



OCTOBER



Big Changes at Aberdeen Golf & Country Club

By: Jay Levine (Muirhead)

We are pleased to welcome 2 new members to our management team.

Director of Membership

Talya Alhadef has been named as our new Director of Membership. Talya joins our team with - years of hospitality experience, first at the Boca Beach Resort before moving to Addison Reserve as the Membership Assistant. In 2018 she became the Membership Coordinator at Mizner Country Club.

General Manager and COO

In the spring, the Board’s search committee began a nationwide recruitment effort to find our next GM/COO. Working very closely with our retained search firm, KOPPLIN KUEBLER & WALLACE, the Search Committee spent countless hours reviewing qualifications and backgrounds on several potential candidates, along with significant time spent on face-to-face interviews with 5 excellent candidates. That was followed by intensive all-day interviews with three finalists, where each spent a full day at our Club, meeting with the Board, Senior Staff and once again with the Search Committee.

(continued on page 2)

Shelly Siegel’s Love Poem

By: Bea Lewis (Lancaster)

One night this summer, we were having dinner with good friends, Shelly and Irene Siegel. We were reminiscing about our lives before we retired to FL.

Shelly spoke how dark his life was until he met Irene, a neighborhood friend in MD who soon became the love of his life and then his wife of 34 years. He then shared a beautiful and very touching poem that he had written about finding love - and marriage - the second time around.

Shelly, at 93, was an avid tennis player. Hot weather never bothered him, but Irene worried about his health and feared for his life.

On the morning of July 29, as Irene and I sat on the deck overlooking the Aberdeen tennis court, we watched Shelly begin his second set of tennis, winning the first match 6 – Love. “Look how he fast he runs around the court. It’s okay for a 50-year- old to play in this heat, but for a 93-year-old man, it’s crazy,” said Irene. And then in a soft but serious tone, she added, “I don’t know how I could live without him.”

She didn’t have to. That night, on the way home from dining out with friends, the couple were involved in a serious car accident, not far from their Boynton Beach home. Irene died that night; Shelly

(continued on page 4)

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BIG CHANGES AT ABERDEEN...*(continued from page 2)*
the clubhouse. Our theme for this exhibit will be "What you did during COVID".

There will be a little twist, the pictures cannot be of people. They should be of hobbies and activities that occupied your time, food you cooked or other creative approaches. Please remember, the photos submitted should be artistic in nature and not "snapshots".

Please submit your photos by September 1. They should be sent via email to: Aberdeenimages.florida@gmail.com

Please be sure to have the file as large as possible so we can have the best quality prints.

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SHELLY SIEGEL'S LOVE POEM...*(continued from page 1)*
died at the hospital a few days later.

As the community mourned their loss, I remembered the loving poem that Shelly shared with us, a few weeks prior to that fateful night.

Here is his poem he wrote to Irene when the couple first fell in love. I feel honored to have heard it and to share it with all who knew them.

Irene, My Love

When my world became unraveled,

When I found myself alone, I thought about a warm dear friend, and called you on the phone.

We got together, sipped some wine,

I held your loving hand,

We spoke of tears and empty years,

And the single life we planned.

I asked if you would go with me to my condo by the shore,

To spend some time and have some fun, some laughs and nothing more.

And so we traveled to the beach, to play our brand new roles,

Not mindful of the yearning loves

Repressed within our souls.

Yes, we laughed and laughed – we also cried

And touched beneath the moon,

And our passion seemed to blend as one,

On that wondrous night in June.

As the morning sun rose in the sky

With its brilliance all anew,

The loneliness I often feared,

I knew would not come true.

Was it the magic of the ocean breeze?

Or the twinkling stars above?

Or some heavenly involvement that guides two hearts to love?

I do not know the answer – whether magic or divine,

I only know that I love you,

And I'm thankful that you're mine.

Shelly Siegel, 1985.

Ashford Greenery

By: Tony Casselli

This article is the saddest I have written about our Ashford Green community. We are so sorry for the loss of 2 of our residents, Shelly and Irene Siegel. Our hearts go out to their family and friends. They were truly outstanding residents from the beginning of Ashford Green. Irene spent many hours volunteering for the Aberdeen Chapter of The PAP Corps and will be sadly missed. Shelly served on the Ashford Green HOA Board of Directors and did a wonderful job for our community pitching in to do whatever we asked of him. Our thoughts, prayers, and deepest sympathy go out to the Siegel family.

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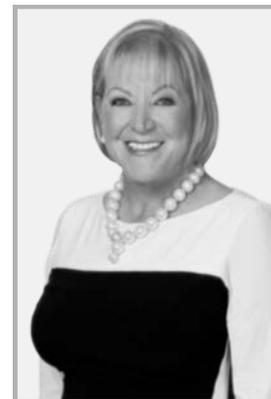
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Ruth's Reflections

Patience (Aberdeen Times Editor)

There are a myriad of quotations contained in literature regarding 'patience,' some relevant to our lives. Here is a sampling for your reflection:

Patience seems to be a forgotten quality. Most of us have trouble waiting in a line to purchase tickets, for the traffic lights to change, or for the driver to pick us up from school. We are familiar with this saying, "Patience is a virtue", but do we really understand the meaning behind it?

The dictionary defines patience as the capacity to accept or tolerate delay, trouble or suffering without getting angry or upset. This is one way to put it, but it also has a deeper meaning. The word patience means the willingness to stay in the present and live the situation out to the full in the belief that something special will manifest itself to us at the right time. It goes with my favorite phrase, everything happens for a reason. Patience is the ability to remain calm and wait for something even if it takes a day, month, or even three years. For example; a tennis player who wants to play professionally on the tour and be a top ranked player, need to be patient, in order to reach his or her goals. Nothing comes easily in life, but if you have patience the thing you desire most will flourish at the right time. Patience will lift you up, but if you are always pessimistic you might not even see the chance to break through. You will be too busy complaining about the chance you missed before rather than focusing on the present. This will be an opportunity missed, which you could have taken if you just had the patience to wait for the right moment. Chanelle Scheepers, a South African tennis player, waited eight years for her break through to be ranked thirty-seven in the world. Her patience over the eight years of trying took her to that spot, where she could have easily stopped and quit due to her anger and disappointment.

Benjamin Franklin once said: "He that have patience can have what he will." Having the ability to remain patient, will help you achieve big or better things in life. Patience is bitter, but its fruit is sweet. No one said life is going to be easy because all things are difficult before they become easy, but it will be your level of patience that will determine your fate.

Patience is one of the most valuable virtues of

life. The power of patience helps you empower your life leading to wisdom and success. Success breeds happiness and happiness is the product of hard work and patience. To cultivate patience is to gain the refined sense of confidence, so that you may have remedy for every trouble, solution to the problems and courage for sorrows of life. Patience is not just a trait, but it's a skill that needs to be developed. Thus, developing a good deal of patience is leading a satisfying life.

The power of patience is one of the major components of success and brings rich rewards, such as, personal growth, increasing the ability and understanding, it builds a strong character leading you to a peaceful life.

Patience is supposedly a virtue! I do not recall ever boasting about being a patient person; I was always looking to get things done...quickly, efficiently and effectively. Those I knew at my various jobs or other locations knew what I needed and wanted and they delivered. My husband knew to get my (to-do) list fast because he hated being nagged. So, no patience there.

In terms of interpersonal relationships, I have no patience for fools, or for people who are perpetually angry or unhappy or see their glasses as always half empty. They are the complainers of the world who see everything in a negative light. They are the ones a comedienne at the Club got serious and commented to us that there are times to learn how to say NO and close your doors to those who use their negativism to wear you out and bring you down. I lost most of those people years ago, and dispatch them if their essence is negative; life is too short.

But I have learned patience from one strange source – the pandemic. Difficulty shopping for food or services, items missing from stores, no need to shop for beautiful clothes, beauty parlor closed for months. Masking, social distancing, no children or grandkids or company. Isn't that enough to convert someone to become more patient? That was a life lesson imposed on all of us and we made it through. Now is a time to continue to practice self-imposed patience. It can be calming and place expectations in their proper perspective. I think we will all be the better for it.

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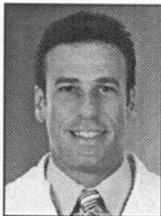
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BERMUDA ISLE BUZZ

By: Ketly Williams

Upside down –

Covid-19 has turned us - inside out and round and round!

You think you've got charm and appeal

You sure are playing the field,

We were crazy to think we were through!

Annoyingly, we say to thee – we're aware that you're spreading

Because no pandemic has bothered us as much as you do!

I trust Diana Ross will forgive me for altering some of the words from her popular hit song, “Upside Down” from back in the day. However, the lyrics kept swirling around in my head as an apt metaphor for this crazy global pandemic we have been experiencing for nearly 2 years now! Desperate times called for taking this desperate measure. But... enough already! Am I right or am I right?

If, during the past 19 months, you have developed a new skill, gained a new hobby, become more passionate about a favored pastime, accumulated Covid pounds, spent your life savings on those Amazon purchases or become besties with your friendly delivery men and women – you're in good company! Some of the habits we've picked up along the way may have to be abandoned as we contemplate going back to pre-pandemic days. Or... we will have to adapt to our new normal and try to emerge refreshed and renewed. We must start dreaming of a world without those text alerts of a package left at the door, a snazzy wardrobe with pants that aren't preceded by the word 'sweat,' reducing those online purchases for...well...everything, and re-learning to live outside of our pandemic cocoons!

The pathway towards normalcy will be a fun one here on the 'Shoe because in spite of the restrictions we have been under, Bermuda Isle (BI) has managed to still attract a plethora of new neighbors whom we happily usher in to our lovely enclave. A rousing Bermuda Isle “Welcome!” “Bienvenu!” and ‘Bienvenido!’” goes out to:

Greg & Wendy Moore, Susan & Mitchell Gidaly; Stuart & Sean Pomper, Dan & Sue Tauriello; Caroline Burch, Enio Avila Cardenas & Virginia Guer-

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BERMUDA ISLE BUZZ...*(continued from page 7)*

rero de Avila; Paul Sasson, Jean Cordeau & France Sauve, and Paul Del Vecchio.

With the addition of some of our new residents, we can proudly crow about our international stripes with Enio and Virginia being from Venezuela and Jean and France hailing from Quebec. We look forward to meeting you all in person and sharing war – I mean – pandemic stories!

Until we can get back to life completely sans masks – *keep smizing* (smiling with your eyes). It's actually one of the only endearing and newly acquired skills of living during a pandemic.

Stay safe!

Lancaster Lakes

By: Phyllis Arnauer

Back to Normal?? It is Oct. 2021, and if you are holding the Aberdeen Times in your hands right now rather than reading a digital copy, then things are getting back to normal. If you are having dinner tonight at Panache with 8 people indoors, then things are getting back to normal. If you were doing laps in the pool or taking a water wellness class this morning, then things are getting back to normal. If you participated in Labor Day activities or had Rosh Hashanah dinner at the Club, then things are returning to normal. Also, the return of the Men's Birthday Lunch signals a return to normal.

Of course, certain things have started to feel normal, even though they are not. Playing canasta, gin rummy, poker, bridge or mahjong while wearing a mask has become almost routine. Shopping at Publix, Marshalls, or Costco while donning a mask should be routine, but if you are like me, you often must go back to the car to get your mask. Remember just last year when we set our alarms for 7:00 AM so we could reserve time at the pool? Remember when we set our alarms for 8:00 AM to reserve time in the gym? Those things were normal for us at that time. Drive-by to celebrate special birthdays and anniversaries were the routine then.

What is normal? What is routine? As a nana the normal I am experiencing now involves my 2 oldest grandchildren. They will be seniors in the fall and have begun the process of exploring colleges. A normal and routine rite of passage. However, many colleges are only offering virtual tours. Nothing normal about

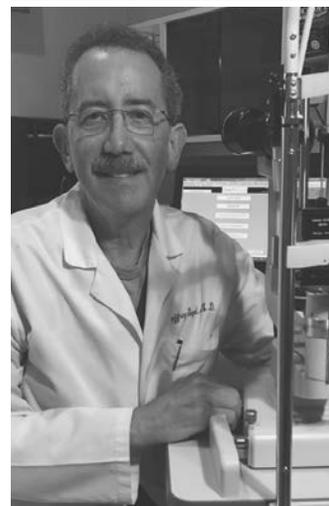
that! Can you really tell how tiny your dorm room will be? Can you smell the aromas from the dining hall? Can you feel the energy coming from hundreds of students walking, biking, or skateboarding across the campus? Will they travel far and wide to have a normal college experience?

David and I are hopeful about their adventures to come. When I graduated from Taft H.S. in the Bronx, NY my routine barely changed. I was accepted at Hunter College and never considered the possibility of going anywhere else. I traveled 4 stops on the D train, had classes, and made the reverse trip home. A routine that seemed normal to me. During the pandemic nothing has been normal. All our lives have been altered in some way. Our neighbor, Bea Lewis, was prompted to write a column about mask wearing that was very funny. Another neighbor, Sheila Sarrett, shared her experience of being alone after losing her husband of 62 years. At first her children did the shopping for her. Then she ventured out with a mask. To fill the long and lonely days she started writing her memoir and that continues to keep her engaged.

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LANCASTER LAKES...(continued from page 8)

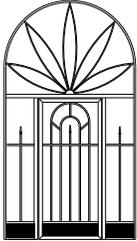
Community News: Sidewalk repairs and power washing started in September.

Lancaster Lakes welcomes the following new neighbors: Richard and Robin Schulman Archangel M, Darpino and Felicia Hamerman, Jerry and Paulette Donner, Nancy Savoca, Diane Savoca and Fakhriya Mirzoyeva, Carol Marler, Geoffrey Smitt, and renters Randy and Anne Soloff.

We all feel the loss of Lyn Schultz, Florence Polatnick, Renee Zitter and Herbert Leonard. Our condolences to the families of these wonderful people.

Happy Rosh Hashanah to those who celebrated, welcome back to those who were away. Stay safe and healthy everyone.

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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community! Yes, it's October, and the resumption of the Aberdeen Times. We welcome the return of our friends and neighbors, and look forward to an enjoyable new season at Aberdeen.

Lou and I spent the last several months in Israel, where we enjoyed quality time with our families and long-time friends. How wonderful it was to be only a short car-ride from our loving children, grandchildren, and great-grandchildren. Extremely helpful and caring, they were a great support in our "old age". Yes, role-reversal has definitely taken place, although admittedly not always well received!

In Israel, one of the perks that seniors enjoy is not having to wait their turn in long lines. Older folks are taken first...and that was exactly what happened to us on the night of our "third dose."

"A million Israelis get third dose, with early data showing heightened protection." The Times of Israel, August 16, 2021.

On Friday evening, during a Shabbat meal with the family, we learned that Magen David Adom, the Israeli Red Cross, would be administering the third dose of the Pfizer vaccine in Tel-Aviv to all comers over the age of 60, regardless of their status. Note that Israelis had already been receiving the vaccine through their Health Maintenance Organizations, but Lou and I, not being members of any HMO, were ineligible. We thus decided to go to Tel-Aviv and, with the help of our son and daughter-in-law, appeared at the designated site before 8 PM Saturday evening. (The hours of operation were 8 PM to 4 AM.) While hundreds of people were on line, waiting for the doors to open, Lou and I were told to be seated on a bench with other seniors, and that we would be taken first. And so it was...I was no. 2 to receive the 3rd dose and Lou was No. 3. Being a senior citizen has some advantages, n'est-ce pas?

Our time in Israel was both gratifying on a personal level and eventful for the country. During our stay, the scourge of the delta variant, disastrous forest fires, Ben & Jerry's ice-cream being withdrawn from the West Bank, the NSO Pegasus spy-ware scandal, the return of unvaccinated students to in-person learning, a

(continued on page 10)

CANTERBURY COMMUNIQUE...*(continued from page 9)*
new government, and never-ending Palestinian issues were all in the forefront. For a small country, Israel has much to deal with, but hopefully will continue to thrive and prosper.

In conclusion, we wish all our Aberdeen friends and neighbors a Happy and Healthy month. Stay Well and Stay Safe! As Celine Dion said, "Life imposes things you can't control, but you still have the choice of how you're going to live through this."

Hampton News

By: John Pagliarini

Just when we thought that the Covid-19 battle was won, the Delta variant pops its ugly head-up, and then attacks the unvaccinated, including children. If we are to get rid of this virus then everyone must cooperate and receive the CDC approved vaccine. Millions have received this vaccine.

These past summer months have also taken its toll in other ways, and Hampton is no exception. Condolences to the families of Felice Greenhouse, long-time Hampton resident, Barbara Pagliarini sister Catherine, Sam Feldman, son of Ricky Feldman, and brother of Steve Feldman, Anita Ratner, wife of Al Ratner and Steven Seifert.

The Hampton community is really looking great, having been recently painted, sidewalks and driveways cleaned, pool parking lot re-paved, roofs cleaned, and tree-trimming scheduled. Be sure to look at the new awnings at our pool.

A hearty welcome to new neighbors Anita Galanter, Lucille Puglisi, Dina Oney and family, Denis Cousineau, Krista Lilja and Rex McWilliams.

Best wishes for a full recovery for Pearl Greenwald and Judy Grondin. Both Mom Pearl and daughter Judy are recovering nicely under the expert care of Charlie Grondin.

John and Barbara Pagliarini celebrated their 60th wedding anniversary in August. Their 3 children and daughter-in-law all flew into Boynton Beach to help celebrate.

The Hampton also lost long-time residents Charlie and Mary Malpere, who have decided to move to an assisted living facility. Best wishes to you both.

Notice to Hampton residents:

As your home insurance expires, please send an

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HAMPTON NEWS...*(continued from page 10)*

updated copy of the declaration page to Campbell management in order that their records are up to date. In addition, if you or your family are having a special event, contact me at jp8230@aol.com and I will include it in the November issue of the Aberdeen Times.

Finally, hurricane season is not over yet. Stay vigilant and well prepared, including knowing where your important papers are located, it wouldn't hurt to use your cell phone camera to take a few snapshots of important items such as policies and even record important account numbers. Stay safe!

Harbour Lights

By: Wendy Latman

Welcome Autumn! We spent a good part of the summer coming out of quarantine. Just starting to feel normal again. And now I find myself, and my friends, weighing each activity that occurs indoors by necessity. Here's hoping we all stay well and are soon able to enjoy each other's company, without fear, once again.

The Harbours has experienced a large turnover in the last several months. I am going to devote this year's articles onto getting to know some of our neighbors, new and old.

Meet Vicki Accardi

Vicki has been a FL resident since her mid-teens. She recently relocated from a house in Boca Raton to the Harbours this year, closing in January, and ultimately moving here in April. She had been familiar with Aberdeen for quite a while, as her mother lived here in the Moorings. But lucky for us, she had her sights set on the Harbours.

Vicki is now on her third career. Straight out of college, she entered the world of Real Estate. When she tired of that, she went to work for a family-owned vitamin company where she expanded the business throughout the state of FL. She ultimately became the Manager of the sales reps. This gave her the opportunity to travel all over the country.

After 20 years, she decided to go back to school for an advanced degree. The first class she took was Psychology and she was hooked.

Now, with a Masters Degree in Mental Health, she is licensed Mental Health Counselor. Hired by Hospice after completing an internship, she realized

she wanted to specialize in grief counseling. After 6 years employed by Hospice, she left to start her own private practice, which she still enjoys today.

When our community recently experienced some tragic losses, Vicki, along with her friend and former co-worker, Betsy Klaskos, a licensed Clinical Social Worker from Hospice who lives in the Isles, offered to provide a grief-counseling session in our clubhouse. It was available free of charge to any Aberdeen East resident who wanted to participate.

Outside of her work life, Vicki enjoys yoga and meditation. She loves riding horses and is in the process of training for equine therapy. She also loves communing with nature, taking walks or swimming. She is looking forward to playing golf again soon, and getting a new puppy.

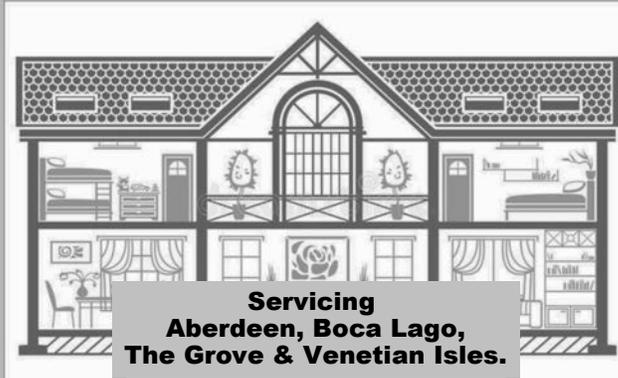
Say "hi" to Vicki when you see her.

Community News

After a tragic automobile accident on Le Chalet Boulevard and Military Trail, family members and neighbors contacted authorities to request the traffic light at that corner be changed. They suggested the left

(continued on page 12)

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HARBOUR LIGHTS...*(continued from page 11)*

turn signal on northbound Military onto LeChalet be changed to a green arrow or a red arrow, with no left turn allowed once the southbound traffic has a green light. The county traffic department is working on it.

Thank you to our residents for making a difference in making our community a safer place to live and drive.

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It's Happening In Dorchester

By: Carol Baron

Who was it who said “time flies when you’re having fun?” Well, it flies no matter what. Can you believe that we made it through another summer and we rolled past Labor Day Weekend and the Jewish holidays? The good news is that we are here and now can move forward.

Welcome back to all of our Dorchester residents who have been away, whether up north, relocating for the summer, travelling for family occasions or on vacation trips. We are delighted to see your garbage and trash pails outside of your house again.

We have had a few home sales and many renovations, including house-painting, new roofs and relandscaping. We are now reminding our residents, guests and delivery personnel to slow down to 20 MPH as they drive here since this is our community, not a race track.

If you are looking for ways to keep busy or relax, we offer you the opportunity to buy a book titled, “Barking at the Moon... A story of Life, Love

(continued on page 13)

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IT'S HAPPENING...(continued from page 12)

and Kibble.” You do not have to be a dog owner or have gone through raising children to sit back and laugh. The book was written and recently published by our daughter, Tracy Beckerman. A few of our neighbors including Maxine and Murray Bender and Iris LeVine, as well as other Aberdeen friends, attended a zoom TV interview in our home as Tracy had everyone chuckling for an hour. The book was praised by W. Bruce Cameron, author of A Dog’s Purpose and is available on Amazon. Enjoy!

Many thanks to our neighbor, David Hollander, as he continues to do a great job for all of us in Aberdeen, as our Aberdeen Golf and Country Club president. He works with the Board of Directors to give us a club that we are proud to be a part of. And while thanking those for their dedication and hard work, we certainly cannot omit our HOA president, Steve Lippert. So before 2021 disappears, take the time to get to know your neighbors and do all that keeps a smile on your face for the remainder of this year. Remember that “life is short It’s up to you to make it sweet.”

Turnberry Isle

By: Sherry Morris

We have survived here in Turnberry Isle. We have obeyed the rules, listened to the experts and consulted our health care providers. With our masks in place, we have practiced social distancing and received our vaccines as soon as they became available. And yet, we read daily in our local newspapers that Covid reigns among us here in PBC. Parents scream at school board members and some gather in large groups to party and thumb their noses at science. Some of us are angry, some are resigned and some feel helpless. Here in Turnberry and in Aberdeen in general, we carry on our daily lives and hope to see intelligent thought prevail.

That intelligent thought is evident at our monthly Book Club. We gathered (outside, of course) as soon as we were all vaccinated. We read some noteworthy books, held informed discussions and skipped the snacks. It’s called making the best of a bad situation.

Our intrepid Women’s Club held a lovely outdoor pizza party on Rhoda Schwartz’s large lanai. We are forced to become a group who discriminates, however, as we only socialize with those who are vaccinated. Dr. Fauci is our guru!

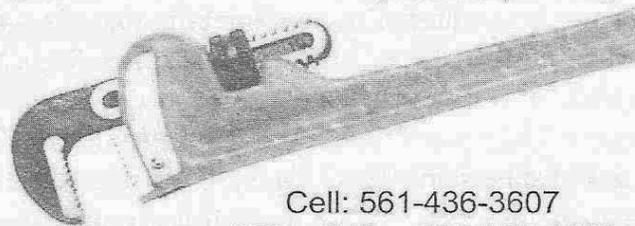
Some neighbors have chosen to use this time to improve their property. There is evidence of many new roofs on Fairway Lakes Drive. Plantings of new shrubs, flowering trees and removal of dying ones is a sign that we still keep our homes in A-one condition, as suggested in our documents. Homes have been newly painted and roofs have been cleaned. One negative practice has run amok, however. Our list of “gentle reminders” states that we discourage lawn statues in the front of our homes. Walking through the neighborhood on a balmy evening proves that this is one reminder that has been ignored. We all have backyards that are perfectly appropriate for such ornaments.

Our wish is that we can move into fall and winter with continued good health for all and can look forward to everyone again moving freely in society.

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Sterling Lakes

By: Judy Lukow

A Fresh New Start and Our Busy HOA Board of Directors

We can always have a “Fresh New Start.”

This Pandemic keeps changing giving us a “Fresh New Start” - frequently. Hoping again that with more scientific information, treatments, and vaccines we can finally put this Pandemic behind us. BUT not yet. On the Pandemic subject, I have a **Public Service Announcement** in this Aberdeen Times issue **“Where to Go in PBC for Free Treatments if You Test Positive for Covid-19”**. Look for it.

Our HOA Board of Directors is continuously working and giving us a “Fresh New Start” with the many needed issues it is addressing and completing.

It worked with an attorney and initiated a community vote to successfully complete updating our Declaration of Covenants and Restrictions, our By-laws and the Articles of Incorporation for Sterling Lakes Estates at Aberdeen.

The BOD has gotten proposals from landscapers to save our trees from an organism that can ruin them. We will be seeing the treatments for the trees soon.

The entrance to our Sterling Lakes Community along Aberdeen Lakes Drive near Rothbury Lane has been given a “face-lift.” Our BOD investigated and worked with a landscaper to update the vegetation that was unattractive. We now have a fresh, lovely and welcoming assemblage of plants that can impress the most discerning critic.

The board keeps us informed of all that it is working on and completing. It is open to suggestions and friendly to our concerns/worries/needs. The board meets monthly and have been using the computer program Zoom to meet during the Pandemic. Any Sterlingite is welcome to attend. We can hear in real time what is going on in our community and what is being done.

In the last few meetings, we heard from our board member that attends the meetings of the Aberdeen Lakes Association. It appears we’ll be getting a new gate at the guardhouse replacing the gate we have. It will span the entire distance from lake to lake to now include going across the pathways

to control people from entering our community on foot.

Our board meetings are always interesting.

And last but not least, we have a new HOA board member, Carol Adelman. Carol is new to our community and jumped in with both feet. She has joined the ranks of the busy and valuable board members keeping us in good hands here in Sterling Lakes. Thank you, Carol!

PS – Look for another Public Service Announcement I have in this Aberdeen Times issue - **“Property Fraud Alert – Free from PBC.”**

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.



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The Sunny Shores

By: Estelle Morganstein

Hope everyone has made it through the summer in good health and spirits.

Although many medical authorities believed that the COVID virus was on the wane late last spring, the emergence of the Delta variant dashed any hope that the current pandemic was behind us. Here it is in the fall of the year and we are still cautioned to keep social distancing, especially in large venues, and to continue to wear masks in public places in all areas where large numbers of people gather.

I personally was thrilled to finally learn in late July that the Canadian government planned to open their border to the US on Aug. 9, and I immediately made reservations to head up north as soon as it was possible. I spent a wonderful week with my children and grandchildren whom I hadn't seen in almost 2 years. Although we spent most of our time at my son's cottage in the countryside north of Toronto, I was pleasantly surprised to learn that more than 70% of Canadians had been fully vaccinated even though they did not get access to any of the approved vaccines

Harvey Baron's Early Bird Special



until last spring, as compared to approximately 50% of Americans. I had to be tested both before leaving the US and again prior to returning home. This was a minor inconvenience I willingly endured for the privilege of being able to reconnect with my family.

Locally, not much has been happening in The Shores over the summer months. There are no homes currently for sale in our community and the prices throughout PBC have been rising dramatically.

Last spring, your Villages of the East Board approved a comprehensive strategic plan to update/renovate our outdoor activities area adjacent to our Clubhouse and this project is now underway. We can look forward to improved tennis and pickleball courts, a return of a bocci court and a new shuffleboard game as well as an overall improvement to the entire athletic grounds adjacent to our clubhouse which the Board believes will greatly enhance the appeal of Aberdeen East as a great place to live.

More good news - Several shows have been booked for the coming season but with limited seating capacity in our ballroom, you are advised to give Lisa a call if you would like to reserve tickets before seating is sold out for the entertainments you would like to see.

Finally, a reminder that our Board elections take place in November so keep an eye out for the nomination/proxy paperwork that will be mailed to you from our property management company - Campbell Property Management.

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A Tribute To Great Women

By: Penny Schuler

One loss is one too many...four is unthinkable and yet this has happened at the Aberdeen Chapter of The Pap Corps. In just a few short weeks, four incredible, vibrant and dedicated women are gone.



Lyn Schultz

Lyn was a founding member of the Chapter and served in many capacities over the years. Her kindness and compassion for many years serving as our chapter Liaison to Sylvester. So many people were the recipients of her strength and resolve to help guide them through a very scary and uncertain time. She herself succumbed to this dreaded disease and our hearts were broken.



Roz Lapenson

Roz was also one of the founding members of the Aberdeen Pap chapter. She had and continued to have a major role in guiding the chapter from its start to the vibrant, successful and growing organization that it is today. Until her passing, Roz remained on the current Pap Board offering fund raising advice for almost all of the Aberdeen Pap events. Where ever she went and in whatever capacity, Roz was a great ambassador for The Pap Corp. Her untimely death in a tragic motor vehicle accident shocked and shook us to the core. She was not alone.



Irene Siegel

Irene was also in the vehicle and lost her life with her dearest friend. Irene was also a long time board member and lent her vast expertise in merchandising to help raise funds and get people involved. To say Irene was a "People" person is to say the least. Whether in the gym, at the pool or in the dining room Irene was always encouraging people to attend a Pap event. She was never satisfied with a status quo and always looked to do more.



Rene Zitter

Rene served as our Treasurer for many years and kept everyone in line. Her zest for life and her commitment to The Pap Corps were one in the same. Though she stepped down from her Board position, she continued to encourage new members, existing members and anyone she met, to

get involved. She was a true believer in the cause of The Pap Corps and spread the word wherever she went.

These women exemplified the purpose of our chapter and they spent everyday extolling the virtues of selflessness and philanthropy for a cause they were passionate about. They will be sorely missed.

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ABERDEEN EAST UPCOMING EVENTS



NEIL ZIRCONIA

**Sat., December 11
7:00 p.m.**

Enjoy dinner and a fabulous show!

Neil Zirconia is Florida's #1 Neil Diamond tribute performer. He will *Turn On Your Heartlight* as he takes you on a journey down *Melody Road*. You will say *Hello Again* to *Yesterday's Songs* as he captures a truly *Beautiful Noise* filled with *Songs of Life*. He has an onstage presence and charisma that only the *Solitary Man* himself can inspire. You will be a *Believer If You Know What I Mean!*

Only \$20pp—\$25 guests
Limited table seating!

Halloween Party!

**Sunday, October 31
6:30 p.m.**



Entertainment by Jonnell and the Gman Playing Soul, Rock and Roll, Disco, Pop, Funk, American Song Book, 50's, Ballroom and more!

Delicious dinner of chicken, ribs and sides from Park Avenue BBQ Grille!

Only \$20pp—\$25 Guests
Limited table seating!

Special thanks to Co-chairs:
Cheryl & Neil Schlossberg
Marion & Bob Westfal



New Year's Day Brunch

Saturday, January 1 starting at **11:00 a.m.**



\$25pp—\$30 Guests/walk-ins

Entertainment and more details to be announced. Round Table Seating.



Back by Popular Demand

Sarge!

**Sunday, February 27
8:00 p.m.**

\$25pp—\$30 Guests/Walk-ins*
Limited Theatre Style Seating

Join us for a night of incredible laughter with an extraordinary, worldwide entertainer. Sarge is much more than a comedian. He is a self-taught piano savant, an impersonator, singer, author and a motivational speaker.



William Florian Saturday, March 19 8:00 p.m.

\$20pp—\$25 Guests/Walk-ins
Theatre Style Seating

Those Were The Days is an upbeat, energetic musical performance by *William Florian* and his band. The show consists of American hits of the 60's including songs performed as lead singer of the famous New Christy Minstrels, plus the music of Peter Paul and Mary, John Denver, Pete Seeger, The Mamas and The Papas, and originals presented with comedy and amusing stories, all in a wonderfully intimate show. William travels the globe spreading goodwill through his music!

Checks only, payable to *Aberdeen East Clubhouse*, can be put in the mailbox in the small card room.

All shows in Ballroom. Seat selection for theatre style shows (Sarge/William Florian) begins on Monday, November 15 at 11:00 a.m. in the Clubhouse. These shows require tickets. Table seating shows (Halloween/Neil Zirconia) will best accommodate seating requests and will not have tickets. When available, guests can purchase tickets one week before each show. Events sell out so get checks in early!

Hadassah Happenings

By: Bea Lewis (Lancaster Lakes)

On Oct. 4th - after a very, very long time - Simcha Hadassah will host its first *in person* meeting in the Aberdeen Country Club cardroom. Come join your friends, and meet and greet new members. A light breakfast – coffee, a bagel and a smear - will be available at 9 AM. A donation to cover the breakfast cost is appreciated.

Following breakfast, Bobbi Prager, who is president of the Hadassah Florida Atlantic Region, will fill us in on our upcoming and very exciting projects. If you have neighbors and friends who would like to join us, please bring them along. We'd be happy to welcome them to our Hadassah chapter.

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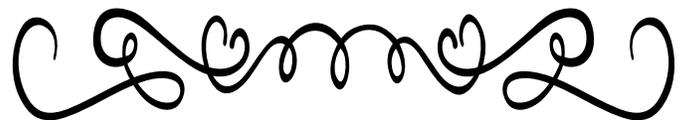
A Crazy Idea

By: Bette Korn (Sterling Lakes)

A cousin of mine moved into “The Villages” Community last year. She only knew one person – her first cousin. They decided that since they were retired and living the good life in FL, it would be nice to form new friendships and keep busy...going on the premise that having a social network as you age is an important part of life.

They put the word out that there was a new social club forming called “Woman’s Do-Nothing Club.” They’d meet once a month for lunch or a special activity to enhance the experience.

So, who would like to have a Women’s Do-Nothing Club for lunch and/or other activities here in Aberdeen? I would welcome all those interested in joining. Reply to me at bk1144@aol.com.



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The Loud Limpkin

Submitted By: Jonathan Shaw (Dorchester)

What is that racket? Is someone strangling a cat, is a baby crying, is someone yelling for help. I have heard all these descriptions for one of the noisiest birds around – the limpkin.

The limpkin is a long-legged species of water bird that has dark brown feathers with streaks of white on the head and neck. Limpkins can grow up to 28 inches long, with a 42-inch wingspan. The key physical feature of the limpkin is their down-curved bill, which is used to feed on their primary prey, apple snails. Limpkins are also known for their resounding calls, which are characterized as a high-pitched screeching sound.

Limpkins feed primarily on apple snails, but they will also eat insects, worms, and mussels. Limpkins will walk in shallow waters searching for apple snails and utilize their down-curved bills to get the snail out of its shell. They are commonly seen around the lakes in Aberdeen in singles or in pairs.

The limpkin nests in a variety of areas including vegetation in marshes and freshwater, and in bushes or tree limbs that are up to 40 feet high. The limpkin courtship ritual includes the male feeding the female, imitating an adult feeding a juvenile. Nesting occurs between the months of February and June. The female will lay between four to eight eggs in one nesting season and incubate the eggs for approximately 27 days.

In the U.S., the Limpkin is found only in FL and southern GA where it inhabits shallows along rivers, streams, lakes, and in marshes, swamps, and sloughs in Florida. Limpkins are widespread in peninsular Florida, but rarer in the Panhandle and Keys.

The limpkin was almost wiped out from FL due to overhunting. New laws and conservation efforts prevented this from happening and the population recovered. There are still major threats to the limpkin population that include the decline of their primary prey, apple snails. Due to habitat destruction and wetland drainage, heavy accumulations of non-native vegetation (mainly hyacinths and cattails) in foraging areas prevents the limpkin from being able to locate food.

Although you may find these birds annoying due to their loud screeching, Limpkins are protected

by the U.S. Migratory Bird Treaty Act and in FL by rule 68A-27.005 Designation of Species of Special Concern. This rule states, “No person shall intentionally kill, attempt to kill or wound any species that is both designated in Rule 68A-27.003, F.A.C., and designated in 50 C.F.R. 17.11 as endangered.” Additionally, as a species of special concern, “No person shall take, possess, transport, or sell any species of special concern ... or their nests or eggs except as authorized by permit”

So, annoying or not, it's best to simply watch and listen to this unique bird and appreciate its nature and beauty.

Places To Go, Places To Be

By: Steve Krawitz (Sheffield)

For all you Foodies, or aspiring Foodies out there, a recent addition to the Delray Beach food scene is drawing a lot of attention and rave reviews. The Delray Beach Market, located one block south of Atlantic Avenue on SE 3rd Avenue, is an over-sized quality food court, meeting place and watering hole all in one. The Market is a free-standing building with its own parking facility on the upper floors, connecting the parking to the facility below.

Entering the building your senses are confronted by a variety of delicious aromas and a buzz of activity. There are 26 vendors located on the main floor and the mezzanine. These vendors are not ‘chain’ or fast-food places, but rather individually owned and operated food areas. The Market is a large open space with ample seating for both indoor and outdoor dining, or just walking around. There are also take-out options for most of the vendors. The food and drink offerings are considerable. For example, there is *Big T's Deli* where you can get a variety of delicious sandwiches and sides for on-site dining or to take out. *Cellar and Pantry* offers artisanal cheeses and meats, specialty grocery items along with tastings and classes. Catering is also available. *Tip to Tail* sells the freshest seafood, mostly locally sourced in the form of sandwiches and platters. There is also an extensive variety of fresh ceviche, cold, crisp and flavorful, ready to grab and go.

I have been back to the Market several times, as

(continued on page 21)

PLACES TO GO, PLACES TO BE...*(continued from page 20)*

the variety is extensive and the offerings too plentiful to sample on just one visit. It would be impossible to try more than 2 or 3 different dishes individually, so I suggest going with some friends to share a variety of different cuisines.

The vendors offer selections ranging from gourmet hot dogs, Indian, Vegan, nuevo Mexican, to simpler fare such as classic pizza with all the toppings, pasta bowls, burgers, homemade ice cream, delicious fried chicken, and hand-crafted sushi. I can unequivocally state that there is something here for everyone's palate, no matter what your taste preference or level of culinary adventure. There is even a licorice vending machine offering a dizzying array of real licorice in every flavor imaginable!

It seems that each time I visit the Market, I am drawn to another vendor, either by my mood or the presentation of the food that catches my eye. The vendors are eager to engage in conversation to discuss their products, offer suggestions or even dole out samples. I have learned much about the food business and different tasting experiences during these talks. I enthusiastically recommend a visit to the Market for either a meal or just to snack around culinary world.

The Market is accessible by walking in the main entrances, or parking and taking the elevator down to the main floors. There are state of the art immaculate bathrooms. All facilities are handicapped friendly. The aisles are wide and there is ample seating for small or large parties. More detailed information can be obtained on the Market website: DelrayBeachMarket.com, or by calling 561-562-7000. Looking forward to seeing you all Downtown. Mangia or gay fressen!

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Nonstop At 100

By: Bea Lewis (Lancaster Lakes)

So how does it feel to be 100 years old? I asked my good friend, Mary Epstein. Well, she replied, the truth is that my mind tells me I'm 50; but my body says I'm 150."

Where were you were earlier, I asked, having called her, but was only able to reach her voice mail. "I was in my garden; my plants were desperate for water," she responded. But it's 90 degrees outside; not healthy for you. "I know, I know, said the Aberdeen Country Club member," but I need to take care of my plants."

And being concerned about others, even her thirsty plants, is the essence of this remarkable centenarian.

Ask any of her friends what they think of this spunky, petite senior, and the answer is always the same - amazing - inspirational, one of a kind and a damn good bridge player. (She learned the game when she was 92!)

Some of the speeches given by her friends at the luncheon in her honor at the Westchester Country Club were mere echoes of what was said by anyone who has ever met her.

(continued on page 22)

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NONSTOP AT 100...*(continued from page 21)*

Although Mary insists that she has slowed down a bit, most of her friends who are decades younger, are in awe of her energy. For example, she still plays bridge 3 times a week and never misses her daily exercise routine – sit-ups, stretches, and walks around the house.

Before the Covid pandemic, however, Mary was a daily fixture in the Aberdeen Club fitness center. A year ago, she danced in an amateur show at the Clubhouse (the applause brought the house down.) A former avid tennis player, Mary was sad to hang up her racket at 92 years of age.

No stranger to bouts of life-threatening illnesses over the years, Mary is grateful for her recoveries, but feels sad to remember all her wonderful friends who are now gone.

Mary, who was married at 17, is widowed. She has 2 sons, grandkids, great-grandkids, and even a few great-great-great-grandkids (too many to name) which she proudly shows their pictures on her smart phone.

Mary holds a Master's Degree in city planning, but at 64, she went back to school to earn a law degree. She never took the bar exam, she explained, because she had no desire to be an attorney. "I just loved learning."

Until a few years ago Mary worked as substitute teacher for children with special needs and the money she earned from that job she gave to charity.

From 1984 to 2017, Mary served as a crisis counselor for FEMA the Federal Emergency Management Agency and travelled worldwide to bring relief to people hit by disaster. She began her work as a volunteer, and then became a staff member. (She also held many other posts for the agency.)

"You can't believe what people go through when a catastrophe strikes," she said, and tears up as she tells of the time she worked to help people devastated by the World Trade Center explosions in NYC. "As awful as it was, I was glad to be helpful."

A zest for traveling the world, Mary went to South Africa 2 years ago (against her doctor's wishes) and hopes one day to visit Australia.

Besides her dedication to Hadassah, she supports such other organizations as PAP, ORT, and gives generously to the City of Hope, St. Jude's Hospital and Hadassah Hospital in Israel. "There are so many people in the world who are in need."

Her secret to a good life, she adds, is to abide by

the Ten Commandments. "We'd have a better world if more people felt the same."

As a young girl, she quoted the golden rule (Do unto others...) in her 1935 eighth grade graduation yearbook.

Even today, she cares for others with the tenets of Buddhism. "Be kind, be honest and love nature."

Happy birthday, Mary Epstein, you are indeed a role model for how to live a long and wonderful life!

PBSO Volunteers Against Scams Team

By: Laurie Wohl (Ashford)

Ordering takeout? Watch out for fake websites.

The COVID-19 pandemic has made ordering takeout more popular than ever. Some restaurants have set up their own websites to avoid the fees and challenges that come with food delivery apps, like DoorDash or GrubHub. As always, scammers are quick to pick up on a trend. Watch out for fake food ordering websites that scam consumers out of their money and personal information.

How the scam works

You search for your favorite restaurant's website to see if they offer delivery and a way to order online. Near the top of the search results, you find a website that looks like it belongs to the restaurant. Or you may find a third-party website that looks very professional and similar to popular services like DoorDash or GrubHub.

You click on the link, select your food, and enter your credit card information to pay. Charges appear on your account, but the food never arrives. When you call the restaurant to see what's happened, they are unaware of your order. The website was a fake, and now the scammers have your credit card information, address, and other personal details.

Some consumers reported to BBB Scam Tracker accidentally ordering from fake websites called "Order Hero" or "Order Ventures." But look out for other variations. Scammers often change their name and continue their tricks under a different fake identity.

One consumer reported, "I placed an order at a restaurant near [my home]. I have been to this place

(continued on page 23)

before and ordered online with no issues. When I went on the website everything looked normal and it had a tab that said ‘Order Online,’ which I clicked. This took me to a website called Order Hero. When I went to the restaurant to pick up my food, they said they never received the order in the first place. I showed the owner my email confirmation, and he informed me that they were not associated with these people.”

How to avoid food ordering scams

• Only order from websites you know and trust.

Even if you think you are on a website you know, double check the URL before you place your order.

• When in doubt, confirm with the restaurant.

The first time you order directly from a restaurant’s website, call the restaurant to confirm that they have online ordering and you are on the correct URL.

• Use your credit card. When you pay with your credit card, you can dispute any unauthorized charges. The same may not be true if you use your debit card or if you give a company your banking information, such as your account number and your bank’s routing number.

• Take action if you think you’ve ordered on a fake site. If you suspect you entered your credit card information to a fraudulent website, cancel your card right away and request a new one. Scammers might wait a few weeks or months before they start using the card numbers you gave them access to.

To learn more ways to protect yourself from online scams, read the BBB Tip: Smart Shopping Online.

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.

**Peggy’s Inspiration Document –
Make Unselfish Decisions**

Submitted By: Maris Levy (Addison Green)

There’s a famous Michael Jackson song entitled, “Man in the Mirror.” Its message is a poignant reminder of how we should look at ourselves periodically and realistically to evaluate who we are, and if we are truly being the person we want to be.

Human beings frequently tend to slip into an egocentric mode that selfishly accommodates our own personal interests and needs while disregarding the needs and interests of others. So as not to fall into this trap, we need to follow Michael Jackson’s example and start with the person in the mirror. We must ask ourselves to change our ways.

I know that life does not revolve around me, but like everyone else I sometimes lose sight of this fact and fall into the inevitable self-centered mode of thinking only of what would please and benefit me. It is at these times that I remind myself to look in the mirror and ask that person looking back at me to change their ways.

As the old saying goes, “No man is an island.” We are social beings. Our successes and failures in life are rooted in our self-perceptions, behavior and relationships with others. I am sensitive to other people’s feeling and resent myself if I unwittingly hurt their feelings or inhibit the development of their growth or success. In return I can only hope that others look at themselves in the mirror and return that courtesy and respect to me.

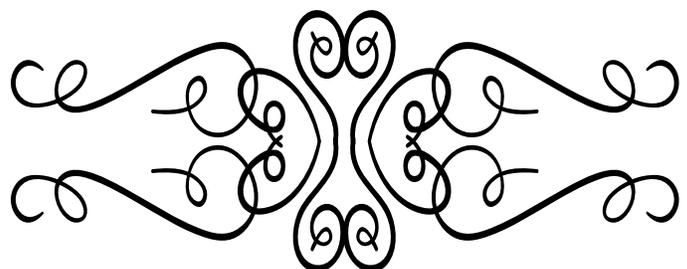
Also from Maris...

JUMBLE

Unscramble the words below to reveal the secret message. (Answer is on page 26).

Meti ot eahv osem ufn won

--	--	--	--	--	--



What Insurance Companies Don't Want You To Know

By: Murray Iseman (Addison Green)

THIS IS A 2-PART ARTICLE- THE FIRST DISCUSSES: LIFE INSURANCE; MEDICARE RELATED HEALTH AND LONG-TERM CARE.

NEXT MONTH I WILL ADDRESS: AUTO; HOME OWNERS AND DISABILITY INCOME.

Insurance companies provide a service protecting us from financial setbacks unexpected events such as: storms; auto accidents; death and medical expenses. They are profit motivated organizations. Written in "legalese", policies may be difficult for policy holders to understand. But you must be an informed consumer making intelligent decisions.

LIFE INSURANCE-the easiest contract to understand as there is never a question regarding claims. (If the insured is breathing, claims are denied.) Until the early 80's policies were simple as everything was guaranteed. The owner knew at issue their cash value at every year from inception to death and what beneficiaries would receive.

A. Universal Life-began In the mid 80's. They offered an opportunity for higher interest rates and flexible payments but at the expense of guarantees. While most will promise a guaranteed interest rate that may be offset by rising fees. Your account earns interest but monthly charges for mortality and administration fees are assessed. When issued, there are caps on charges but these expenses are discounted. They can be raised without notice. You must review your annual statement and COMPARE it to past statements. Universal life offers much flexibility. Carriers have a policyholder service department that can be helpful if you have no agent.

B. Annuity features-Some people buying an annuity with the intention of converting it to a lifetime income at retirement. The carrier may flaunt their "guaranteed income" feature which means you can use your annuity balance to get lifetime income. They will guarantee X dollars monthly. If an annuitant is 45 the company may assume a 40-year life expectancy. But what if there is breakthrough in cancer or heart medicine? The increased longevity would trigger a longer payment flow. When actuaries make predictions that extend many years they are conservative. Why would an owner stick with their old an-

nuity carrier when they can put their cash value up for bid to see which company has the best offer?

HEALTH INSURANCE-Everyone has experienced significant increases in health expenses. There are many reasons; the basic one is how we use health insurance. I mentioned that insurance is designed to offset a significant financial loss. This is different from daily living expenses. An auto policy pays if our vehicle is damaged, destroyed or stolen. Without insurance you can lose thousands of dollars. Does your policy pay for tires, alignments, tune-ups, brakes or new windshield? These are daily living expenses. What would happen to auto premiums if these items were included?

If a union obtained a raise, the employee would incur FICA, state and local taxes. The employer would have increases in FICA tax and workman's comp. But, if the raise were applied to a better health plan, all those expenses disappear. Lower deductibles and co pays give the employee more spendable income.

MEDICARE RELATED HEALTH PLANS

1. Medicare Supplement Policies-Part B of Medicare (pays Dr. bills) only covers 80% with the 20% paid by the patient. Since 1965, private carriers have marketed supplement policies to pay that 20%. BUT, companies designed their own policies using their own definitions. Result- Medicare approved your procedure the supplement company denies the claim since it does not fall within its definitions. After urging the industry to clean up its act, the law changed in 1990 prohibiting companies from selling their contracts. They were replaced with STANDARDIZED policies. The ONLY difference in each company's policy is their name at the top. Aha, a level playing field! The differences in premium can be

(continued on page 25)



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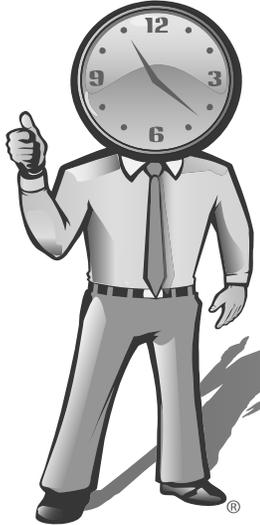
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WHAT INSURANCE COMPA...*(continued from page 24)*

significant. EVERY October during the open season go on-line to Medicare.gov and compare rates. Some companies will offer a low-ball rate at 65 tweaking it up as it “reduces the initial discount”. Rates should be compared for both spouses. Some people with 2 homes actually check rates for both zip codes.

2. Drug Plan- The insurance industry reverted back to designing its own interpretation of how a Medicare partner policy should look. Your net cost is interplay of premium, formulary and deductible. Again-rely on Medicare.gov to find the most cost-effective policy.

3. Advantage plans-Since they usually include drug and physician expenses they have a lower cost. The average couple can save \$450-\$700 per month. But, ‘there ain’t no free lunch’. To get the best cost you must remain in network. Health care beyond the network increases costs and raises deductibles. Some policies MAY include your current doctors and others extended networks such as the PPO’s. If you do not travel, these may present an option but do your homework to check out-of-network limitations.

(continued on page 26)



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WHAT INSURANCE COMPA...(continued from page 25)

LONG TERM CARE POLICIES- differ from all other health plans. LTC is not designed to pay for remedial treatment. Its objective is to assist in personal care when the insured is unable to do so on their own. These plans came into the marketplace about 40 years ago. Actuaries may not have anticipated the steep rise in assisted living expenses. A number of carriers have withdrawn from the market while others have experienced GREATLY hiked premiums. Many Aberdeen residents are now coping with how to address this challenge. They may have a 20-year history of paying rising premiums and now that they may need the protection in the immediate future, may not be able to continue their policy. Some are managing this by: reducing daily coverage; changing inflation riders from compound to simple interest or by eliminating inflation provision altogether.

Answer to Jumble Puzzle on page 23
("Time to have some fun now")

Marty's Recipes

By: Marty Hyman (Waterford)

Cioppino

On our first visit to San Francisco, my wife, Fran, and I got to taste the full-flavored local stew know as Cioppino. What a great mix of fish flavors with a very Italian background. Although this dish was popularized in the San Francisco area of CA, the roots of the dish and name are from Italy. Records of when this dish appeared vary from the Gold Rush days to 1930 says food historian Jean Anderson.

The Italian flair of this tomato-based seafood stew using the daily catch comes from the fisherman of Genoa, Italy, who immigrated to the U.S. and settled in the Bay area of CA. A fisherman's stew most likely originated on the boat because in pre-20th century fishing boats they didn't have refrigeration, so they were limited to some canned foods (like tomatoes), vegetables, bread, wine and the catch of the day to make their dinner.

The name comes either from cioppin, a word in

(continued on page 27)

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MARTY'S RECIPES...*(continued from page 26)*

the Ligurian dialect of the port city of Genoa, meaning "to chop" or "chopped," which described the process of making the stew by chopping up various leftovers of the days catch, but also some say it can be a corruption of the word "il ciuppin" which means little soup.

Enjoy this with some crusty sour dough bread.

Ingredients

- 1/4 cup extra virgin olive oil
- 2 cups fennel bulb white part only, cut into 1/2-inch dice
- 1 large onion, cut into 1/2-inch dice
- 5 garlic cloves minced
- 1/2 teaspoon red pepper flakes
- 1 24oz jar of your favorite marinara sauce
- 1 24oz bottle of crushed tomatoes
- 4 cups seafood stock (or chicken stock)
- 1 1/2 cups dry white wine (Pinot Grigio)
- kosher salt and freshly ground black pepper
- 1 pound cod fillets skin removed, cut into 2-inch dice
- 1-pound large shrimp peeled and deveined
- 1 pound sea scallops halved crosswise

- 1 dozen mussels scrubbed
- 3 tablespoons parsley minced
- 1 tablespoon of a good Italian liquor like anis ette.

Directions: *If any of the mussels are open before cooking discard them, they're dead and aren't safe for consumption.*

1. Heat the olive oil in a heavy pot or Dutch oven over medium heat. Add the fennel and onion and sweat for 10 minutes, until translucent.

2. Stir in the garlic and red pepper flakes and cook for 2 minutes, until fragrant.

3. Pour in the marinara sauce and crushed tomato liquid, soup stock and wine.

4. Add 1 teaspoon salt, and 1 teaspoon black pepper.

5. Bring to a boil then lower the heat and simmer uncovered for 30 minutes.

6. While the sauce is simmering using another sauté pan, add 2 tablespoons of olive oil and sear the shrimp, scallops (and fish pieces if used) on both sides, but do not cook fully the seafood. Remove the seafood from the pan and place it on a

(continued on page 28)

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MARTY'S RECIPES...*(continued from page 27)*

plate until needed

7. Then add the cod and the mussels to the large pot of liquid. Do not stir.

8. Bring to a simmer, lower the heat, cover and cook for 10 minutes until the seafood is cooked and the shellfish open.

9. Five minutes before you're ready to serve the Cioppino, add the shrimp and scallops to the sauce and let them finish cooking for five minutes.

10. Stir in the liqueur, being careful not to break up the fish; cover and set aside for 3 minutes for the flavors to blend. Discard any mussels that have not opened.

11. Ladle into large, shallow bowls, sprinkle with parsley and serve with slices of sourdough baguette.

*Do you have a favorite recipe and story?
Email it to Marty at jogvista@yahoo.com*

Public Service Announcement

By: Judy Lukow (Sterling Lakes)

Where to Go in PBC for Free Treatments if You Test Positive for Covid-19

<https://discover.pbcgov.org/coronavirus/Pages/Monoclonal-Antibody-Therapy.aspx>

The State of Florida has set up a monoclonal antibody therapy treatment site Westgate Park and Recreation Center in WPB. This site has the capacity to serve 300 patients per day and will be open 7 days a week from 9 AM to 5 PM. As of Sept. 2, about 45,000 treatments have been given across the state.

Westgate Park and Recreation Center
3691 Oswego Ave.

West Palm Beach, Florida 33409

Call (850) 344-9637 for the Monoclonal Antibody Treatment Support Line and appointments.

The monoclonal antibody treatments are available to individuals 12 years of age and older who have been diagnosed with COVID-19 or who have been exposed to someone with COVID-19 and are at high risk for severe illness and hospitalization. The monoclonal antibody treatments are available at no cost to eligible individuals.

The antibodies help the immune system recognize and respond effectively to the virus. According to the treatment guidelines they should be adminis-

(continued on page 29)

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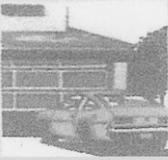
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PUBLIC SERVICE...*(continued from page 28)*

tered as soon as possible after diagnosis.

(There is a link on this webpage that shows you the guidelines from the NIH (National Institute for Health) <https://www.covid19treatmentguidelines.nih.gov/therapies/anti-sars-cov-2-antibody-products/anti-sars-cov-2-monoclonal-antibodies/>).

As of this writing there are 22 locations in FL.

Public Service Announcement

By: Judy Lukow (Sterling Lakes)

**Property Fraud Alert – Free from PBC
From Joseph Abruzzo Clerk of the Circuit
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<https://www.mypalmbeachclerk.com/services/property-fraud-alert>

What is Property Fraud?

Scammers file fake deeds, making it appear as if they own homes that are not actually theirs. These scammers then trick people into giving them money to rent or buy those homes.

Property Fraud Alert is a free service to help you protect your property from fraud by monitoring the documents being recorded in the Official Records of the Clerk of the Circuit Court & Comptroller’s office.

Protect Yourself with Property Fraud Alert for Free

Register for FREE Property Fraud Alerts today! Register to receive free alerts when a document such as a deed or mortgage is recorded with our office using your name or your business’s name. Choose to get alerts by email or by phone.

If you receive an alert about activity not initiated by you, this early notification can provide valuable time to stop criminals in their tracks.

Sign Up for Alerts

Signing up is quick and easy! Simply follow these steps:

- Go to the Property Fraud Alerts website <https://www.propertyfraudalert.com/Phoenix/PFASignUp.WebSite/FLPalmbeach/> or call 800-728-3858.
- Click ‘Continue’ to begin the registration process.
- Choose whether you would like to monitor a person’s name or a business name.

(continued on page 30)

PUBLIC SERVICE...(continued from page 29)

- Enter the name you would like to monitor.
- Enter either an email address or telephone number you would like the alerts sent to.

You may repeat the process to monitor additional names. If you entered an email address, you will receive a confirmation message.

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Writers

The *Aberdeen Times* is in the process of creating new columns of interest and needs writers to submit articles for such topics as SPORTS, CRIBBAGE, MAHJONG, MEDICAL ISSUES, CANASTA, CARD GAMES, STRANGE JOBS, NEW TRENDS IN SCIENCE, HEALTH & WELLNESS, OR HUMOR. Also, contributors may submit articles of interest.

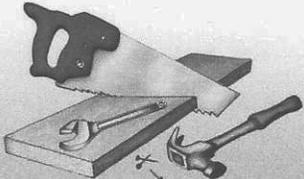
The writer is NOT required to send in an article every month, but it's helpful to have several writers submitting articles a few times a year, either representing a village or individually.

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Scorpio Horoscope 2021

October 23 - November 21

According to Scorpio Horoscope 2021, Saturn will be sitting in your third house throughout the year. Also, Rahu-Ketu will affect your seventh and first house respectively through the entire year. Along with this, Mars, Venus, Mercury, Jupiter and Sun will also be seen impacting various other aspects of your life in different ways in the year 2021.

Due to this, you may have to face a lot of challenges career-wise. During this time, you will have to work harder in your workplace. Also, the natives doing business will benefit from a trip. Your financial situation will remain good, but you may face troubles due to a sudden rise in your expenses. Students preparing for their exams will get good results. In this case, continue to work hard with dedication.

Horoscope 2021 based on Vedic Astrology reveals that you will attain happiness in family life this year. At the same time, married natives may have to face strong opposition from their spouse. Your children will remain happy and make progress,

and your relationship with them will improve. Natives in love will need to trust each other more, otherwise a break-up is likely on the cards. If you talk about your health this year, a sudden decline in your health levels can give rise to problems.

Fantastic Fiction

AARP Magazine, Aug.-Sept. 2021

Get settled in your favorite reading chair. The next few months bring new stacks of wonderful books from top-notch writers.

Her Heart for a Compass by Sarah Ferguson

The Duchess of York’s absorbing first novel, rich with Victorian-era detail, is centered on a flame-haired daughter of a duke who forges a bold new path after she has been cast out for refusing an odious arranged marriage. Sound familiar?

Billy Summers by Stephen King

In the King of Horror’s latest, a hit man who says he kills only “bad guys” starts to wonder if the guys behind a mysteriously high-priced hit might be the baddest of all.

(continued on page 32)

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FANTASTIC FICTION...(continued from page 31)

Breathe by Joyce Carol Oates

A woman faces her husband's illness and death, the grapples with the unique challenges of widowhood, in this heart wrencher on love, loss and recovery.

Velvet Was the Night by Silvia Moreno-Garcia

In a 1970s noirish tale, Moreno-Garcia focuses on a Mexico City secretary who enters a dangerous world after joining forces with a criminal to find her missing neighbor.

Another Kind of Eden by James Lee Burke

Antihero Aaron Broussard falls for a young painter, plus is drawn into the investigation of a series of murders while encountering an evil that might not be totally human.

The Madness of Crowds by Louise Penny

Chief Inspector Armand Gamache serves as security for a visiting university lecturer whose abhorrent views begin to spread like a virus – and may have led to murder.

A Slow Fire Burning by Paula Hawkins

This page-turner from the writer of *The Girl on the Train* opens with a young man found dead on a

London houseboat.

Apples Never Fall by Liana Moriarty

A suburban couple with four grown children seem content until their secrets emerge, shaking the family to the core. By the ever-hot author of *Big Little Lies*.

Harlem Shuffle by Colson Whitehead

It's early '60s New York City, and cash-strapped Ray Carney wants to be a good family man but is lured by his cousin into a criminal underworld. From the two-time Pulitzer Prize winner, for *The Underground Railroad* and *The Nickel Boys*.

Cloud Cuckoo Land by Anthony Doerr

An imaginative time-travel creation, it's set partly during the 1453 siege on Constantinople.

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When One Door Closes...

Marine Corps veteran Richard "Rip" Heston
AARP Magazine, April-May 2021

In the pandemic, Rip Heston discovered new ways to help.

MY MOM IS THE one who first inspired me to volunteer. She volunteered at a local hospital for 35 years, and I admired what she did and the network of friends she built. The compassion she displayed made a strong impression on me.

Since I retired in 2017, I've taken on a lot of different volunteer jobs. Pre-pandemic, I would meet with military enlistees and their families as a volunteer for the Red Cross. Our job was to tell them about services available to them, should an emergency arise during the recruit's deployment. When you're there with a family like that, it can be very emotional. It's the day that reality sets in for the moms and dads: Their son or daughter is leaving to do their service. I'm a Marine Corps veteran, so I have a special feeling for new Marines, but we counsel families from all of the branches.

That program- it's called the HERO Care Net-

work – is still going on, but we're not meeting families in person right now. It's just a telephone call with the family. It's not the same. I miss that face-to-face interaction.

Still, I do get out to serve in other ways. The Red Cross gets shipments of donated clothing and personal protective equipment for veterans, and they'll call me to pick them up and distribute them to three veterans' centers in the area. I also deliver blood products to two local hospitals. And I've been volunteering at a Red Cross COVID-19 vaccination clinic, helping register veterans for their shots and monitoring them for any reactions immediately afterwards.

Because of the lockdown, I've discovered new volunteer opportunities out in nature, where I don't cross paths with anybody. One is with a nonprofit called ChicagoNatureNow!: We go out to forest preserves near the city and report back on which flowers are blooming. Then the group makes announcements through social media – you should visit such and such preserve, because the

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WHEN ONE DOOR CLOSSES...*(continued from page 33)*

bluebells are exploding now. We help people find areas to relax and stay safe.

My other new volunteer job is with the Forest Preserves of Cook County. As part of their open-space stewardship program, I adopted an area of public parkland. I visit there twice a month to make sure everything's OK – that the picnic tables are intact and the litter is picked up. If I find anything wrong, I fix it.

Volunteering has increased my empathy for others. Even during a pandemic, we can still get involved to make a difference. It doesn't have to be a spectacular gesture. A small one will do.

The Find Of Her Life

By: Terry Kovel, *AARP Magazine*

Antiques expert Terry Kovel knows how to fill a house – or empty one.

Ralph and I got married in 1950, and we started attending house sales every weekend. Nobody bought antiques in those days, and they were basically giving that stuff away. We were able to furnish our first apartment for next to nothing.

At the sales, we got really interested in collecting this 18th-century English porcelain made by Dr. Wall. The porcelain, in turn, got us curious about the symbols and marks on the bottom of china that tell where and when each piece was made.

There was no single directory for looking up those marks, and of course there was no internet. So we went to the library and got every book on porcelain that we could get our hands on, and if the book had a mark in it, we copied it down. My father, an engineer, didn't see the point. He asked Ralph, "Is that the best way you could waste your time?" So Ralph decided to show him. He pitched the idea of a reference booklet to a publisher and sold the idea, with a \$500 advance. That was a fortune in those days.

From there, things sort of snowballed into a business of writing books about antiques and collectibles prices. Ralph died in 2008, but I've kept working, and now our two kids are part of the business as well.

One question I get asked all the time is, "How do I find an honest antiques dealer?" I find that most dealers are trustworthy, especially if they've been in business in the same city for 10 years or more.

They've got to be honest, or else they'd get run out of town. But if you're looking to empty out your attic or liquidate an estate, you may need to talk to a variety of different dealers, because each one will only be interested in items in which they specialize. Someone who knows about silverware might not want to talk about your breakfront.

Another tip I give people is to pair each item you are hoping to sell with a record that shows its authenticity or provenance. For example, if you're selling a doll and you have an old family photo in which the doll is featured, include a copy of the photo with the item. That can up the price tremendously.

Years ago, people used to ask me about how to buy antiques affordably. Right now it seems all anyone wants to do is sell. But that's kind of where we came in.

The Best Ways To Train Your Brain

By: Michele Harris, *Erickson Tribune*, May-June 2021

Do you avoid red meat to keep your heart healthy, take supplements to support your immune system, and exercise to keep your bones strong? What are you doing to maintain your brain health?

The brain is the center of everything. As your body's command center, it regulates organs, stores memories, triggers emotions, and allows you to navigate and interact with the world around you.

In his new book, *Keep Sharp: Build a Better Brain at Any Age* (Simon & Schuster), Dr. Sanjay Gupta, a well-respected neurosurgeon and CNN's chief medical correspondent sheds light on the latest brain research by separating fact from fiction and offering practical guidance on how to optimize brain-power regardless of your age. As with most healthy habits, Gupta says it's best to start early-before signs of decline start to appear, but he stresses that taking simple steps at any age can make a noticeable difference in staying sharp.

"Memory problems are not inevitable with age," says Gupta. "There are things we can do to maintain, enhance, and sharpen our abilities to remember, retain, and retrieve that information as long as we live."

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THE BEST WAYS TO TRAIN...*(continued from page 34)***Food for thought**

It seems that what's good for the body is also good for the brain. Many of the same dietary measures taken to promote heart health, lower blood pressure, and stave off blood sugar issues also benefit brain health.

Gupta's diet recommendations echo the principles of the Mediterranean diet. He recommends eating plenty of fresh vegetables, berries, fish, and healthy fats such as extra virgin olive oil and avocados while avoiding added sugars, salt, and saturated fats.

When it comes to supplements, Gupta says that despite aggressive advertising campaigns promoting supplements made from jellyfish protein, coenzyme Q10, or ginkgo biloba, none of these ingredients have been proven effective for brain health.

The secret sauce

While good brain health relies on several factors, Gupta emphasizes the importance of building and maintaining strong social connections; calling those connections "the secret sauce of a long sharp life."

"A look at the data shows that enjoying close ties to friends and family, as well as participating in meaningful social activities may help keep your mind sharp and your memories strong," he says.

In the book, Gupta profiles Helen who suffered significant health and cognition decline after the death of her husband. "If her children had not insisted that she move to a retirement community to experience a social network of people and share joint activities, Helen might have continued to deteriorate mentally," he says.

Gupta spoke with Robert Waldinger, professor of psychiatry at Harvard Medical School and director of the landmark Harvard Study of Adult Development about the importance of socialization. "It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer than people who are less well connected," said Waldinger.

Make sure to challenge the mind and the spirit

Crossword puzzles can be challenging but they won't improve your brain health.

The same is true for "brain games" marketed as tools to reduce or reverse age-related cognitive decline. The Federal Trade Commission (FTC) recently cracked down on companies making deceptive brain health claims because there is no scientific evidence to support those claims.

Games and puzzles don't use enough of the brain to impact cognition. To do that, you need to build new neural pathways by learning something new. Learn a language or take music lessons. Give salsa dancing a whirl or unleash your inner Picasso by learning to paint.

"I am more convinced than ever that the brain can be constructively changed-continually enhanced and fine-tuned-no matter what your age or access to resources is," says Gupta. "When you put your brain first, everything else health wise will follow."

At Erickson Senior Living communities, we have health and well-being experts available to offer tips and answer any questions you might have about staying sharp and enjoying life to the fullest. Visit EricksonSeniorLiving.com or contact your local community to learn more.

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