy Columbia had the pleasure of traveling with her family to Greece and Italy. Joanne Moustakas and Alan Goldenberg were lucky enough to be on one of the last cruises able to visit Havana, Cuba. Helen Fradella flew to Italy to visit her children and especially her 3 grandsons. Crossing the U.S. as usual, were Sally Sage and Herb Schwab between Chicago and CA, Flora and Jack Miller to Philadelphia and Carol Carleton to MI. Joan and Vince Marini were in the NY area attending the theater, boating on the Long Island Sound and visiting friends and family.

While all of this was happening, the Moorings welcoming committee was busy meeting new neighbors. We greet the new residents in the Edelstein house, the Guggenheim house and the Truilo residence. All the contractors are busy! Penny and Felix Fischler enjoyed a visit from children Charles and Roxine in town to celebrate their parent's 73rd wedding anniversary, Son Burt will be here for Rosh Hashanah. Penney is doing well with Hospice care, watching TV and listening to talking books. Lola Greenberg had her daughter visit from NY to be followed the next week by her granddaughter with 2 adorable grandchildren, a very pretty 4-year-old young lady and a 2-year-old red-head great-grandson. Jane Bartecki had another birthday and celebrated with her usual dinner parties over a period of 2 weeks. Our grandson, Peter, finally became engaged to Chelsea Fuller and we await next summer's wedding. I'm sure other residents have interesting lives to share, and I would be happy to pass on this information if you forwarded it to Hahaeijo@bellsouth.net or call. I am in the directory. Wishing all our Jewish residents a happy and healthy new year and an easy fast to repent for all sins that will not be repeated. A healthy year for all our neighbors!

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Brittany Lakes Bugle

By: Jerry Zarkin

Due to the underwhelming response to my previous resignation as a contributor to this fine newspaper, I am nevertheless sending in my Oct. missive for your reading enjoyment.

As I compose this, we are only hours away from the all clear bell signaling the end to the epic storm which, thankfully, didn't hit our beloved community. Per usual, our HOA president kept us informed as the safety and protective measures being taken. Hats bearing the initials KBLS will be distributed at the Oktoberfest beer garden party. (KEEP BRITTANY LAKES SECURE)

Roll Out the BARREL:

I myself am confused as most people will attest but am glad to hear that the new barrels will be rolling out soon. Are you a 45, a 60 or a 90? How do you position them properly? A seminar has been scheduled for 6:00 a.m. on the 3rd Sunday in Oct. at the satellite pool. A continental breakfast will be served and sponsored by Mama Leone's. First prize in the barrel-rolling contest is a 48-pack of hefty garbage bags. Second prize is a 60-pack. In the event of a tie, the judges from the grievance committee will decide the winner. Only residents of Brittany Lakes are allowed. No guests please.

As I write this, my wife and I are preparing to return to the shores of Brittany Lakes from our summer sojourn. We visited Charleston, SC, Chapel Hill, NC, and the American Heritage Museum in Hudson, MA. The museum was most inspiring. Our visit to Newport on a catamaran was great fun as were those visits to Ogunquit and Portland, ME. Lots of lobster and fried clams. I am now washing my car in my driveway, smoking one of my El Productos. Anyone driving or walking, stop and say hello!

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Waterford Watch

By: Steven Ledewitz

As I write this month's column, we are opening our shutters and returning our furniture to our patios. We had some wind and some rain, but we were lucky that the storm turned north and we did not get the full force of the wind. Our hearts go out to the people of the Bahamas who have suffered complete destruction of their islands.

There is good news and disappointing news in the community. The disappointing news is that Angela Laskowitz sold her house and has moved back to Hilton Head to be near her son and his family and their great Mexican restaurant, San Miguel's. After 14 years, we will miss her.

The good news is our new neighbor, Shirley Ernst, should be a great addition to our community. Shirley is moving here to be closer to her children who live in Aberdeen. She originally moved to FL from MI and has been in FL for some time. If you see a new face walking around in Waterford, stop and say hello to Shirley. It was interesting watching Angela's moving truck leave and Shirley's truck arrive

When you read this, it will be the beginning of Oct. Hopefully the heat will have subsided, and our friends will have started to return for the season. It will be nice to have the snowbirds back.

To our Jewish friends and neighbors we wish you a Happy and Healthy New Year. May your Yom Kippur fast be easy and may you be sealed in the book of life for another year.

As a final note, please let me know if there is anything you would like me to mention in this column. Vacations, trips to see family, special achievement of children or grandchildren are all things that you can brag about to the community through this column, without seeming to brag.

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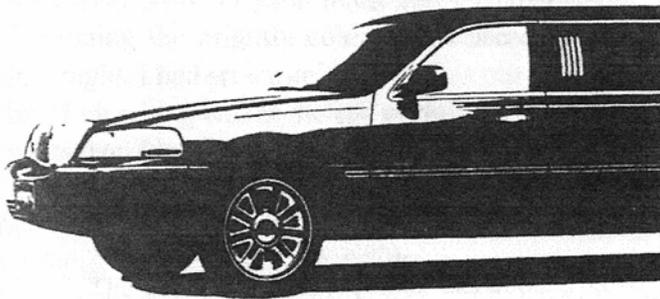
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Hadassah Happenings

By: Bea Lewis (Lancaster)

Almost 1,000 Hadassah members, along with their supporters and associates, were in attendance at the 99th Annual National Hadassah convention in NYC this past July.

And what a convention it was! It was good to see that more than 100 young women were present, adding to the continued growth and vitality of this worldwide organization.

Many important topics were discussed, including the growth and danger of worldwide anti-semitism, the latest medical developments coming from our hospital in Israel, the Hadassah Medical Organization, the growing problem of the youth in Israel, and learning how drones are helping to keep Israel safe.

Hadassah has long been an advocate for women's issues. Topics of women's reproductive rights took center stage. Other issues pertaining to women included discussion of bias toward women in the media, and conversation about the difficulties for female entrepreneurs.

To share what was learned at the convention, our local Simcha Hadassah will hold various meetings to address the many issues with a variety of informative programs and interesting speakers.

Hadassah meetings are held the first Monday of the month in the Aberdeen clubhouse. New members and friends are warmly welcome to our meetings, they do not have to be Aberdeen Club members.

Did You Know?

- Did you know a lobsters blood is colorless but when exposed to oxygen it turns blue.
- Did you know armadillos have 4 babies at a time and are all the same sex.
- Did you know reindeer like bananas.
- Did you know the longest recorded flight of a chicken was 13 seconds.
- Did you know paper money was first used in China.
- Did you know giraffes have no vocal cords.

ORT

By: Lenore Blinkoff

Hope you all had a nice hot summer. Whether you were here in FL or other locations, it was HOT!!

We welcome ORT members and non-members to attend our opening meeting of the season on Oct. 21st at 9:00 AM.

One of our residents in Aberdeen, Laurie Wohl, will be our guest speaker. She will apprise us of the process with "Stolen Identity." Laurie is a member of VAST (Volunteers Against Scams Team). They advocate and assist citizens of Palm Beach County who have been targeted as victims of financial crime.

Remember, WORLD ORT (Organization for Rehabilitation through Training) educates young and old (male or female) to be self-sufficient. The schools provide education in Science, Technology, Engineering, and Mathematics (STEM).

We invite Aberdeen residents and non-residents to attend our meetings the 3rd Monday of each month in our Clubhouse.

It's Happening At Pap

By: Marcia Levitz

Our vision: To imagine and to help create a world without Cancer!

We would like to welcome back all snowbirds to sunny FL, HA! As I sit here and write the first article for the 2020 season, we're awaiting Dorian to "hit" somewhere along the eastern seacoast. You missed the worry and preparation we did down here.

During the time you were away GREAT news for the U. of Miami and its Miller School of Medicine was announced. The Sylvester Comprehensive Cancer Center has received the prestigious National Cancer Institute (NCI) designation. All the money raised by the Pap Corps goes to this regions only university-based cancer center where patients in South FL can receive the "most advanced care without leaving the area." Thanks to Dr. Stephen Nimer's leadership over the past 7 years, Sylvester's designation of NCI is historic. Sylvester now joins a select group nationally and the only NCI designated research center in S. FL. You don't need to travel far to get the best physicians, most innovated care and treatment, the

(continued on page 23)



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HAPPENING AT PAP... (continued from page 22)

most supportive staff as it is in your backyard here in Deerfield or Miami. The generosity of you in the Pap Corps, Champions of Cancer Research raised the funds that helped support this now nationally recognized research center and now the designation means we shall also receive even more grant money for the cutting-edge research that is done at Sylvester. We at Pap are looking forward to another healthy, generous giving, finding-a-cure year.

Bleacher Seat Splinters

By: Rob Tanenbaum (Bermuda Isle)

So, you just got back to Aberdeen after a summer of “kvelling” over grandchildren and great grandchildren and showing off your ground strokes or wedge shots to competitors of yore.

So, what did you miss? Lots and lots of rain. Lots and lots and lots of humidity. Oppressive heat. Open tables at most local restaurants. And a quicker drive to Route 95 or the beaches.

If you were so busy playing “Itsy Bitsy Spider” with the 2-year-old that you didn’t pay attention to the world of summer sports, you didn’t miss much either. But here’s some things you did.

No. 3: Home runs dominate baseball. Heading into September, the Minnesota Twins had already broken the Major League record (267) for home runs by a team in a season. The Mets’ Todd Frazier hit a home run balancing on one leg and swinging with one arm. Arizona and Philadelphia combined for 13 home runs in one game, another record. The Yankees hit 61 home runs against Baltimore in only 19 games, another record. Rookie Pete Alonso of the Mets won the Home Run Derby and hit more than 41 home runs for National League and franchise records. Here’s why the game has gone HR crazy, in no particular order: smaller ballparks; batters who swing hard at every pitch with an attitude of “strikeout, be damned;” batters trained to swing with an upward arc intended to launch fly balls; super-tightly woven baseballs creating less air resistance and allowing balls to travel further. Me, I like the 1960 TV version of home run derby and 1960s baseball, too.

No. 2. Aberdeen Golf Course matures beautifully. The views are stupendous. The grass on

(continued on page 24)

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BLEACHER SEAT ... *(continued from page 23)*

the fairways is green and luscious. Every lie is perfect. The rough adjacent to the fairways has filled in making second shots more difficult but keeping some slightly errant hits from rolling into water hazards. The thicker rough guarding the greens means no more putting from anywhere. A short game of chipping, pitch-and-run and flop shots is now mandatory. (The greens are still quite hard so be patient for another year or two and hit your approach shots wisely.) Now Aberdeen golfers are famous for not complaining, but anyone who griped about the decrease in distance on their shots usually was treated with sympathy by fellow golfers who suffered the same fate. Here's what Aberdeen golfers said was the cause, in no particular order: that luscious, thick fairway grass and rough created a soft landing pad for high shots that prevented a long roll; the high humidity and temperatures negatively affected every shot; the heat was so overbearing that our strength was sapped after a few holes. (I researched the humidity and temperature angles and science says both have minimal impact on shot distance. However, the fairway grass will not grow as quickly in cooler weather so some of the roll should return.)

No. 1. Coco mania spreads from Delray Beach to the entire tennis world. That Coco Gauff captured the tennis world this summer without winning any titles was no surprise. After all, she is a former World's No. 1 Junior. But the local sensation who won't be 16 years old until March was THE story at Wimbledon and the U.S. Open. She powered, finessed and fought her way to third-round matches in both tournaments before succumbing to much higher ranked and experienced players. She gave us many reasons to be captivated, in no particular order: athleticism to get to any ball hit her way; resilience to put aside mistakes; determination to win the big points and the strategic mind of a seasoned veteran. After losing the first set in one match, tennis legend now commentator, Chris Evert, remarked that Coco had to stop trying to match her opponent's power and start taking pace off some shots, aiming for corners to make her opponent move and come to the net. Coco couldn't hear Evert, but she instinctively knew to make those adjustments and swept the next 2 sets. When she won, the real fun started. Her interviews were pure joy. Her excitement,

(continued on page 24)

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BLEACHER SEAT ... *(continued from page 24)*

humility and wisdom (crediting the fans in the stadium for her victory) made us root for her even more. And in U.S. Open defeat, she and her opponent Naomi Osaka, taught us more about good sportsmanship than we've seen in decades of men's athletics. After beating her soundly, Osaka, the World's No. 1 who lives in Boca Raton and has hit with Coco at the Delray Tennis Center for years, asked and then coaxed Gauff into joining her in a mutual post-match interview that always been reserved for the winner. The two young women handled the moment with honesty and maturity seldom seen. Google "Coco and Osaka" to see it if you haven't. Luckily for us, this saga will be easy to follow. The Gauffs own the Paradise Sports Lounge at Military and Atlantic and there's a watch party on site when Coco's on the tube.

Bridge - Try it, You'll Like It

By: Sheilah Malamud (Brittany Lakes)

Most lessons you take do not cover the subject of bridge etiquette. There are rules of etiquette in bridge, just as in other games such as golf or tennis. Here is a list of some subjects you might discuss with your partner. This may eliminate problems at the bridge table.

Bridge Etiquette

If there is ever any question concerning right or wrong - call the Director. If you attempt to solve the problem yourself, there is no protection for your side or the opponents.

The opening lead card should be placed face down on the table; Then ask - "Any questions?" This way a lead out of turn can be caught before any infraction occurs.

Politeness to your partner and your opponents should be maintained at all times.

Both parties of a partnership should have a convention card filled out the same.

It is improper to take inference from a partner's hesitation to bid. If it looks as if your partner is having difficulty deciding on a bid - it is unethical to take inference from a partner's hesitation.

If you need to review the bidding - this can be done only at your turn.

Be aware of body language!!

Dummies Responsibilities

Watch declarer's play - If declarer does not follow

suit — you may ask - i.e., "No hearts, partner?"

Tell partner whether he is on the board or in his hand.

Pull a card when asked. When partner says "Play a heart," it is understood that it is the lowest card showing in the suit. It is best to state what card you want to play.

It is important that dummy not play a card until it is called.

Dummy should keep track of tricks.

Ya Gotta Laugh

By: Steve Solomon (Hampton)

People think because I perform comedy, the stuff I do on stage is made up—exaggerated perhaps, but not made up. Case in point... If there would ever be a book written listing the ten worst things a guy could do in a woman's kitchen—I did 12 of them. By formal decree, I wasn't allowed in the kitchen-EVER. Things spilled when I approached them. I'm sure it was the kitchen poltergeist that followed me from my childhood in Brooklyn to Aberdeen.

One of my greatest achievements in the art of pissing off my wife, Jane, (albeit accidental) was the time Chef Jane was preparing her famous spaghetti sauce—"gravy" in Momma's world.

The scene: Jane's Kitchen...picture a large pot of very red tomato sauce boiling away. Jane shouted, "I'll be back in about an hour and a half...DON'T FORGET TO STIR THE SAUCE EVERY 10 TO 15 MINUTES! I DON'T WANT IT TO STICK" Piece of cake! Right? Even incompetent Steve could handle this.

I looked at the pot thinking, "Wait, it's only simmering. If I increase the heat, it'll cook faster." She left, I returned to my cell and I was engrossed in some computer-something. After about 45 minutes, I noted this acrid smell emanating from the kitchen. OMG! I realized that I had forgotten to stir the sauce.

I jumped up, headed for the smell. When I got to the stove, I grabbed the wooden spoon and attempted to stir—it wouldn't stir! Some of it moved slightly but there was a two inch tomato-y, crusty foundation at the bottom of the pot. What to do? What to do? I'm screwed. I opened up the cabinets and found one of

(continued on page 26)

YA GOTTA LAUGH... *(continued from page 25)*

those electric hand blenders. I'm thinking, "If I turn the blender on high and ease it into the sauce, it should start to liquefy the 2-inch crust at the bottom of the pot." I did just that. With the hand blender whirling away at high speed, I s l o w l y dipped the spinning blender into the red sauce. Yes, there was an initial splash but, the moment the blender hit the crust at the bottom, it jammed. The blender was now making moaning sounds as it was wedged into the dried sauce. I pulled and twisted trying not to get scalded. And, with a "POP" I pulled the (still whirling) blender out of the pot. From that point on, everything kind of moved in slow motion. Looking down, I was so delighted that I had freed the hand blender from the pot. Looking up, I realized that the blender, now covered in tomato sauce, was gingerly spraying bright red tomato sauce on the walls, cabinets and ceiling—we had 15-foot ceilings!

My case comes up next Thursday.

6 Ways to Be Your Own Health Advocate

By: Jane Evers (Hampton)

Don't be afraid to ask questions, maintain your records and seize control of your health.

There was a time when a doctor's word was final – his or her education and experience were considered the foundation of unquestionable wisdom. But now, patients understand they also play an important role in their health care. By advocating for themselves and getting involved in the decision-making process, they can reap numerous benefits.

Not only do they gain a greater sense of control, but also an increased confidence over their decisions, greater medical literacy, better treatment adherence and even better health outcomes.

1. Understand how your health insurance works.

Many Americans don't understand the basics of their coverage, and understandably so – health insurance is complicated. Knowing how your insurance works helps you navigate the health care system with less chance of ending up with costly, unexpected medical bills.

2. Don't be afraid to ask questions.

Patients should prepare for their doctor's appointments, making a list of questions and concerns ahead of time. Many patients are nervous their questions may disrupt their amicable doctor-patient relationships, but this is not so.

(continued on page 27)

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HEALTH ADVOCATE... (continued from page 26)

It is recommended that patients even rehearse their questions, with the ultimate goal of nurturing a partnership with the doctor.

3. Maintain your own records.

If you've ever switched doctors or seen a specialist, you know what a hassle it can be to have your records transferred. With the growing prevalence of electronic health records, maintaining your own copies is easier than ever. By keeping tabs on your own documents, you won't have to worry as much about them getting lost in the shuffle, and you can see exactly what your doctors are seeing.

4. Review your medical bills for errors.

An estimated 8 in 10 medical bills contain errors – errors that go undetected without the sharp eye of an empowered patient. Medical bills can be difficult to decipher. Patients need to ask questions as they arise, even if they seem "obvious or ridiculous."

It is more than possible that if something can go wrong, it will. It's not easy to decipher charges on invoices but go over the bills and if you have questions call the billing department.

5. Know when a second opinion is appropriate.

One in 20 Americans fall victim to outpatient diagnostic errors, according to the Agency for Healthcare Research and Quality. And even if you're comfortable with your doctor's diagnosis, seeking the input of another physician could save you from unnecessary medical costs and unnecessary stress.

Make sure to check your insurance coverage before making a second opinion appointment.

6. Take advantage of free preventive care under the Affordable Care Act.

With the ACA came access to free preventive care. If you're insured under an ACA-compliant plan – and if your health insurance began after Mar. 31, 2010 you likely are – you can take advantage of at least 15 free health screenings and services. Additional preventive services are available for women, children and older adults. These free services give you an additional reason to visit your doctor, keep the lines of communication open and stay on top of any potential health concerns.

You don't need to feel intimidated by your medical providers. They work for you, not the other way around. When the common ground in these relationships is your health, it's in your best interest to be as empowered as possible.

Elizabeth Renter, Journalist, NerdWallet Health, Website.

Marty's Recipes

By: Marty Hyman (Waterford)

On our last visit to Venice my wife, Fran, and I were treated to one of the great local dishes, Lemon Risotto. I've always been drawn to the life and customs in this maritime city and I can't even tell you how often I've spent time wandering through the maze of narrow alleys and over numerous bridges. There's just something magical and truly charming about this city that is made up of more than 118 islands.

So many people sadly shy away from preparing risotto due to the continual stirring and adding of broth while the rice absorbs the broth and becomes creamier by the minute. Yet, the process of standing by the stove, and the stirring, stirring, stirring while the cream thickens around the rice is beautiful in the love and patience required for this specialty.

What you need for the risotto:

- 2 green onions/shallots
- 1 celery stalk
- 1/4 cup unsalted butter
- 1 Tbsp olive oil
- 1-1/3 cups risotto rice (preferably Arborio)
- 1 quart vegetable stock
- 1/2 lemon, zested & juiced
- Needles from 2 small sprigs of fresh rosemary, finely chopped
- 1 tsp minced garlic
- 1 egg yolk
- 4 Tbsp grated fresh parmesan
- 4 Tbsp heavy cream
- White pepper
- Sea salt to taste

What you need to do to make the risotto:

1. In a mini food processor, finely chop the celery and green onions/shallots.
2. In a deep pot, heat half the butter, the olive oil, and the celery/shallot mixture until softened, about 5mins, stirring so that nothing sticks to the bottom of the pot.
3. Mix in the rice, stirring to coat the rice with the butter and oil.
4. In another saucepan, heat the stock and keep it warm and simmering.
5. Pour a ladleful of stock into the rice mixture and keep stirring until all stock is absorbed. Add another ladle of stock, stir again. Repeat this process until the rice is cooked to al dente.
6. Use your judgement with the stock – you may not need it all, or you may even have to add some hot water beyond 1 quart.
7. Mix the lemon zest and rosemary into the risotto.

8. In a small bowl, beat the egg yolk, lemon juice, Parmesan (and Asiago), cream and pepper.

When the risotto still has a little 'bite', remove it from the heat and add the bowl of lemon juice, egg and cheese mixture. At this point, add the garlic. Add the remaining half of the butter. Salt to taste. Check your seasoning and make adjustments.

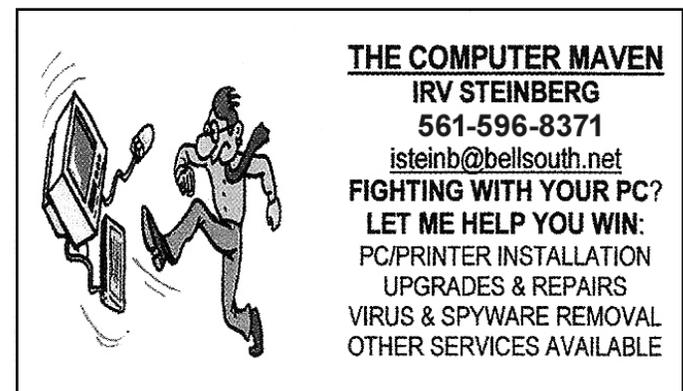
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A Moment to Reflect, Relate, Remember

By: Maris Levy

Wahoo, That's Really Some Hotel Welcome Sign!!!

Our 2 daughters went to WVU. We'd make frequent trips to the university for parent's weekend, special events and football games. Sometimes, when our favorite Holiday Inn was booked, we'd stay at the local hotel, a beautiful, quaint historic landmark. The last time we were there, several bulbs on the hotel welcome sign had burned out. Consequently, instead of staying in the "Hotel Morgan," we were privileged to sleep in the "Hot Organ"!!!

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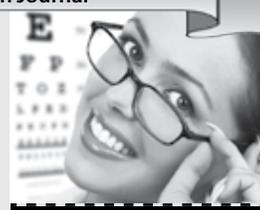
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TMU Club

By: Vincent Marini (Moorings)

NB: The following article entitled TMU Club was inadvertently incomplete. With our apologies to the author, Vincent Marini, it has been resubmitted in its entirety.

Membership open if:

1. You accidently entered your PIN on the microwave.
 2. You haven't played solitaire with real cards in years.
 3. You have a list of 15 phone numbers to reach your family of 3.
 4. You e-mailed the person who works at the desk next to you.
 5. You pulled up in your driveway and used your cell phone to see if anyone was home to help you carry in the groceries.
 6. You panicked when you realized you left your house without your cell phone and turned around to go and get it.
 7. You got up in the morning and went online before getting your coffee.
 8. You're reading this and nodding and laughing.
 9. You know exactly to whom you are going to send this message.
- * TECH MESSED UP...
BDKT CLUB**
- Venus is the only planet that rotates clockwise. (Since Venus is normally associated with women, does that tell you women are going in the "right" direction?)
 - The King of Hearts is the only King without a moustache.
 - Apples are more efficient than caffeine at waking you up in the morning.
 - The first product to have a bar code was Wrigley's Gum.
 - No piece of paper can be folded in half more than 7 times.
 - The first couple to be shown in bed together on prime TV was Fred and Wilma Flintstone.
 - Men can read smaller print than women; women can hear better.
 - Bulletproof vests, fire escapes, windshield wipers

(continued on page 30)

TMU CLUB... (continued from page 29)

and laser printers have one thing in common; all were invented by women.

**** BETCHA DIDN'T KNOW THAT...**

And finally, for statue and horse-lovers; (Wikipedia).

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all 4 legs on the ground, the person died of natural causes.

I Think I Heard That

- What's the difference between in-laws and outlaws? Outlaws are wanted.
- I told my girlfriend she drew her eyebrows too high. She seemed surprised.
- What's the difference between a hippo and a zippo? One is really heavy and the other is a little lighter.
- I've found a job helping a one armed typist do capital letters. It's shift work.

Senior Dating 101

By: Bea Lewis (Lancaster)

Just listen to any love song to know that most folks like to travel 2 by 2. Remember "Tea for Two?" Tommy Dorsey's band made that song famous.

"Two Silhouettes" (Del Shannon) or "What's Easy for Two is Hard for One," or best yet, "Just the Two of Us..." The world is (and probably always has been) a 2-step deal.

For widows here in S. FL, it's **uber** tough to find the other half of a heartthrob. Nationwide, it's not much different. According to a U.S. report, women comprise 11 of the 13 million widowed people over the age of 65. It's slim pickings for the ladies; a candy store of goodies for the guys.

For single seniors who want to test the murky waters in today's dating world, know that the rules from our youth have drastically changed.

Who asks who out? When we were young, no self-respecting girl would ever ask a guy for a date. A guy had to call a girl no later than a Wednesday night for a Saturday night date. The rationale, if I remember it correctly, was that if she were to accept a last minute date, it meant that she had had no other offers. Her ego

(continued on page 31)

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SENIOR DATING 101... (continued from page 30)

– and her popularity status – was seriously at stake. In the senior dating world, however, the rule is “no standing on ceremony.” A 30-minute advance call is just fine (although a lady of a certain age does need a few minutes to smear on some anti-wrinkle cream).

In our senior years, however, it’s perfectly acceptable for a lady to ask a gentleman for a dinner date or to see a movie. The worst thing that can happen is to be turned down. For those who have not dated for decades, be aware that widowed men are just as fearful of rejection as are the ladies.

Who does the driving? In our younger days, the guy would ALWAYS pick up his date. But in our senior world, it’s perfectly acceptable for the lady to be behind the wheel, if the gentleman can no longer drive at night.

Who picks up the tab? In our youth, a gentleman would always pay for the movie or dinner date. But in the single senior world, there are no rules. For those living on a fixed income, going Dutch Treat is popular.

What about kissing on a first date? In days gone by, a proper gal would never kiss on the first date. But there are no rules for seniors. Perhaps, though, life is too short to miss out on a single moment of pleasure!

How to Meet? Singles over 60 represent the

largest growing segment of adults using online dating. *A word of caution:* When meeting in person for the first time, do so in a public place such as a coffee shop. Take your own car and let a friend know where you are going.

To find singles in your area who share similar interests (eating out, hiking, dancing, yoga, art trips, etc.) check out www.Meetup.com.

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Why I Like Retirement!

By: Sheila Hyman (Sterling)

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.

A Letter To The Editor

By: Robert N. Grosby (Bristol Lakes)

The articles written by the late CDR Mickey Gussaw, about Admiral Arlie Burke, upon whose staff he served, were avidly read. His stories about Uriah P. Levy caused me to further research this great man, the first Jewish Commodore in the U.S. Navy. While serving aboard U.S.S. Scout, a minesweeper temporarily operating out of the Norfolk Naval Base in 1952, I had occasion to visit the Portsmouth Shipyard on official business. Before leaving the place of my appointment I noticed about four piers beyond a strange out of place thing. There was some kind of a ship's hull covered over with tarps with water spraying over its deck into the water below. My curiosity got the better of me. I had to explore. I ducked under a tarp and went aboard. I walked the deck. There were three big round holes and it dawned upon me that these holes were where masts once stood. This was a three masted ship albeit without masts. With great caution I went below and discovered an engine room. There were several pumps working. This ship was leaking. I returned to the deck and looked for what

might be the quarterdeck and was amazed to find a plaque near the ship's bell identifying the vessel to be The USS Hartford. This was a famous ship. Later that week I researched that ship. It was Admiral Farragut's flagship. He uttered, "damn the torpedoes, full speed ahead" from that very quarterdeck in Mobile Bay. I wrote to the Governor of Connecticut and told him what I discovered. He was unaware and thanked me for informing him. He planned to take steps to repatriate her to Connecticut. I heard nothing further. Some years later after returning to my law practice in Norwalk, Connecticut I thought about The Hartford and about organizing a committee to bring her home, but alas I learned that she sank at the very pier in 1956.

For a history of that famous ship go to <[https://en.wikipedia.org/wiki/USS_Hartford_\(1958\)](https://en.wikipedia.org/wiki/USS_Hartford_(1958))>

Sorry, Iguanas...We've Been Officially Encouraged To Kill You

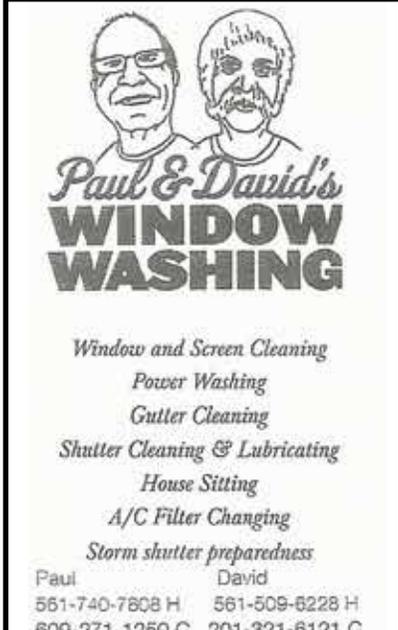
Submitted By: Marty Aronoff (Lancaster)

Oh, no. It's iguana-hunting season in Florida. What can go wrong? The Florida Fish and Wildlife Conservation Commission issued a regulatory status update on the green iguana, that exotic species of lizard that has been multiplying like...er, um... iguanas all over South Florida.

After noting that the iguanas are "invasive" critters not native to the state, the FWC adopted what might best be called a Florida-First Strategy to deal with them.

"They can cause considerable damage to infrastructure, including seawalls and sidewalks. This species is not protected in Florida except by anti-cruelty law," the state directive began.

I think it's fair to say that we are stretching the boundaries of what
(continued on page 34)



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SORRY IGUANAS... (continued from page 32)

is or isn't cruelty in once-unimaginable new ways these days.

If we can separate human infants and children from their parents at the border, or play loops of mind-numbing music to interrupt the sleep of homeless people, who's to say what's too much cruelty in dealing with an iguana who thinks your backyard swimming pool makes a great toilet?

The FWC picked a good time to recommend the iguana violence.

"Homeowners do not need a permit to kill iguanas on their own property, and the FWC encourages homeowners to humanely kill green iguanas on their own property whenever possible," it continued.

Just be "humane." Whatever that means. Certainly, no gloating on YouTube videos.

This kind of encouragement of whenever-possible iguana killing will just lead to trouble. Florida Man does not need a formal invitation to act foolishly or violently.

The FWC directive didn't alter any state law. Florida laws had already sanctioned residents to kill iguanas on their property. What's new is the official encouragement to do so.

This has sparked the ire of animal-rights activists who have started multiple online petitions to oppose iguana killing in Florida. One of them, titled "Stop Cruel, Government-Sanctioned Massacre of Florida's Iguanas" has more than 23,000 signatures.

"Leave the iguanas alone!" poster Don A write on that petition. "Killing them is mean. Most of the people here are not native to Florida either."

This brings up another point. While state law authorizes people to kill iguanas, it does not give them permission to transport a live iguana from their property to some place else in the state.

Some of the petition signers have suggested the nuisance iguanas should just be trapped humanely and then relocated to the Everglades.

But that's against the law. And not only that, but if you're really into saving the iguanas, they're much better off taking their chances with a Boynton Beach homeowner than an Everglades-dwelling Burmese python.

It's too bad that state law doesn't permit the relocation of nuisance iguanas. If so, I'd recommend putting them all on charter flights to Northeastern states.

Think of it as snowbird reciprocity.

We'll take all their non-native Floridian people during the winter months in exchange for our iguana airlifts in the summer.

"Don't worry," we'd tell them. "It's just for the season."

Author: Frank Cerabino, *Palm Beach Post* 7/20/19.

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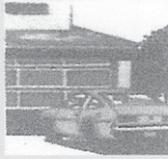
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- * You cannot breathe and swallow at the same time.
- * The lint that collects in the bottom of your pockets has a name – gnurr.
- * A “butt load” is an actual unit of measurement, equivalent to 126 gallons.
- * The dot over an “i” is called a “tittle.”
- * A strawberry isn’t a berry but a banana is. So are avocados and watermelon.
- * There are more fake flamingos in the world than flamingos.
- * Not once in the Humpty Dumpty nursery rhyme does it mention that he’s an egg.

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I'm Fine

Submitted By: Sheila Hyman (Sterling)

There's nothing whatever the matter with me.

I'm just as healthy as I can be.

I have arthritis in both my knees, and when I talk,
I talk with a wheeze.

My pulse is weak and my blood is thin,

But I'm awfully well for the shape I'm in.

I think my liver is out of whack and a terrible pain
is in my back.

My hearing is poor, my sight is dim,

Most everything seems to be out of trim,

But I'm awfully well for the shape I'm in.

I have arch supports for both of my feet,

Or I wouldn't be able to go on the street.

Sleeplessness I have night after night,

And in the morning I'm just a sight,

My memory is failing, my head's in a spin,

I'm peacefully living on aspirin,

But I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold,

That for you and me who are growing old,

It's better to say "I'm fine" with a grin,

Than to let them know the shape we're in.

Interesting Facts

- Left-handed people tend to have the advantage when it comes to spatial awareness, math, and architecture; while right-handed people tend to have better verbal skills.
- On average, people who get out of bed by 7am perform better at work, tend to be happier, less stressed, and thinner.
- Rollercoaster rides can temporarily 'cure' asthma.
- Staying up all night causes your body to burn an extra 161 calories – However, your body will try to make up for it by saving more energy than usual the next day and night.
- Trees recognize their children, sending them more carbon below ground and reducing their own roots to make room for their kids.
- Freddie Mercury and Paul McCartney used the same piano to record "Bohemian Rhapsody" and "Hey Jude".

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Mostly Muirhead

By: David Bloomgarden

What unbelievably tense days we experienced as we followed the progress of Hurricane Dorian from NY. We can only imagine the concern of all who remained in FL awaiting the arrival of this truly dangerous and unpredictable first storm of the season. Constant calls were exchanged between us and our handyman, gardener, pool guy, and house sitter to confirm that our home and those of our neighbors were secure. Perhaps it was prayer, or maybe it was Mother Nature herself, that turned this monster away from our community, nonetheless, we are grateful.

Hopefully, by the time you read this, ABERDEEN is back to normal. It is clear that in Muirhead, both our HOA board and management company are continuing their efforts to keep our small piece of Paradise looking good (yes, we too received a 'love letter' regarding weeds in our driveway and beds).

We look forward to our annual southern migration to see our friends, and enjoy all the wonderful activities and clubs in Aberdeen, run by some of our

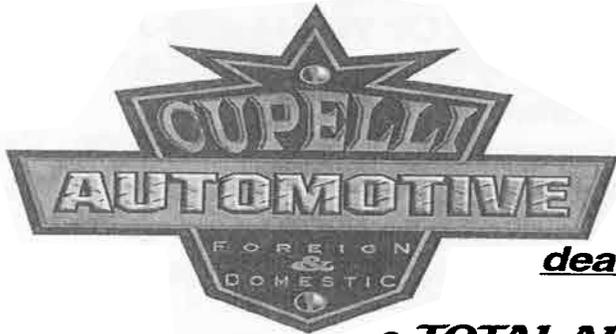
knowledgeable and dedicated residents. To name a few, the Book club, the Fishing club, a Photography club, and an Appreciation of Opera club. Of personal interest, of course, is Cinema Connection, a monthly gathering hosted by my wife, Lucette, featuring lively in-depth analyses of both classic and contemporary films. Take note: Thursday, Oct. 17th Cinema Connection will discuss the movie 'LUCE'. It will take place at 7:15pm in the card room.

Stay safe! See you soon!

More Interesting Facts

- Babies start dreaming before they're even born.
- The Australian White-throated snapping turtle can breathe through it's butt.
- If you sleep an average of eight hours a day, by the time you turn 99 you will have slept 33 years of your life sleeping.
- Babies sometimes smile, not because they're happy, but because they know it makes their parents happy.

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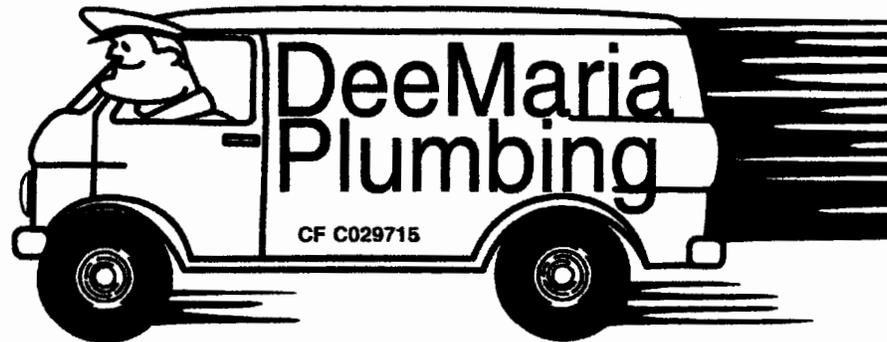
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