



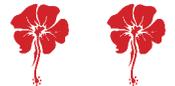
Vol. 29, No. 2

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February, 2022



FEBRUARY



December President's Report

By: Dr. David Hollander (Dorchester)

December is a month where we close out the old year, and ready ourselves for a new beginning. It is a month to leave the past behind and gear up to enjoy the ride ahead. And, for me, I am excited as I know we who reside here at Aberdeen are on the right path, the right road, and have the right leadership in order to move forward, continuing the progress we have made this past year. I look forward to building stronger and more complete experience in order for all to enjoy and celebrate "The Good Life" we want and deserve.

December is also one of my favorite months since arriving at Aberdeen. The cold and snow up North replaced by the sun and warmth that surrounds us. More importantly, what warms my heart is knowing that the children, grandchildren, great grandchildren and guests will once again descend upon us, making this holiday season a success. And thanks to our wonderful staff, we can look forward to a host of activities for all to enjoy. It is truly a wonderful time of year.

Below is the Monthly Statistics Report:

A.) In December, we closed on 8 homes. During the same month last year, we closed on 11 homes. Of the 8 sellers, 2 sellers were Current Members, 5

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Ruth's Reflections

By: Ruth Krawitz - Editor *Aberdeen Times* (Sheffield)

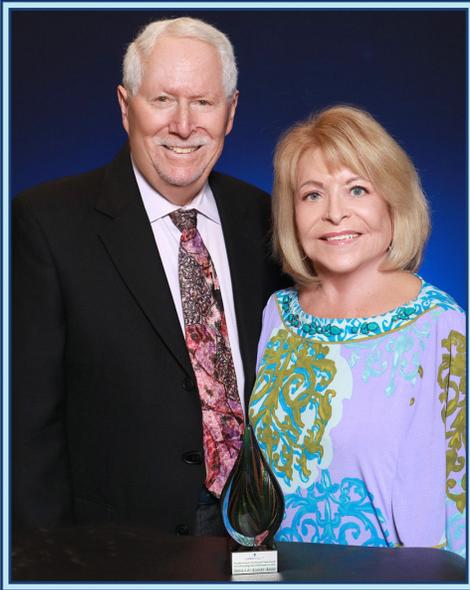
CHANGE Is simply unavoidable! It can have bad ramifications, or good. If, for example, you have suffered a serious loss, the resulting changes can be horrific; if you have been privy to the gift of a new life in the family, the results are overwhelmingly positive. Temperament has a great deal to do with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

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

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RUTH'S REFLECTIONS...*(continued from page 2)*

we think life should be like, and are disappointed with our reality. Not exactly a recipe for happiness.

Young children, on the other hand, embrace the present. There's no worry about the future, for the whole concept of future is too abstract for them to grasp, and yesterday no longer exists, so there are no expectations, just what is. Their present reality is the only life they know, and they make sure to enjoy it.

Learn from the young. The past and future are meant to guide and direct the present, not destroy it. Stop the could have, should have and what if's and embrace your present reality.

Here are some famous quotes:

There is nothing so stable as change. Bob Dylan
You can't change what you don't acknowledge.

Dr. Phil

If you don't like something, change it. If you can't change it, change your attitude. Don't complain. Maya Angelou

If you want to change the world, change yourself.

Tom Robbins

Not everything that is faced can be changed, but nothing can be changed until it is faced. Lucille Ball

If you want to make enemies, try to change something. Woodrow Wilson

Our dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better. Sydney J. Harris

It is the most unhappy people who most fear change. Mignon McLaughlin

Progress is impossible without change, and those who cannot change their minds cannot change anything. George Bernard Shaw

People change and forget to tell each other. Lillian Hellman

G-d gave me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Reinhold Niebuhr

Be the change. Mahatma Gandhi

May all the changes in your life in 2022 be uplifting, positive, fulfilling ones!

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Dinner Is Served

By: Janet Friedman (Hampton)

My phone rings at work. (I have my own catering business and am busy planning a menu for a large party.) I pick it up and it's my son, Jason, calling from college. He's going to come home overnight with 2 friends: other players from the college football team. They're going to a concert at the Nassau Coliseum. "Who are you going to see?" I ask. "Fish," he says, "Fish?" I think. What is that? But I don't say anything. I am probably out of touch. "Great," I say. "I'll see you all when you get here. Drive safely."

My next thought is I'm going to cook them the most fabulous dinner. These will all be big guys and if they are like my son, big eaters. I start to run through all kinds of recipes in my head (lasagna? coq au vin? paella? jambalaya?) when I remember that my husband and I have dinner plans with friends for the evening. OH NO!! I call my husband at work to tell him we have to cancel our dinner plans. "No way," he says. "The boys are not going to hang around for dinner. They're not coming to see us. They just want to go to the concert. Who are they

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DINNER IS SERVED...*(continued from page 4)*

going to see?" he asks. "Something called "Fish," I say. "What???" (I guess he is out of touch too!)

I am a little upset, but I don't cancel our dinner plans. I can't wait to see my son. He's the first of three to go away to school. I worried so much when we dropped him off. How would he manage? Would he make any friends? Would he be able to organize his dorm room? Would the food be good enough for him? Well.... Apparently, he is doing just fine without me.

This is the son I took to Bloomingdale's before he left for school. We were outfitting his dorm room. I assumed we would color coordinate everything. We get to the linen department and towels of every color are displayed on tables. "What colors do you want for your room?" I ask. He looks at me like I am crazy, walks down the row and picks up the first three towels he sees. "Only three towels?" I ask. He picks one more. Then we go to get a blanket...."what color do you want?" I ask. He picks the first one he sees. (So much for fabric coordination.) This is the son who packed his tube socks for school. He just threw them all in his duffel bag. White ones with red stripes. White ones with blue stripes. White ones with yellow stripes. Some have one stripe. Some have two or three stripes. "Don't you want to put them together in pairs?" I ask. "What for?" he says, "they're all white."

On my way home from work, I stop at the market. In case they might be hungry (whom am I kidding. They are always hungry!), I get a pound of turkey, a pound of ham, a pound of cheese, a dozen rolls, a gallon of milk, a gallon of juice and an Entenmann's cake. (It's killing me that I have no time to bake a cake for them. I'm a great baker. What have I come to? Me, a caterer, buying a pre-made cake?)

I leave everything in the kitchen for the boys, and my husband and I go out to meet our friends for dinner. When we get home, there is no juice, no milk, no rolls, and no cake. No anything! The boys have come and gone. I go back to the market, because now there is no juice or milk for breakfast. I buy another gallon of milk, another gallon of juice, another dozen rolls and ANOTHER CAKE (OMG), and I get two dozen eggs. The girl at the checkout register says, "Weren't you just here before?" "Yes," I say. "My son and 2 friends came home from college to see a concert at the Coliseum." "Oh," she says, "Who are

they seeing?" "Something called FISH I say. "Oh WOW," she says, "I wish I were going." "What is FISH?" I ask. "It's a great band," she says...."Kind of like the Dead." What??? WHAT??? When I get home, the boys are not yet back from the concert. I still have not seen them. I try hard to wait up for them, but I am just too tired. I go up to bed.

In the morning, I come down to make coffee, and there is no juice, no milk, and no cake! I go back to the market. I get another gallon of juice and another gallon of milk and another cake. All these packaged cakes are killing me! I can't even remember the last time I might have purchased one! I make the best chocolate layer cake and a fabulous cheesecake. I bake the best pies and make a wonderful coffee cake. I should be home putting my son's favorite apple torte in the oven, and instead I am on the checkout line in the market, when I see that it is the same girl at the register! Doesn't she ever go home? She gets hysterical laughing when she sees me coming.

When I get home, we have breakfast, and my husband and I leave to take another one of our sons to his soccer game. When we get back from the game all the eggs are gone. The rolls, milk, juice, and cakes are all gone. The BOYS ARE GONE TOO!! I never even saw them!!! There is a note on the table. "Thanks guys. We had a great time. And especially thanks for all the great cakes! The apple crumble was especially delicious. It was just like your apple torte!" WHAT???? WHAT???? WHAT????

Announcement

Please be advised that the Aberdeen chapter of **ORT** is no longer; therefore no articles will be forthcoming.

Thank you for your cooperation.

Have a Healthy and Happy New Year! Keep on smiling and be happy!

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Sterling Lakes Kindness Garden And Two Holidays in February

By: Judy Lukow

Kindness - a type of behavior marked by acts of generosity, consideration, or concern for others, without expecting praise or reward.

Last month, I wrote about Sterling Lakes Kindness Garden of inspirational painted rocks, and the rock garden is underway.

Judy Lukow with her 2 granddaughters, Mila and Emily, painted rocks, and they are on display beneath the stop sign on Rothbury Lane and Aberdeen Lakes Drive. Some are designs and some are inspirational messages. Stop by and visit and/or contribute to our growing painted rocks garden.

Random Acts of Kindness Day

Did you know that Thurs., Feb. 17th is Random Acts of Kindness Day?

The Random Acts of Kindness Foundation (RAK) was founded in 1995 in the US, and Random Acts of Kindness (RAK) day began in 2004. It's a day to celebrate kindness with the "pay it forward" mentality.

Here are some acts of kindness to give you ideas:

Put up anonymous sticky notes with validating or uplifting messages around for people to find.

Examples: A note with something like a picture of a heart that says in 3 languages:

I love you - je t'aime - amo-te. You look beautiful today. I love your smile; let's see it again.

Let someone get ahead of you in line.

Invite someone who is alone over for dinner.

Compliment someone you know or a stranger.

Buy some extra groceries for the local food bank.

Wear a sign saying "Free Hugs" and give them to whoever wants your hug.

Slow down so someone can merge in front of you in traffic.

Let someone else take that primo parking spot.

Open the door for someone.

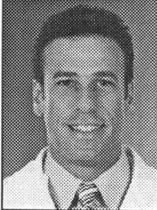
Send a surprise to someone.

Send a friend a nice text.

Venmo a friend \$5 for coffee with an inspirational message.

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STERLING LAKES...*(continued from page 7)*

Pay it forward.

Valentine's Day, Monday February 14th

Who was Valentine's Day named for? It's origin is from the Catholic church. The answer is it could have been 1 of 3 Saints named Valentine. All three Saints showed a kindness in defiance of an unjust edict that cost them their lives. One of the Saints wrote a letter to a woman and signed it "From Your Valentine". Sound familiar?

Why is it celebrated in February? Again, the answer has more than one possible reason. Essentially, either it was because of the burial of Saint Valentine, or February 14 was the beginning of birds' mating season, which added to the idea that the middle of Valentine's Day should be a day for romance.

And so, we bring Valentine's Day out of the 3rd Century A.D. and into the 21st century.

Romantic cards, gifts of affection and eating out in a restaurant is how we celebrate Valentine's Day today. It has become a social holiday celebrated, in addition to the United States, in Canada, Mexico, the United Kingdom, France and Australia.

So, how are you celebrating Valentine's Day?

Happy News to Share with our Neighbors:

Joel and Judy Lukow celebrated their 13th Wedding Anniversary last month. eHarmony does work! Congratulations to the two lovebirds!

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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.

Heroes, Hope and Happiness

By: Lynn Chodos (Bermuda Isle)

Living in Bermuda Isle reminds me of my childhood summers in Peekskill, NY at Camp Pecocho, a bungalow colony that my family went to yearly. The camaraderie and familiarity of the people with one another over years bred warmth and a sense of belonging, memories I still hold dear. Though the past few years have been challenging for everyone in our community, I still think of the fun times we have had together in Bermuda Isle, and the cordiality and friendliness we have had.

During the recent hiatus between the Delta and Omicron variants of Covid 19, our community managed to squeeze in a Bagels and Coffee breakfast at the BI pool, which had been postponed several times due to the virus. There was a strong bond among many of the fifty residents who attended this "reunion" of sorts. Residents included people who had shared a long history of twenty to thirty years together, as well as new residents who

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HEROES, HOPE AND HAPPINESS...*(continued from page 8)*

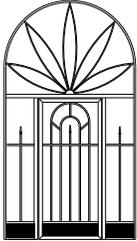
were enthusiastically welcomed. People appeared genuinely delighted to see one another after the long months of near seclusion. We celebrated this gathering with much conversation, laughing and eating.

One of my favorite moments at this breakfast was when several women at a table were trying to converse with a new Venezuelan neighbor who spoke no English. Specifically, we were discussing various recipes when we got stuck on the meaning of the Spanish word "carbon." One of our Canadian neighbors used her French; some others used "broken" Spanish. Several additional attempts were made to communicate by writing down words, drawing pictures and using sign language, all to no avail! We ended up laughing uproariously at our epic communication failure. Our Venezuelan friend shared her gratitude for our efforts by extending her arms in a big hug gesture, calling us her "amigas." This universal gesture and its meaning were clearly understood by all! The end result of this conversation was laughter and plans for an international potluck dinner in the future, not

to mention our new understanding of the biblical Tower of Babel.

Our community has also been fortunate as well to have had an outstanding Board of Directors, especially during the recent difficult times. The members of the Board have been heroes, each in his own way, helping us maintain our lives safely and comfortably. Art Feuerstein, who recently retired as President, has kept us thriving in a safe, knowledgeable, competent, and compassionate manner, problem solving as if Bermuda Isle were his own family. Eliot Ostrow, whom we are lucky to have as our new President, has kept us informed and updated on a continual basis. He provides us with complete, accurate and timely communication including analysis of situations as they occur and pertain to our residents. Leon Haimes has been a lifesaver for all of us when it comes to addressing gate entrance and computer issues. His knowledge in these areas has benefited us significantly over many years. Bo Bosch is the keeper and watchdog of our finances. He has kept us apprised

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HEROES, HOPE AND HAPPINESS...*(continued from page 9)*
of our monies and cautions us when appropriate. Mike Humphrey, who is moving away from this area, has supervised our landscaping issues in a competent and diligent manner. We wish him and his family well. Harvey Schwartz recently stepped up to the Special Projects domain in a thorough, detailed way, supervising the immense job of roof cleaning and the painting of our homes. A heart-felt thanks goes out to them all for stepping up in laudable fashion,

In the new year, I hope people can live their lives as safely and positively as possible. Despite the specter of Omicron, we can be grateful for our friends who help us every day to laugh, make memories and solve problems. We need to live our lives as meaningfully as we can now. It is our time to do so.

February Arrives

By: Phyllis Arnauer (Lancaster Lakes)

It is the frosty month of February, or so my northern NJ friends tell me. Here, in Paradise, the weather does not reflect what many of us think of as February weather. On February 2nd, the groundhog, Punxsutawney Phil, will come out of his burrow. If he sees his shadow, he will run back inside, and six more weeks of winter will descend upon us. If there is no shadow, spring will be right around the corner. Of course, none of that affects us in Florida. Here, we can get outside and do all the things we love.

But wait... we still have to be very mindful of Covid-19 and the newest Omicron variant. That has become the scary shadow that forces us back into our burrows! We cannot ignore the signs that dictate what is safe for us to do. Valentine's Day will come and, maybe, there will be less kissing and hugging in big groups. Maybe a quiet, intimate twosome is called for this year. The Super Bowl awaits. Do we want a house full of fanatic fans or a smaller gathering with fewer chances to become infected? The ever-popular Football Pool can still take place as we root for our favorite team. (Go Giants- ha-ha)! February is National Heart Month. We all have the same twenty-eight days to do something good for and from our hearts. We can begin on February 4th which is National Wear Red Day. It is a chance to show our support for the awareness of heart

(continued on page 11)

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FEBRUARY ARRIVES...*(continued from page 10)*

disease in women. Our hearts are so fragile, literally, and figuratively.

Our hearts can be broken by sadness, grief, or too much cholesterol or fat. Some of those things can be fixed by healthy eating, exercising, and getting a good night's sleep. Other heart issues are not always so easy to repair. Can you remember your first broken heart due to a lover's quarrel or break-up? High blood pressure pills could not fix that! Let us also realize that kindness and compassion come from the heart. Reaching out to others, not just this month, but all year round, will help us stay physically and emotionally healthy.

Keeping with the heart theme, February is also National Library Lover's Month. If you are a reader like me, then you love your library, whether it be in person or via eBooks. As a little girl in the Bronx, I remember walking from my house to the Kingsbridge library. It was a special place for me, a sanctuary, and a window to the world. Do you remember sitting in the research section to author a report on Ferdinand Magellan? I do, because I did not have access to an encyclopedia in my home, and the encyclopedias could not be borrowed. When David and I moved to Florida

we went to the Motor Vehicle office to get our Florida, licenses. From there, I insisted that we go directly to the library on Jog Road to get our library cards. Heart health comes from reading a great book too.

On a personal note: David and I are so excited for our grandson who was accepted early decision to Cornell U.

President's Input: Lancaster Lakes is looking for volunteers for a Social Committee. Please add your name! Stay healthy as the New Year moves along.

The Sunny Shores

By: Estelle Morganstein

The pandemic rages on here in the beautiful state of FL as it does in the rest of the world. We who live here are privileged to be able to enjoy the great outdoors and warm weather throughout the year - nature walks, state parks, ocean beaches and much more! So, instead of bemoaning our circumstances and the limitations that we continue to endure, let us be thankful that we have lots of healthy choices available to those of us in search of safe options.

The most recent update to The Shores community - your HOA Board has ordered new signage at the entry to each of our courts, which will be installed onto the existing posts. This will make it easier for visitors and service providers to be able to locate specific addresses with greater ease and improve the overall appearance of our development.

Last year, we began to replace much of our original aging landscaping with new growth on a court-by-court basis. This year, the Board is hoping to complete this project with new plantings where needed for a fresh look.

NEIGHBOR NEWS

One sale closed recently in Court C, and we would like to welcome Sharon and Dennis Caldwell who moved here recently from CT.

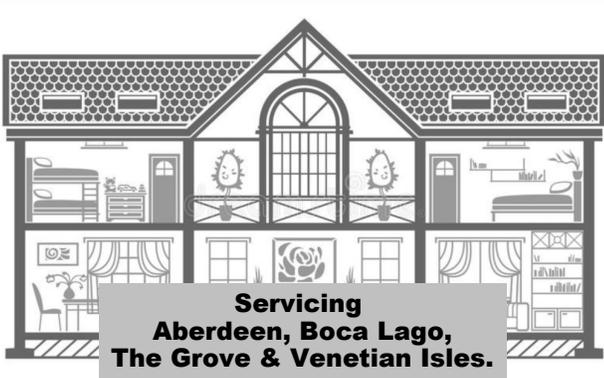
I speak for everyone when I say that we eagerly await a new era free from viruses and contagion, when we can resume full enjoyment of all our community, our country and the world have to offer. Until then, I would like to inject a little levity entitled:

THE SENILITY PRAYER: Grant me the senility to forget the people I never liked, the good fortune to run into the ones I do, and the eyesight to tell the difference.

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Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! February, named after the Latin word for purification, “februum,” is the second month of the year according to the Gregorian calendar. Although the shortest month, February has many holidays and special events including: Groundhog Day on February 2nd, Valentine’s Day on the 14th and President’s Day on the 21st. Not to be forgotten are Black History Month and Super Bowl Sunday.

Super Bowl LVI will be the 56th Super Bowl and the 52nd modern-era National Football League (NFL) championship, and is scheduled to be played on February 13 at SoFi Stadium in Inglewood, California. The halftime show will be headlined by five different legends of the Hip Hop scene who represent a combined 43 Grammy wins, plus hundreds of millions of record album sales worldwide. Yes, Hip Hop has certainly become a mainstream musical and cultural genre. On a personal level, Lou and I thought Lin-Manuel Miranda’s “Hamilton” was great!

As the month of February is a peak time to see

the local manatee population, we focused on the Manatee Lagoon, whose mission is “to educate the public about manatees and the Lake Worth ecosystem, and to inspire communities to preserve and protect Florida’s environment and wildlife for future generations.” Built by Florida Power and Light Company in 2016, the Manatee Lagoon is located at 6000 N. Flagler Drive in West Palm Beach, and is open daily in season (November 15-March 31.) In addition to interesting and informative indoor exhibits, a new outdoor activity, “Waterfront Walks” along the lagoon shoreline, led by “Manatee Masters,” is now being offered. Participants will undoubtedly learn more about the Lake Worth Lagoon, an extraordinary 20-mile estuary serving as home to a variety of marine creatures, including manatees. Outside “Lagoon Chats” with “Manatee Masters” are also available daily at 2:00 pm.

According to the Florida Fish and Wildlife Conservation Commission, manatees died in unprecedented numbers in 2021, with 1038 deaths recorded. (The manatee was listed as an “endangered” species by the Fish and Wildlife Service in 1966, but

(continued on page 13)

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CANTERBURY COMMUNIQUE...(continued from page 12) downgraded to “threatened” in 2016. However, a post 5-year reclassification status review is now in effect.) Seagrass, the primary source of food for the manatee, has also been dying due to fertilizer runoff, wastewater discharges and polluted water diverted from Lake Okeechobee to coastal estuaries. These pollutants have caused thick algae blooms depriving the seagrass of the sunlight it needs to survive, thus jeopardizing the manatees’ main food supply. In order to thwart another winter of famine, supplemental feedings of romaine lettuce to manatees showing signs of starvation are now being administered.

Other initiatives to save the manatees include: increasing the capacity of rescue tanks as well as the number of responders to manatee-related emergencies. While \$8 million has been included in this year’s state budget toward manatee habitat restoration, most manatee protection efforts are paid for by specialty license plates, boat registration fees and generous donations by Floridians. “Save the Manatee” license plates can be purchased at local Tax Collector’s Offices and cost an annual fee of \$25 above the standard Florida license plate charge.

In closing, we encourage everyone to visit the

Manatee Lagoon, an enjoyable and educational site for residents and tourists alike. To all our Aberdeen friends and neighbors, we wish you good health and well-being in these stressful times. As Albert Einstein said, “Learn from yesterday, live for today, hope for tomorrow.” Stay Safe, Stay Well, Stay Connected and have an enjoyable month!

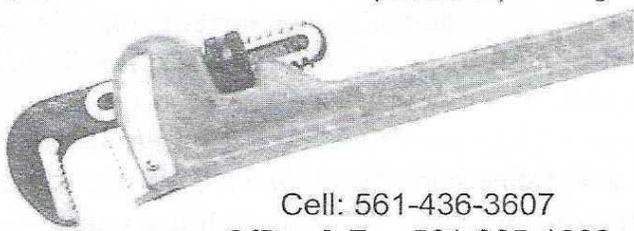
Interesting Facts

- There are more than 24 times zones around the world.
- More people speak Mandarin Chinese than any other language.
- Facebook has more users than the population of the U.S., China and Brazil combined.
- All the ants on Earth weigh about as much as all the humans.
- Bats are the only mammal that can actually fly.

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FIVE-STAR RATING!

Hampton News

By: John Pagliarini

Valentine’s Day occurs every Feb. 14th. across the U.S. and in other places around the world. Candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. During the Middle Ages, it was commonly believed in France and England that February 14th was the beginning of birds’ mating season, which added to the idea that the middle of Valentine’s Day should be a day for romance. The English poet, Geoffrey Chaucer, was the first to record St. Valentine’s Day as a day of romantic celebration in his 1375 poem “Parliament of Foules,” writing, “For this was sent on Seynt Valentyne’s day / Whan every foul cometh ther to choose his mate.”

So, there you have the condensed version of what is now a romantic day, that used to be a pagan holiday, but, at the end of the 5th century, Pope Gelasius declared Feb. 14 St. Valentine’s Day. Do not forget your loved one on Valentine’s Day?

Did you know?

The Hampton Declaration, Article VII, entitled

USE RESTRICTIONS:

- Prohibits garage sales, and yard sales.
- The Board may declare a pet a nuisance and have it removed from your property
- Boats are not permitted to be stored on lawns, trailers, driveways, or on common property
- The Association does not consent to signs such as “For sale” or “For rent” or “By Owner.”

There are more restrictions such as clothes drying, landscaping, lighting, and use of the Hampton pool. (Pages 24 and 25 of Hampton Declaration). Interesting reading!

The roof replacement project is progressing, and our Comcast (Xfinity) old towers are gone. No events or anniversaries or special trips to report, but our community is changing due to a current sellers’ market, meaning older residents are selling at a decent price. Welcome new residents Thomas and Judy Blake.

If you would like to be notified when the Aberdeen Times is available, please notify me via email and I will send you a notice. Absent your approval, notices cannot be sent to Hampton residents.

Stay Safe.



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It's Happening In Dorchester

By: Carol Baron & Iris LeVine

It is hard to believe that we are already into the second month of 2022. Yes, you are right... "time flies when you are having fun." And so many of our residents agree as we now have many new residents who want to be a part of this lovely community here in the Estates. So, let's start by welcoming a few of the newbies. We will welcome others next month.

Since COVID-19 hit this part of town, Aberdeen has seen a large number of houses sold, allowing new neighbors to join us. During the past year with lock downs keeping us cooped up with face masks hiding our smiles, it hasn't been easy to meet the new folks on the block. Despite our reticence we welcome you all. Among us now is Marty Skolnik and Susan Moore along with their miniature Apricot Poodle. In July of this year, they completed their renovation and got married. She is Susan Moore in her real estate business and Susan Skolnick at home. He's a golfer and she is

into pickleball and when not into our sports venue they are at the Sunset Lounge where they say they have met a lot of very nice people there.

In addition, Phil Pflacker moved in next to them a little later. He is a native New Yorker where he owned an insurance company Prior to moving to Aberdeen, he lived for a number of years at Valencia Reserve. His daughter, Karen, lives with him. She is the Executive Director of Temple Israel in West Palm Beach, a position which leaves her little time to enjoy our country club. Further down Dorchester Road from them lives Marilyn Tintinfaas and Jay Wolmer who moved here from Boca. Jay, a retired restauranter, is now a sales rep for wine dealers and Marilyn is a lawyer with an active practice in real estate. She is working at beginning golf and is an asset on the tennis courts.

Hang in there as we are delighted to have our new residents and we look forward to introducing other newcomers in future editions of the Aberdeen Times.

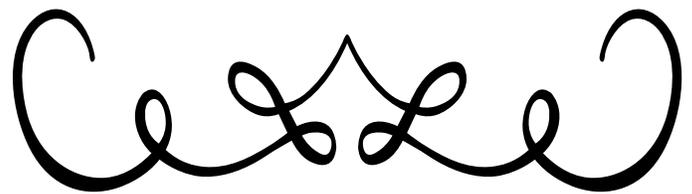
As we move through the shortest month in the calendar year, we hope to see a much shorter version of the current COVID virus. At the same time, we will celebrate Ground Hog Day, Valentine's Day and the birthdays, anniversaries, and the good health of all our residents. Just coming up in March will be our annual HOA meeting. Many more of our residents will chose to run to be on our BOD or find another way of participating with their neighbors. Thomas Edison said, "if there is a way to do it better ...find it."

Harvey Baron's Early Bird Special



Broker:

"This place and "The Happy Hunting Ground" both have drop dead bargains!"



JUMBLE

Unscramble the words below to reveal the secret message. (Answer is on page 22).

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Manatees

By: John Shaw (Dorchester)

You may have been reading about the manatee population in Florida which is being threatened by changes to their habitat. More than 1,000 manatee deaths since January are said to be mostly due to starvation. The conservation groups that keep track of manatee mortalities are calling 2021 the deadliest year on record. Florida manatees are considered one of the state's keystone species whose behavior can alert researchers to the environmental and habitat changes that may otherwise go unnoticed in Florida's waterways for extended periods of time.

The Florida manatee (*Trichechus manatus latirostris*) is a native species found in many of Florida's waterways. Florida manatees were first protected through Florida State Law in 1893. Manatees are protected by the Florida Manatee Sanctuary Act and are Federally protected by both the Marine Mammal Protection Act and the Endangered Species Act.

Manatees inhabit rivers, bays, canals, estuaries and coastal areas moving freely between fresh, saline and brackish waters. Florida estuaries and freshwater lakes, springs and rivers provide extensive beds of seagrass and abundant freshwater aquatic vegetation that provide the manatee's primary food sources. Just as important is warm water habitat. Manatees cannot tolerate prolonged exposure to very cold water (below 68° F), and in the winter will migrate to areas of warm water for survival.

Manatees are herbivores and feed on a variety of submerged, emergent and floating plants. These plants not only provide food to Florida's manatees, but are also an important component of marine and freshwater ecosystems. Hundreds of plant species inhabit Florida's freshwater environments, providing an important food source for manatees. Some common freshwater plants manatees are known to eat include Eelgrass and Coontail along with exotic species like Water hyacinth and Hydrilla.

Seagrasses are underwater flowering plants that live in Florida's protected bays, lagoons, and other shallow coastal waters and are considered a primary source of food for the manatee. Because seagrass requires sunlight, most seagrass is found in clear shallow waters. These grass-like plants form small

patchy beds that develop into large continuous beds known as seagrass meadows. Manatees are known to consume all species of seagrass found in Florida, including Manatee grass, Turtle grass, Shoal grass, and others.

However, seagrass will die due to changes in water quality from:

- Dredging of waterways
- Removal of shoreline vegetation and construction of seawalls
 - Excessive nutrient run-off from land (leading cause of phytoplankton blooms)
 - Shading from docks
 - Increased sediments from shoreline and off-shore construction
 - Propeller scars

Ways to prevent seagrass die-off include:

- Practice smart boating by avoiding navigation through shallow grass beds.
- Avoid contributing to the problem of changing water chemistry through run-off, be careful when applying fertilizers and pesticides. Rain can wash excess chemicals into rivers or other water bodies

(continued on page 20)

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William Florian
Saturday, March 19
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Those Were The Days is an upbeat and 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!

Please visit the Aberdeen East Clubhouse Office Monday—Friday between 10:00 a.m.—3:00 p.m. to make your seat selection and receive your show tickets. Checks only, can be made payable to *Aberdeen East Clubhouse*.

*** If available, non-Aberdeen East guests may purchase tickets one week before each show.**

If you have questions, contact the Aberdeen East office at 561-734-0113.

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MANATEES...*(continued from page 16)*

which drain into the sea.

• Use grating rather than planks when building or repairing a dock. Grating allows sunlight to penetrate to grasses living below docks.

Manatees are regarded as tropical marine mammals, migrating to warmer waters during the colder months of the year. Manatees seek out warm water areas whenever the water temperature drops below about 68° F. Historically, manatees relied solely on warm water springs and other natural areas for refuge in winter. With the advent of power plants and other industrial sources of warm water effluent, many manatees began using these discharge basins as winter refuges. Loss of warm water habitat is a serious long-term threat to manatees.

One fun place you can visit to see manatees up close is located right here in Palm Beach County. Manatee Lagoon, located in West Palm Beach is an interactive attraction with exhibits and live manatee viewing in Lake Worth Lagoon. FPL constructed Manatee Lagoon as part of its environmental mission to not only educate the public about the relationship between manatees and warm power plant outfalls, but to, “inspire communities to preserve and protect Florida’s environment and wildlife for future generations.” The link below will provide you with all the information you need to learn about manatees and their habitat.

Manatee Lagoon is open daily from 9am-4pm and admission is free with ample parking. I would suggest calling ahead for with any questions about operations and safety protocols.

<https://www.visitmanateelagoon.com>



Manatees in their natural environment.



Seagrass bed – main source of manatee diet.



Manatees gather around power plant warm water discharge.

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Family Issues

By: Bea Lewis (Lancaster Lakes)

Family issues in this day and age are different from problems of yesteryear. Bea Lewis, author of “My Kids Are All Grown Up, So Why Are They Still Driving Me Crazy: How to Get Along with Your Adult Children, Their Spouses and other Aliens,” might offer a suggestion or two.

Question: My wife and I are elderly. Recently my wife became ill. My son comes to visit, but my daughter-in-law never even calls to see how my wife is doing. Even though my wife and daughter-in-law never got along (she’s been married to my son for eighteen years) we had hoped she would be more compassionate during this difficult time. Is there anything I can say to my daughter-in-law to let her know how we feel?

Answer: Don’t assume that because your daughter-in-law doesn’t call she doesn’t care. She might be getting the medical updates from your son. Since the two ladies have a history of being disengaged, she might feel uncomfortable or confused about showing her concern now. Take the lead and make it easier for her to connect with your wife. Put a positive spin

on whatever you say. Avoid a guilt trip. No finger wagging. A dialogue could go something like this... “Mom is having a rough time right now and I know a call (or text) from you could help in the healing process.” Few people, even a hard-nosed daughter-in-law, can refuse a request to feel needed.

Question: My daughter’s engagement was broken three weeks before her wedding. Her fiancé said he wasn’t ready to take the leap into marriage. My daughter is devastated. I am embarrassed as many of our friends have already booked their travel arrangements to attend the wedding.

Answer: Nasty as it seems, isn’t it better that the runaway groom cut his ties before the big day? But this is more about your daughter’s pain than your embarrassment. Focus on her needs. If ever a woman needed her mother, now is the time. Step up to the plate and help her to heal. Her abandonment is a heck of a lot more painful than your feelings of embarrassment.

Send your questions to Bea at: media@Aberdeentimes.org.

Inspiration – Appreciate Life

By: Maris Levy (Addison Green)

To “Appreciate Life” is a fundamental goal we should aspire to achieve. It affords us the ability to have a sense of gratitude for everyone and everything we have in our lives. And yet, it often is one of the most difficult emotions for us to truly feel and express. Life can be fruitful and wonderful, and then suddenly without rhyme, reason or warning turn on us to deliver a one two punch that sets us on a downward tailspin.

When these tailspins occur, it is imperative that we strive to go beyond our limits to remember the blessings in our lives and show our appreciation and gratefulness to all those we come in contact with, whether they be family, friends, acquaintances, or strangers. A heart-warming smile, words of comfort and encouragement go a long way to easing our minds and emotions. This will result in creating a calming happy atmosphere for all to experience and enjoy.

Spreading good cheer to others comes back to

(continued on page 22)

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INSPIRATION...*(continued from page 21)*

the sender as a reward that gives one the fortitude to “Appreciate Life,” regardless of the cards we are dealt. We cannot shuffle the deck and hope to get a better hand, but we can follow the memorable advice from the classic movie, FOREST GUMP, “When life hands you lemons, make lemonade.” We can all benefit from this message by looking on the bright side of life and learning how to turn adversities into successes.

Being considerate and thankful may not always be easy to achieve, but making it happen will always give you a feeling of peace within yourself that will put you in the place you need to be to, “Appreciate and live a good happy successful life.”

**Answer to Jumble Puzzle on page 15
 (“Noone keeps New Year
 Resolutions”)**

Harbour Lights

By: Wendy Latman

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

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

If we can’t find a Comedian/Comedienne, I would like to find a Line Dance Leader. This would also keep everyone’s blood flowing so we are not all just sitting around waiting and getting cranky. Absent a Comedian/Comedienne, or a Line Dance Leader I

(continued on page 23)



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HARBOUR LIGHTS...*(continued from page 22)*

am just going to have to bring a boom box and get everyone up to do some freestyle dancing to music such as "We are fam-i-lee." Can you imagine everyone who you may like, or not like, dancing together? Take it from me, you can't help but smile when you are dancing no matter who you are dancing next to. Maybe we can break up the three hours by doing all three activities.

Anyone willing to make us laugh, or lead us in dancing, please call Wendy Latman at 561-699-5857.

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

Marty's Recipes

By: Marty Hyman (Waterford)

WE GET EMAIL...

Bacon Wrapped Little Smokies

From time-to-time readers send me their favorite recipes. **Judy Lukow**, a member of the Aberdeen Golf & Country Club sent this excellent recipe for an easy appetizer to be served with cocktails before dinner.

Little smokies are small cocktail sausages sold in pre-packaged bags. The most well-known brand is Lit'l Smokies®, made by Hillshire Farms, though of course other brands are available inside and outside of the United States.

They can sometimes be found in different flavors, including cheddar or chipotle pepper, but are generally made of beef and/or pork and have a smoked flavor. Little smokies are high in protein but are also high in sodium.

Ingredients

- 14 oz package of Lil' Smokies
- 1 lb. bacon cut into thirds
- 1/2-3/4 cup brown sugar



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Instructions

1. Preheat oven to 325°.
2. Refrigerate 2/3 of the bacon until needed. It is easier to wrap the wieners with cold bacon.
3. Wrap each smokie with a piece of bacon. Secure bacon in place with a toothpick.
4. Place smokies on a baking sheet lined with foil.
5. Sprinkle brown sugar over the smokies.
6. Bake for 30-40 minutes.

Hint: Use maple flavored bacon for extra flavor and disposable baking sheets. Cook for 35 minutes and then turn up the temp to 450° the last 5 minutes, or so, to help caramelize the brown sugar.

Enjoy!

Perspective

By: Marty Hyman (Waterford)

For a small amount of perspective at this moment, imagine you were born in 1900. When you are 14, World War I starts, and ends on your 18th birthday with 22 million people killed. Later in the year, a Spanish Flu epidemic hits the planet and runs until you are 20. Fifty million people die from it in those two years. Yes, 50 million.

When you're 29, the Great Depression begins. Unemployment hits 25%, global GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy. When you turn 39, World War II starts. You aren't even over the hill yet.

When you're 41, the United States is fully pulled into WWII. Between your 39th and 45th birthday, 75 million people perish in the war and the Holocaust kills six million. At 52, the Korean War starts and five million perish.

At 64 the Vietnam War begins, and it doesn't end for many years. Four million people die in that conflict. Approaching your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, could well have ended. Great leaders prevented that from happening.

As you turn 75, the Vietnam War finally ends. Think of everyone on the planet born in 1900. How do you survive all of that? A kid in 1985 didn't think their 85-year-old grandparent understood how hard

(continued on page 25)



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PERSPECTIVE...(continued from page 23)

school was. Yet those grandparents (and now great grandparents) survived through everything listed above.

Perspective is an amazing art. Let's try and keep things in perspective. Let's be smart, help each other out, and we will get through this. In the history of the world, there has never been a storm that lasted. This too, shall pass.

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Marty's Recipes

By: Marty Hyman (Waterford)

**South Philly Cannoli
CANNOLI SICILIANI**

When my wife, Fran, and I lived in the Italian Market area of South Philly, we got our fresh filled cannolis from Isgro Pastries, a local Pasticceria, on a somewhat regular basis. I have always said that when your pastry baker knows you by your first name, you're eating too many cannolis.

According to the website, *Faraway.life.com*, the Cannoli came from the Sicilian town, Palermo, and its origins can be traced back during the Arabic occupation of the island, somewhere between 827 and 1091 AD. One of the main reasons supporting Cannoli's Arabic roots is the ingredients used in making it.

First of them – Ricotta: although this type of cheese had been used before, it's only after the 9th century, when we can find sweet Ricotta. And this is because the Moors brought the sugar cane to Sic-

(continued on page 26)

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MARTY'S RECIPES...*(continued from page 25)*

ily. Previously, honey was used as a sweetener. And then, the other original Cannoli's ingredients: pistachio, nuts, almonds, and candied fruits, are also of Arabic origin. This recipe uses chocolate chips for the filling.

Two tales are surrounding the invention of Cannoli. According to the first one, Cannoli was invented in an Arabic prince's harem, by his concubines eager to create new desserts recipes. The other legend says Cannoli was a nun's creation, in a convent outside the city of Caltanissetta. What is interesting is the fact that both stories claim women were those who brought this iconic dessert to life.

This recipe will get you close to the enjoyment of a truly great cannoli.

Ingredients

FOR THE SHELLS

- 4 cups of "00" or sifted all-purpose flour
- 3 tbsp. of softened lard or butter
- 1 teaspoon of unsweetened cocoa powder
- 1 teaspoon of cinnamon powder
- 1 tsp. of fine salt

- 2 egg yolks (one for dough & one for egg wash)
- 2 tbsp sugar
- 1 cup of Marsala wine
- plenty of peanut oil (for frying)

FOR THE FILLING

- 18 oz sheep's milk ricotta
- 6 oz of white sugar
- 2 oz of dark chocolate drops

Cook's Note: If the ricotta has an excess of liquid, drain it over a strainer for at least a half an hour before making the filling. Make and fry the shells and the filling. Don't fill the shells with the cream until you are ready to eat them. Everyone loves a fresh filled cannolo.

Method of Preparation of the Shells:

1. Get ready with all the ingredients and start making the Sicilian cannoli recipe by placing the flour in a large bowl.
2. Add sugar, cinnamon, unsweetened cocoa powder, and salt.
3. Mix with a wooden spoon then add lard or butter (at room temperature), depending on what you

(continued on page 27)

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

have chosen as an ingredient.

4. Add the egg and stir, mixing the ingredients.

5. Finally add the Marsala wine and stir with a fork. Then with your hands, begin to knead the ingredients.

6. When the dough is homogeneous and smooth (about 5 minutes working), make a loaf.

7. Wrap it in a kitchen film, then let it rest in the fridge for about 30 minutes.

8. Now take out the Sicilian cannoli dough from the fridge and roll it out with a rolling pin up to a

thickness of about 1/8 inch then, with a pastry ring (or a bowl) of 4 or 5 inch in diameter, cut out some cannoli disks.

9. Gently remove the disc from the work surface and wrap it around the steel cannoli tube (available on Amazon.com)

10. **IMPORTANT TIP:** wet the ends of the disk with a little egg white wash and press well to close it. This will prevent the cannoli from opening during cooking.

11. Fry the cannoli for one or two minutes in plenty of 360-degree peanut oil. As soon as the dough becomes golden, remove from the oil, drain on paper towels, and let cool. Finally remove the cannoli from the tubes.

The Filling:

1. Place the ricotta in a bowl and add the sugar then stir and mix the two ingredients.

REMEMBER: the ricotta must be rather dry; it is for this reason that sheep's ricotta is preferred. You can also use the cow one but you have to let it dry from its liquids for 2 days.

2. Pass the ricotta through a sieve to make it creamier (recommended step for those who are perfectionists but not mandatory for the success of Sicilian cannoli)

3. Now add the chocolate drops, mix well and store in the fridge till the moment to serve.

IMPORTANT: cannoli must be filled **ONLY** at the time of serving to prevent the shells from becoming too soft.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com

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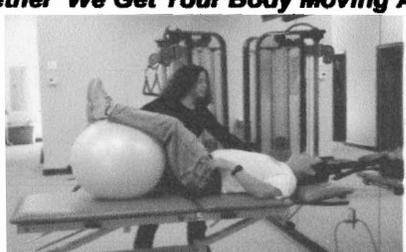
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More Interesting Facts

- It's impossible to hum while holding your nose.
- According to recent research, the human nose can distinguish at least a trillion different odors.
- Play-doh started out as wallpaper cleaner before the company realized the non-toxic material made a good molding clay for children.

Pisces Horoscope 2022

February 20 - March 20

The presence of Saturn in the eleventh house of wealth, profit and ambitions at the beginning of the year will increase your income sources. With this, you will be able to get rid of your debt or loan and work towards accumulating wealth. After this, from April, Saturn will transit in its own sign. Aquarius which falls in your twelfth house, which is the house of travel, expenses and foreign journeys. In such a situation, this position of Shani Dev will make you live far away from your family. Chances are high that you will get an opportunity to go on a foreign trip during this period, where you will have to spend some money. Along with this, from the middle of April to July, Saturn's full aspect on your sixth house of disease is giving you signs to be careful about your health.

Apart from this, the union or conjunction of the three planets (Mars, Venus and Guru Jupiter) in the rising sign Pisces during mid-May will cause an increase in your mental tension. As a result of this, the employed natives will be able to establish good relations with their colleagues while taking the most advantage of this time. The period from August to October is also going to be the best for you since the second house lord will transit from your third house of strength and the fourth house of happiness. Because during this time, positiveness will be seen in your life, which will not only improve your health, but you will also be able to get the desired results in your career.

Talking about the students of Pisces zodiac sign, the transit of Mars in the Scorpio zodiac sign at the beginning of January will affect your ninth house of fortune. This will result in greater results for the students. Especially those students who are preparing for competitive examinations, they will be able to score well by delivering a good performance.

According to the Annual Predictions for Pisces, the period from the beginning of the year to the month of March will prove to be excellent for married natives. At the same time, with the presence of Mercury, the ruling lord of the fourth and seventh house in the house of profits while aspecting your house of love and relationships at the beginning of this year, there will be controversies and misunderstandings in the life of lovers.

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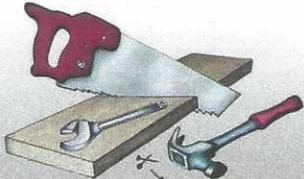
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I Didn't Start Working Out Until I Turned 70

By: Charlotte Hilton Andersen, *Reader's Digest*

ON JAMES OWEN'S 70TH birthday, he saw a video of himself hunched over and shuffling up to the podium where he was giving a talk. "I looked like an old man," says Owen, who built a successful career on Wall Street. Even worse, he felt like an old man.

He was about 25 pounds overweight and had chronic trouble with his back, knees, and shoulders. But instead of giving in to age, Owen decided to set an ambitious five-year goal: He wanted to be pain-free, and he decided the way to get there was through exercise – even though at the time he couldn't do a single push-up.

Owen began his new exercise regimen by walking, though he started huffing and puffing after five minutes. But that didn't discourage him. He kept at the walks every day, along with some stretching.

Once he had those basics down, he started weight lifting and hired a personal trainer to teach him and to design a routine he could follow on his own. The last piece was finding other activities he enjoyed, which turned out to be cycling and swimming.

In less than five years, Owen was able to do three sets of 50 push-ups each and walk for miles each day. And yes, he was free of aches and pains.

"Aging well is only about 20 to 25 percent genes, and the rest is lifestyle," he says. "As long as you're still mobile, it's never too late to become more fit."

Owen used his experience to write a book called *Just Move! A New Approach to Fitness After 50*, in which he details how older adults can safely get off the couch and add more movement to their lives. The key: getting started, even if you walk just three blocks, which was all he could manage at first.

"Think of it as movement, not exercise," he says. "The key is slow and steady progress." Now 81 and retired, Owen exercises an hour a day, six days a week.

"It is the best investment I've ever made in my life," he says.



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