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April, 2022



APRIL



President's Report

By: Dr. David Hollander (Dorchester)

A former Olympian once said, "I would encourage you to set really high goals. Set goals that when you start them, you think they are impossible. But then, every day you can work towards them and anything is possible. So, keep working and follow your dream." Six years ago, my goal in running for the Board of Directors was simple. Leave my Aberdeen community, my second family, in a better place than where I found it. And, thanks to so many friends and members I have worked with, I believe, together, we all succeeded.

For those who were not here 6 years ago or don't remember, the plan to restore the golf course, tennis courts and clubhouse was in its infancy. Designs were done but not finalized. Year 1 for me on the Board allowed my input into the early plans and designs. Year 2 and 3, first as Treasurer and then as Vice President, I was fortunate enough to serve on the oversight committee, meeting weekly while the project was underway. Completing these infrastructure projects was not easy, not without controversy nor difficulty, however, in my opinion, when completed, worth the wait. We were on our way to our bright future.

(continued on page 2)

Volunteer Job Opening

The Aberdeen Times has been notified that our Business Manager is retiring. The Aberdeen Times Board of Directors is seeking a volunteer Business Manager to assume the duties and responsibilities of the Business Manager

The June Issue will be the Final Issue if we do not find a new Business Manager.

Business Manager

Job brief

We are looking for a Business Manager to lead and oversee the work of volunteers for the Aberdeen Times Community Magazine. You will be responsible for ensuring the efficiency of business operations as well as setting strategic goals for the future.

The ideal candidate should be well-versed in all matters business. He or she should be a competent leader, able to provide guidance that enhances performance in a manner which incorporates the company's vision and culture.

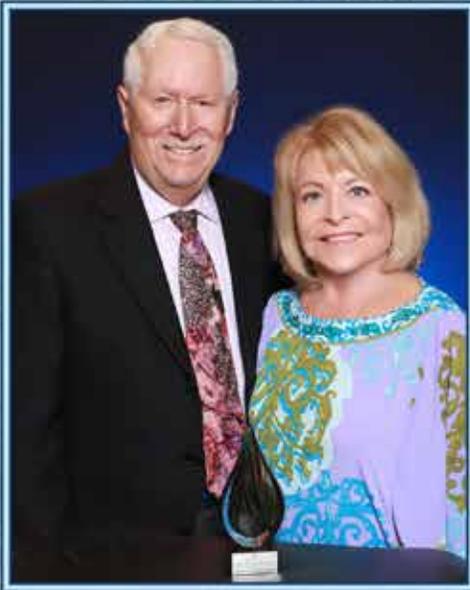
The goal will be to ensure the soundness of our company's activities and to drive sustainable development and long-term success.

Responsibilities

- To be computer literate and have proficiency in Word and Excel

(continued on page 4)

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VOLUNTEER JOB OPENING...*(continued from page 1)*

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- To communicate with staff, Treasurer and Editor and Printer
- To approve ad proofs monthly for accuracy

If interested, please contact Ruth Krawitz, Editor, via email rkrawitz1@gmail.com

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.

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! April, the month commonly associated with Spring in the northern hemisphere, has arrived. The name April, derived from the Latin *aperire* (to open), describes the blossoming of flowers and trees in the spring. *"The flowers that bloom in the spring, tra-la, breathe promise of merry sunshine. As we merrily dance and we sing, tra-la, we welcome the hope that they bring, tra-la."* (Gilbert and Sullivan)

A festive month, April has a variety of secular and religious holidays. These include: April Fool's Day, Ramadan (April 2- May 2), Palm Sunday on the 10th, Good Friday on the 15th, Passover (April 15 -23), Tax Day on the 18th, Earth Day on the 22nd and Arbor Day on the 29th. April's Zodiac signs are Aries and Taurus; its birthstone the diamond.

Taking advantage of the many outdoor attractions available in our area, Lou, Barbi, Becca (Lou's daughters from Israel), and I visited Mounts Botanical Garden. Palm Beach County's oldest and largest garden, Mounts is located at 531 North Military

(continued on page 6)

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CANTERBURY COMMUNIQUE...*(continued from page 4)*
Trail. Home to more than 5,000 species of tropical and sub-tropical plants, its mission is, “to inspire and educate through nature.” In addition to 25 spectacular and awe-inspiring gardens, classes, workshops and family-oriented events and exhibitions are offered. Mounts Botanical Garden is open Tuesday–Sunday, 10:00 AM – 4:00 PM. Admission price for the current special exhibit ending on April 30: \$15 adults; \$12 seniors, college students and military; children ages 6-17, \$7. Free on-site parking is available.

On the day of our visit, Sean Kenney’s *Nature Pop Made with Lego Bricks*, was the featured exhibit. We all enjoyed strolling through the gardens and were truly impressed with the Lego sculptures. When Barbi was asked for her impressions, she captured the essence of the exhibition in the following narrative:

The incredible Lego installations, designed by artist Sean Kenny, that are scattered along the paths of the Mounts Botanical Garden, add much color and whimsy to the already varied garden settings. Each of the large twenty-two sculptures and murals is accompanied by an explanation of the artist’s intention, a scientific fact about the animal or its environment, and the number of Lego pieces and the amount of time it took to build the piece. For instance, the close to life-sized sculpture of a polar bear, complete with three cubs, took 112,450 Lego bricks and 389 hours to build. It is created from varying shades of blue that mimic the color strata in a glacial ice core – the natural habitat of polar bears. The bright colors and sheer variety of these pieces make this traditional botanical garden a unique and informative place to visit, for children and adults alike.

In closing, we want to thank Barbi for sharing. Lou and I really enjoyed hosting you and Becca and look forward to spending lots of quality time with you and the family in Israel. To all our Aberdeen friends and neighbors, we wish you good health and well-being. Stay Well...Stay Safe... Stay Positive! As Oprah Winfrey said, “If you want to feel good, you have to go out and do some good.” Have a great month!

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Ruth’s Reflections

By: Ruth Krawitz-Editor *Aberdeen Times*)

I was so pleased that my last 2 articles resonated so favorably with our readers ... lots of nice phone calls! I surmise that people are identifying with the ageing process, or know of friends or family members who parallel the themes about which I am writing. Because this is a good thing, and touches a cord in some people, then I will continue to write and salvage my reputation as a “superager.” It also motivated me to write a sequel on the subject, based on an article that appeared in the NY Times in January, by Lisa Feldman Bennet, a professor of psychology at Northeastern U., and author of the book, “How Emotions Are Made: The Secret Life of the Brain.”

I predict that one day soon, the word “superager” will work its way into Webster’s Dictionary. While there is recent interest in the notion that there are superagers amongst us, and questions raised about how you become one and maintain the distinction research in the field has been going on since the 1940s. The findings were not without controversy, and not until recently have scientists and medical professionals come to agreement about the correlation between superaging and the brain. It all started with a shared recognition of a phenomenon. There are people in your life who are 65 or older. Some of them are experiencing the usual difficulties of old age, like forgetfulness or a dwindling attention span. Others manage to remain mentally sharp and go through their later years achieving extraordinary mental and/or physical feats. As simplistically as I can, I will attempt to explain where the brain fits into this superager picture.

Brains evolve like companies do; they reorganize as they expand. There are major hub regions in the brain which play a meaningful role in superaging. The thicker these regions of cortex are, the better performance, or achievement, a person exhibits ... including better memory, attention span, recall of information ... effects related to the “cognitive” portion of the brain.

So, the big questions remain: How does one become a superager and remain one? Dr. Bennet explains:

Which activities, if any, will increase your chances of remaining mentally sharp into old age? We’re

(continued on page 7)

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RUTH'S REFLECTIONS...*(continued from page 6)*
 still studying this question, but our best answer at the moment is: work hard at something. Many labs have observed that these critical brain regions increase in activity when people perform difficult tasks, whether the effort is physical or mental. You can therefore help keep these regions thick and healthy through vigorous exercise and bouts of strenuous mental effort. My father-in-law, for example, swims every day and plays tournament bridge.

The road to superaging is difficult, though, because these brain regions have another intriguing property: When they increase in activity, you tend to feel pretty bad - tired, stymied, frustrated. Think about the last time you grappled with a math problem or pushed yourself to your physical limits. Hard work makes you feel bad in the moment. The Marine Corps has a motto that embodies this principle: "Pain is weakness leaving the body." That is, the discomfort of exertion means you're building muscle and discipline. Superagers are like Marines; They excel at pushing past the temporary unpleasantness of intense effort. Studies suggest that the result is a more youthful brain that helps maintain a sharper memory and a greater ability to pay attention.

This means that pleasant puzzles like Sudoku are not enough to provide the benefits of superaging. Neither are the popular diversions of various "brain game" websites. You must expend enough effort that you feel some "yuck." Do it till it hurts, and then a bit more.

In the United States, we are obsessed with happiness. But as people get older, research shows they cultivate happiness by avoiding unpleasant situations. This is sometimes a good idea, as when you avoid a rude neighbor. But if people consistently sidestep the discomfort of mental effort or physical exertion, this restraint can be detrimental to the brain. All brain tissue gets thinner from disuse. If you don't use it, you lose it.

JUMBLE

Unscramble the words below to reveal the secret message. (Answer is on page 9).

nuyasn yasd tiwh aym wofelsr

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Sterling Lakes

By: Judy Lukow

Our New Neighbors in Sterling Lakes

I'd like to introduce David and Diane Stein and their little dog, Zoey. They celebrated their 1-year anniversary of moving into Sterling Lakes and becoming members of the Aberdeen Country Club, Feb. 5th. They moved from West Orange, NJ and they are loving it here. To speak to David, you'll find his enthusiasm and excitement contagious. He told me, "it may sound crazy", but every day he steps outside his door in the morning to walk Zoey, he sees the sunrise and he says to himself, "another day in paradise." (Who else feels that way? I do.) They knew of Aberdeen from Diane's mother who lives in Lancaster. After deciding to retire and move to Florida, this is where they wanted to live.

Their house was listed online and, with only the pictures and talk with the Real Estate agent, they bought their house sight unseen. When they finally moved in, it took their breath away, especially their view. The house was so much better in person and they are very happy living in their home.

They are so happy here that they got 2 other couples from where they lived in West Orange, to buy homes here too.

Here in Florida, David met long lost friends from his High School that live nearby, and they're planning lunches. David enjoys going to board meetings.

To Everyone, we wish for you all to stay safe and healthy. Sounds like you all had a wonderful time making memories that will last a lifetime!

A Speedy Recovery

We wish Carol Adelman an easy and speedy recovery.

Some Sad News

It is with deep sadness that we inform you of the passing of Beverly Tesler. Beverly passed away on January 2nd. She was one of the original Sterlingites. May she rest in eternal peace.



Bermuda Isle Buzz

By: Eliot Ostrow

April... a time of transition and renewal. Day-light Savings Time and spring weather (all two days of it here in S. FL!) have arrived. The migrating birds and their human counterparts are getting in their last days of FL sunshine before heading back up north. Families will be coming to visit for Passover, Easter, and spring break, or we'll be going to spend the holidays with them. After a too-long period of isolation, we can finally share time with our loved ones again, and it feels great!

Things are changing here in Bermuda Isle as well. As is the case everywhere in Aberdeen, a lot of houses are changing hands. We sadly say goodbye to old friends, like Mike and Judy Humphrey. At the same time, we warmly welcome new neighbors who we hope will become good friends. Our latest new owners are Jeff and Sharyl Fishbein and Woody and Sandy Folb. We look forward to getting to know them and to having them as part of

(continued on page 9)

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

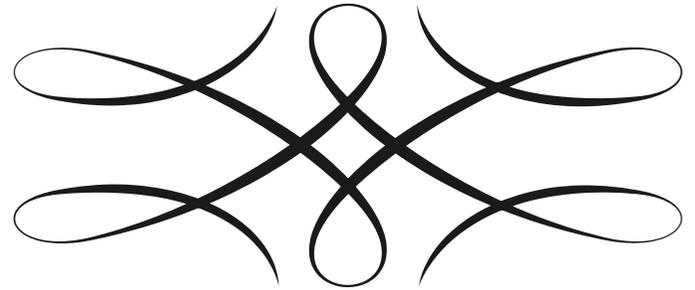
our community!

With COVID hopefully at a stage where it no longer completely dominates our thoughts and actions, we're beginning to emerge from our cocoons and get on with our lives. We're traveling more, eating out more, and adapting to the new normal. The Club is almost back in full swing, with lots of activities, and with our new chef making dining at the Club a consistently great experience. Here in Bermuda Isle, we've started up our monthly ladies' luncheons again, we're looking to get our monthly men's night out dinners going again soon, and our Social Committee is starting to think about doing all those things that were planned, then postponed, so that we can all get to meet our new neighbors and renew our relationships with some of those we just haven't seen in a while. (Boy, I seem to be talking about eating a lot...no surprise to those who know me well!)

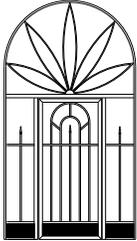
One last bit of personal good news...my wife, Ronnie, and I have joined the grandparents' club. We've been traveling back and forth to Las Vegas

a lot to spend time with Benjamin James and his proud parents, Jessica, and Brad. Yet more transition, more change, more renewal, but of the unambiguously positive kind!

Have a good April, enjoy Easter and Passover with your loved ones, and for those of you leaving us for the summer, safe travels, and thanks for letting us get decent restaurant reservations without planning so far ahead.



**Answer to Jumble Puzzle on page 7
("Sunny Days With May Flowers")**



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The Knife

By: Janet Friedman (Hampton)

Anne and Mark are our best friends. Anne and I were both teachers and are now (for the moment) staying home to raise our children. (Or are they raising us? Some days it's hard to tell). We each have 2 boys and her youngest and my youngest have the same name! Aaron!! Our husbands, Marc and Steve, are both in construction. We have so much in common! We all met because I was buying a gift. A plant, for a friend who is an exceptional gardener. I was shopping in a little boutique plant nursery. My 2 ½ year old son Jason was with me. A woman came over to me and remarked on how cute he was. She then proceeded to try and convince me to send him to this cooperative nursery school in the area. The same school where she was sending her son. She succeeded! Her son and mine became fast friends and so did we.

Now she is trying to convince me that our families need to go away together for a weekend. Where? Mystic CT. Is she crazy? Two 3-year-old boys, one 5-year-old boy and an infant boy Aaron (mine) who does not sleep. My friend, Anne, is a very smart woman and apparently, she is very talented in the convincing department. She actually talks us into going! She should have been a saleswoman instead of a teacher. My husband, Steve, is not thrilled, but Mark has gotten on the bandwagon. So, off we go.

We drive up to Mystic in their van. Looking back, I am amazed that at the time there were no car seats for any of the children. This is about 1973. Past the middle of the 20th century! How is this possible? The baby is in the body part of his carriage. It comes out of its metal frame and you put it right on the back seat. The baby is inside and nothing is anchored to anything. The bigger boys are all over the place. Hard to keep them tethered to anything!! It is basically the ride from hell. The baby will not sleep and is fussing and crying alternately. The bigger boys are bored and want to know if we are there yet. The 3 year old and 5 year old brothers are screaming, "Mom. He's touching me!!" "Mom. He's making faces at me!!! MOM. MOM!!!" But my friend, Anne, is

(continued on page 11)

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References

THE KNIFE...*(continued from page 10)*

in a great mood. How?? Why?? She is the eternal optimist and trying to get us all singing nursery school songs. "The wheels on the bus.....," Really??? UGH.

We finally arrive. We unpack and then take the boys to a playground nearby so they can run themselves ragged. And they do. They run us ragged too! The baby on the other hand has still not slept and is not happy at all. But the weather is good and that is a plus. After the playground we all go for a swim in the nice indoor pool. The baby is not allowed in the water...he is still in diapers of course. No big deal. We take turns wheeling him around and carrying him hoping that he will go to sleep. But no such luck.

When we turn in for the night the big boys are mercifully exhausted and konk out. But not the baby. I spend the night walking the floors with him. My husband sleeps like a log through this, as is the way with a lot of husbands...The next day we decide to head home after we check out the museum. We've had enough already!!! The museum is wonderful. The adults are fascinated. The

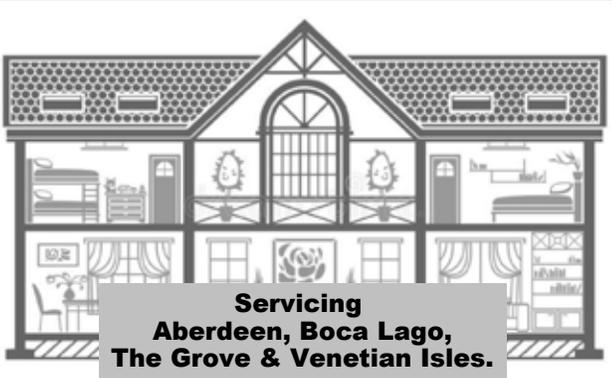
3 boys could care less. They spend the visit racing all over the place. Other museum goers are giving us dirty looks. We leave the museum and pack up. We are ready to head for home. The baby has still not slept! I am bedraggled.

On the way home we pass a sign that says MRS. BLAKE'S FABULOUS HOMEMADE PIES. We decide to get some and pull off the road. The pies are indeed wonderful and we each buy a couple. There are also baskets of fresh picked apples and we buy some of them too. We continue on our way and stop off at a Red Lobster for lunch. We get a high chair for the baby and sit him in it. In one second he is fast asleep!! I can't wake him up to eat anything. He is out for the count!!! Unbelievable!! The big boys eat in 2 seconds and are racing around up and down the aisles causing mayhem wherever they go. Nice customers are giving us the evil eye. The boys are out of control!

I am thinking, all of a sudden, of the pies and apples in the car. If we had a knife we could cut up the apples and maybe parts of the pies to keep the big boys anchored when they get impatient in the car. Maybe some blueberry pie will keep the baby from fussing. Maybe he needs some sugar. He never sleeps anyway, so what's the difference?? At least he'll be happy!! So now I decide to take a knife off the Red Lobster's table and put it in my pocketbook. Red Lobster has hundreds, maybe thousands of knives. Right? They'll never miss one if I take it! But.....Let's be honest, this is not taking.....it's stealing. I break out into a cold sweat and am a nervous wreck. I have never done anything like this in my entire life! My friends used to sneak a piece of Bazooka gum from the big bowl at the candy store. My best friend Judy once took a Clark Bar from the 5 and 10. Not me!! I have never stolen a thing. Never taken anything that was not mine. I look around and around and around again to make sure that nobody is watching me. I see a guy with his Izod collar turned up. He looks too smug. Too sure of himself. I am sure he is watching me!! He must be a plain clothes detective!! And what about that sinister looking guy just passing by? The one with the slicked-back hair. He looks suspiciously like a policeman too. Look at his shady eyes!!! All of a sudden I realize

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THE KNIFE...*(continued from page 11)*

that our waiter is talking to me. I am such a wreck I did not even hear him. He wants to know if I want more coffee. I nod. Now he is suspicious of me. I can tell by the way he is holding the coffee pot. He is wondering what sinister thing I have planned. I feel like I am having a heart attack. Should I call 911 or wait until I faint and let someone else do it? I look around again and again and again. I shift in my seat and look behind me. I am shaking like a leaf and very nervous as I slowly, slowly, slowly slide a knife off the table and into my bag. The sweat is dripping down my back. I am waiting for Red Lobster security to come over any minute and arrest me. They'll put a gun in my back and say, "The knife or your life!" But, nothing happens. Nobody saw me. I am a basket case until we finally leave. My husband picks up the sleeping baby from the high chair and in one second he is awake and fussing again!! Is that highchair for rent?? Or, better yet, can I buy it?

We are on the way home and sure enough, the boys are losing their patience. They are getting rambunctious. The brothers are doing their brother routine and my friend Ann is trying to distract them and is singing songs again!! The eensy weensy spider.....Ugh. Ugh. Mark, who is driving, yells over the racket, "Janet, take the knife out of your pocketbook and cut up some apples for them." "What??!" I say. "How do you know I have a knife? Impossible!! I looked around and around and around a hundred times. You couldn't have seen me put that knife in my bag!" "WHAT???" He says, "WHAT? I never saw you take a knife! I took a knife. I put it in your bag when you weren't looking!" "What?? You're kidding! " I look. There are **2 knives** in my bag!! "Weren't you a nervous wreck taking that knife? I ask Mark. "NO. Why would I be? They must have thousands of them. They'll never miss it."

WHERE ARE THEY TODAY??

The 5-year-old who was always making faces at his brother is a political pundit in Washington D.C. I see him all the time on CNN. He's still making faces at people!!

The 3-year-old who was always touching his brother is still out touching everyone. He is the head of urology at a prestigious hospital in MN.

The baby Aaron has just retired from the restaurant business. That high chair may have had a real effect on him! BTW, he still does not sleep.

The other 3-year-old has become a pescatarian! Red Lobster seems to have had a lasting impression....

Mark turned out to be a creep. He ran away with his next door neighbor's wife while she left her 2 young boys with my friend Ann!! Some knives have a way of predicting future transgressions.....

P.S. I still have those 2 knives. I have them in a special spot, tied together. I keep them to remind me of right and wrongand of how wonderful it was to be young.....

The Sunny Shores

By: Estelle Morganstein

Spring brings the promise of new beginnings and, with COVID finally seemingly on the wane, I imagine everyone is looking forward to less traffic, with the snowbirds returning to their homes up north, while others are making plans to head off on vacation to cooler climates.

Here in The Shores, landscape updates have taken place, with several original tree plantings being replaced with new foliage. We are waiting to learn how much our new homeowner insurance is going to increase, as our current policy comes due this month. By now, everyone has received their 2022 telephone directories, thanks to Diane Greenberg and her delivery team. Finally, a request by the VOE asking all residents to keep their outside lights on after dark for safety reasons.

NEIGHBOR NEWS

We have had three new purchasers close over the winter. We welcome the following: Jo-Anne and Michael Almasy from NJ who are planning on being snowbirds initially, Michele Miller from PA who has moved into her newly renovated home in Court E, and, finally, Joilene and Steven Rutledge, originally from the West Coast, who have taken possession of their new residence in Court D. We hope you are all settling into your new environment and encourage everyone to become involved in many activities that Aberdeen East offers.

That's it for April - Happy Passover and a joyful Easter to everyone.

Harbour Lights

By: Wendy Latman

Welcome Spring! Lots of holidays in April including Ramadan, Palm Sunday, Good Friday, Passover, Easter as well as Earth Day. So, lots of celebrations in April. Many of our snowbirds will be leaving, which means less traffic, easier to get into restaurants and walk down sidewalks. But we'll miss them, and hope they come back next season.

Continuing with my theme for the year, I'd like you to...

Meet Mary and Dennis Ramsey

The Ramseys are one of the newest residents in the Harbours, having moved in shortly before Christmas. They bought their unit sight unseen and moved in and established their residency less than a week after the unit was vacated. I've never seen anyone get settled as quickly as they did. They moved from Covered Bridge in Lake Worth, to be closer to their son's family and be available to care for their granddaughter, Danaya, who is 6.

Dennis is originally from CT and Mary is originally from Syracuse, NY. They met while on vacation with friends in Virginia Beach. They had a long-distance relationship for a year before tying the knot. It's the

second time around for both and they are celebrating 35 years of marriage this year. They each had a child before they married and subsequently had 2 children together. Between them there are 4 kids. Mary said, "We have a his, hers and ours family."

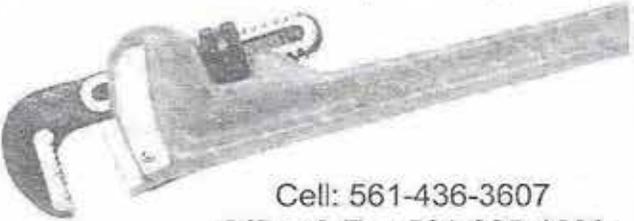
Professionally, Mary was a Paralegal/Legal Assistant. Dennis was a Production Manager specializing in water filtration equipment for beverage and pharmaceutical companies. They relocated to Tennessee for four years for his job. He ultimately retired in early 2019 and they moved back to Florida to be nearer to their youngest granddaughter.

When asked what they enjoy doing, they answered they "love a busy life with family." Outside of that, he enjoys a little bit of golf and they both like being on a boat. They haven't had much time to get involved with some of the Aberdeen activities, but, being they live right next door to me, I am encouraging them to check things out.

Say hello to the Ramseys when you see them.

If anyone here in the Harbours would like to be interviewed for the Aberdeen Times, please reach out to me at wlatman@bellsouth.net or call or text me at 561-699-5857. Don't wait for me to contact you.

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Hampton News

By: John Pagliarini

HOA News

The Hampton Board of Directors held a meeting to discuss re-roofing the Hamptons. While there were many questions from residents, plans were finalized to re-roof in 2022 with the Board recommending their choice for a roofer, a bank and a roof consultant. While our roofs were replaced in 2004, there are new Dade County Standards in place that were not utilized in 2004. Final expenses and HOA monthly increases have not been finalized to-date.

Did You Know?

Every month information is provided to residents to help them understand our By-Laws and Declaration. It is amazing how much data can be found on the internet. The Palm Beach County Tax Assessors website has a data base where you can search by name or address and receive all information regarding the sale of a home, price sold, copies of the actual deed, and previous owners.

The Palm Beach County Clerk's office is also a wealth of information, all in the common domain. I found copies of other Aberdeen Declarations and Bylaws, law cases, filings for bankruptcies and even cases filed by the POA and other communities. Everything you wanted to know, at your fingertips.

Needless to say, our Declaration and By-Laws were filed with the County and are public records.

Our Hampton Declaration can be changed only by a vote of the residents. It used to require a 2/3 vote of the residents but was changed to 50% +1 in 2018. Ironically, it required a 2/3 vote to change it!

Neighborhood News

A hearty Hampton welcome to new neighbors Manual, Michelle and Melissa Gonzalez and Steven Hoffman & Sharon Goldberg

Condolences to the family of Cynthia Brooks, a long-time resident who passed away recently at home. Cynthia worked as a psychologist for the Wisconsin School Districts, and held a Ph.D. in psychology. She had 2 sons. Cynthia was the sister of Corrine Shorr, a Hampton resident

There will be no services at this time.

And the best of everything to Vivian Lipson as she embarks on a new chapter in her life. She is moving to the West coast of FL to be nearer to family. Vivian and Harry will be missed.

April Thoughts

By: Phyllis Arnauer (Lancaster Lakes)

Just three months ago we were celebrating New Year 2022. Suddenly, in the blink of an eye, it is April. Is it me, or are you also noticing how fast the months, days, weeks, and minutes are flying by? We all barely said goodbye to the cooler winter months and now spring is here. Easter and Passover will bring opportunities to be with friends and family, and maybe visitors will come for Spring Break. April brings the abundant April Showers but also the abundance of blooming flowers, trees, and bushes. Earth Day reminds us to celebrate and nurture the planet we all inhabit. And to not be forgotten, Apr. 16 is Husband Appreciation Day. Which, of course, reminds me of a story. Well, not exactly a story; more of an example of life.

Let me begin by saying that people are different, and couples have their differences. Maybe you will recognize you and your mate in this story. David likes the house very cool at night when he sleeps. I prefer a warmer environment. The ceiling fan should be on, but 73 degrees is too cold for me. So, David puts it on 73 and sleeps with a blanket and two heavy Afghans. I refuse to use extra coverings and sleep with a perpetually cold nose! To even the playing field, I turn the thermostat to 74 when he falls asleep. If he gets up during the night, he lowers it! We appear to be in a Marx Brothers movie, scurrying back and forth from the bedroom to the thermostat. It is amazing that we get any sleep; but we are getting plenty of exercise! I know that we are not unique- I have heard friends share this same dilemma of the temperature situation. But they often have the opposite problem. They want it cold, but their mate wants it hot. What is one to do? Another interesting difference involves the lights in the house. I was taught by my very frugal Nana to turn off the lights when you leave a room. And I do this to this very day. David refers to me as the Mole. Can you guess what my husband does? He is from the school of illumination. When I ask him to turn the lights off, he has an explanation, which might be true. I have not researched it because my old ways are difficult to change. He advises me that I am using more energy turning the lights on and off. So, we share our space, going from light to dark to

(continued on page 15)

APRIL THOUGHTS...(continued from page 14)

light again. Viva la difference!

With Covid-19 on the wane, all of us at Aberdeen have been testing the waters, literally and figuratively. Routines that were put on hold for two years are making a comeback. Dining is available outside and inside, enjoying a wonderful lunch from the grill at the pool is a huge success, and the Sunset Lounge is hopping. Classes at the Fitness Center are busy, as are the tennis and pickleball courts. Golf and bocce are rolling along. How lucky we are to be here in Aberdeen! From our President, Lancaster Lakes happily welcomes these new owners: Larry and Lezlie Winter, Steven and Ava Lichtenstein, Renee Singer, Eleanor Schack, Harvey and Vicki Schaffler. Lancaster Lakes is planning a community gathering at the end of April. We are still looking for volunteers to help coordinate and plan this event. We hope you will attend the annual meeting in April. Stay safe and healthy!

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Harvey Baron's Early Bird Special



Some folks are working day and night to get in shape for the new fitness center.

Do You Remember?

By: Bea Lewis (Lancaster Lakes)

I used to think the older we get, the more we remember. But now –that I’m old – I know for sure that the older we get, the less we remember.

For example – you walk into a room to get something – but when you get there – you can’t remember what you wanted. Or you can’t remember where you parked your car – or worse, you search for your glasses and don’t remember they are sitting atop your head.

But there are advantages to one’s loss of memory - you suddenly have lots of new friends-they’re not really new, but if you can’t remember who they are- well, they are now your new friends.

There are other advantages – let me tell you about my friend Gail, whose inability to remember anything more than five seconds made her a celebrity. Gail and her husband, Paul, were meeting friends for dinner in a fancy restaurant on Atlantic Avenue in Delray Beach. They got lost and couldn’t find the restaurant –they flagged down a police car – and asked the officer for directions. Gail began writing down the officer’s directions – go to the stop sign make a left turn go two miles blah blah blah,- the officer realized this would take forever –so he put on his siren and told Gail and Paul to follow him.

When they pulled up in front of the restaurant, the maître d’ looked out the window and shouted to his staff- we have celebrities coming – they don’t look familiar, but whoever they are – treat them like royalty – free drinks on the house!

One thing that is frustrating – is when you recognize someone but you can’t remember their name. But I got an idea from a book I read by Nora Ephram. She explained how when she was going to party and worried she wouldn’t remember a friend’s name, she told her husband she would poke him and that would be a signal for him to ask for the person’s name. They go to the party and a friend approaches the famous author but she can’t remember the name. So, she pokes her husband (his signal to ask for the friend’s name) but the game plan didn’t work. He turns to Nora and in a gruff voice asks why she hit him.

(continued on page 16)

DO YOU REMEMBER?...*(continued from page 15)*

Many people say that you forget about romance as you age. I disagree. Max, an elderly man in his 90's meets Rose at a dance at their senior living center. They dance the night away –both with their walkers. At the end of the evening Max turns to Rose to say he loves her and wants to marry her. Life is short, he says. Rose heartily agrees. The next morning Sam calls Rose to confess he can't remember her answer. With that Rose answers, "I am so happy you called, I couldn't remember who asked me!"

It's Happening In Dorchester

By: Carol Baron

If "April is the cruelest month..." I am sure that is not true here in Dorchester at Aberdeen Golf and Country Club. We are looking at another beautiful spring for our residents, whether ongoing or new. Setting the clock ahead for daylight savings time has made a difference in enjoying the elongated sun lit days. You may have celebrated Purim, St. Patrick's Day or the first day of Spring. Now you have more time to accomplish all that you want. Hopefully, many of you attended our annual meeting on Mar. 17th when our new Board of Directors was elected. Our thanks go out to all those who have worked so hard on our HOA board to make Dorchester such a wonderful community for its residents. And we welcome new members of the board, as they help strive to meet the needs of all of us here. We are looking forward to our many new homeowners joining the board members in making Dorchester the place in which so many people choose to live. If you have not noticed, our sidewalks, swales and driveway bottoms have been cleaned, as we eliminated the dark and dirty areas caused by the overlay from the winter months. Now everything shines for Spring. Also, several trees have been replaced on community property. All will soon be in bloom. April is the month to celebrate World Autism Day, Passover, Good Friday and Easter. All good reasons to be thankful for all of us for what we have.... and that includes healthy friends and family, and a home and good neighbors here in Dorchester. And by

the way, it is not time to count calories as we eat and celebrate the above occasions. Someone once said, "we all get heavier as we grow older, because there is a lot more information in our heads." And as we make our way through April, we should realize that time waits for no one. Treasure every moment you have. You will treasure it even more when you can share it with someone special. May I contact you again in May.

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The **Aberdeen East Jewish Heritage Club** is once again hosting a **traditional Passover Seder** with all the fixings: Seder service (shortened) using our own special Haggadahs; good food, gefilte fish, chopped liver, roast chicken, brisket, tsimmes, potato kugel, matzoh, wine and best of all – celebrating with family and good friends.

Make your reservations now – don't delay!
\$35 per member, \$38 for guests of members.

Please place your checks in the "Jewish Heritage Club" mailbox in the small card room and indicate your seating preference, keeping in mind tables of eight only. (All monies will be returned if COVID cancellation.)

Any questions, contact Marion 561-385-2135 or Marcia 786-473-3694.

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A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Have Ambitious Dreams

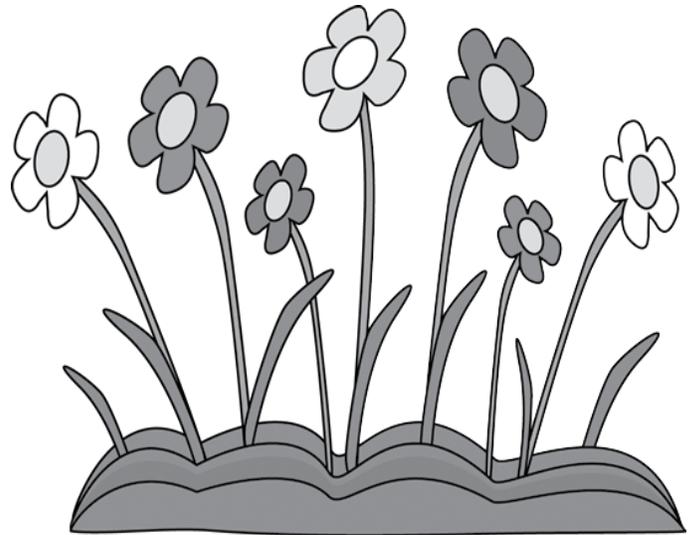
Life is a constant roller coaster consisting of ups and downs. We must not let the downs dominate our minds, emotions and bodies. It's mandatory that we develop the dreams we have for happiness and success in our lives. Overcoming the downs makes us happier more successful people. We can be whatever we aim to be. If you think negative thoughts, you will be a negative, unsuccessful person who is shunned by others. No one wants to be around and dragged down by negative, unhappy people.

All too often we look at others and wish we could be lucky like them. We wish to have their talent and success. All too often we say, "I'm not a lucky person. I don't have the great successes and opportunities that others have." Instead, we have to know that luck is something that happens when purchasing a lottery ticket or gambling in a casino.

There's a famous saying, "I'm waiting for my

ship to come in." There's also another saying that denotes negativity, "I'm so unlucky that when my ship does come in I'll be at the airport!"

Dream your dreams and live them daily. Use all your positivity to go forward. Strive to be the best you can be, and when your ship comes in you will be standing on the pier walking up the gangplank to happiness and success!



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A Love Story

By: Arnold Bernstein (Lancaster Lakes)

Listen my friends and lend an ear, to the story
of Arnie & Sandra's first year

It started one cold December's night, the moon
was full, the stars shone bright

Two strangers meeting that fateful day, two
strangers cautiously feeling their way

Four hours flew by as they dined and talked

The evening went better than either of them
thought

He was taken with her, this girl of his dreams

She wondered whether he was all that he
seemed

So many men passed through the years of her
life

Bringing pain, disappointment and much too
much strife

He too felt the cuts of heartbreak and sorrow,
wondering if there would be a better tomorrow

Well love came to him three weeks to the day, it
took much longer to chase her bad memories away

How could he know love again so soon?

How could his heart be so much in tune?

When inside her feelings were beginning to
wake, to trust a man again... to risk heartbreak

But as months went by and their bond grew
stronger, she knew it would not be too much longer

Before he would propose that she share his life
to live together as man and wife

HE PROPOSED

She looked at him not saying a word

Could it be she had not heard?

His professions of love, his commitment to
be...a partner, a lover, a protector of she Should
she continue to resist or lay down her defenses

It was time she knew to come to her senses

For she finally found a man for all reasons one
who would age well with the coming of seasons

One she could count on for the rest of her life

So, she said yes to his proposal to become his
wife

There's more to the story but not for today

It's time to put my pen away

So, thank you my friends for lending an ear to
the story of Arnie & Sandra's first year.

Considerations Before Deciding On Your Next Car

By: Murray Iseman (Addison Green)

The acquisition of a replacement vehicle is
usually our second most expensive purchase. Most
of us would rather visit the family dentist rather
than an auto showroom. In 2022 there are unique,
market dynamics that make this even more chal-
lenging.

1. As with most items, auto prices are greatly
impacted by supply and demand. Given the lim-
ited supply of computer chips, new car supply is
limited. Additionally, the introduction of sophisti-
cated safety features feeds into consumer demand.

2. As new car prices climb, it pushes up the
price of used cars. Rental companies, faced with
low customer demand during Covid lose 1/2 its val-
ue in 3 years. Trading up every 3-4 years usual-
ly means you are giving up your ride just after it
passed through its greatest time of depreciation.
This is evident in your graph the car's value over a

(continued on page 22)

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CONSIDERATIONS BEFORE...*(continued from page 21)*
10-year period.

3. If you regularly change oil, MOST new vehicles will go over 100,000 miles without a major repair. Check Consumers reports to avoid vehicles that are not dependable. Some of those listed are surprising.

4. Sales Negotiations:

a. The dealer cost is often about 88% of sticker price. But there are other factory incentives and bonuses. The dealer could probably sell cars all day at his invoice price and still cut a profit.

b. Until about a year ago, bargaining started with the invoice price and you haggled over the amount of your discount. Now it starts up to \$5,000 OVER sticker and the negotiation is to determine how much of that premium up-charge you can whittle down. There are some exceptions: your new car is at the end of a long run (it 1st hit the market 5 years ago undergoing minor updates); it is an "odd-ball" car (I know someone who bought a new Cadillac many years ago at a great price. Why? It actually had a manual transmission.)

c. The best price that the dealer will accept changes based on current market trends; area deal-

er inventory; factory incentives; popularity of the model you want; color (unpopular colors such as green, light blue, butterscotch or red); dealer added equipment and length of time your desired car has languished on the lot. Your negotiation power is minimal if you want a white SUV. (Look around and count them when waiting for a light.) Research Consumer's Report, Car FOX, and Car Gurus to get an idea of what your neighbors are paying.

d. Be prepared that most electric or plug in hybrid SUV's will command the highest premium OVER sticker. If there is an exception, there must be a reason. Remember that old Chinese proverb, "There ain't no free lunch."

e. You will have the most bargaining power if you want an intermediate 4 door sedan model that is about to be phased out and replaced by a new one. Vehicles such as: Toyota Camry, Hyundai Sonata, Honda Accord, Kia Optima/KS and Mazda 6 run for 4-6 years before replaced new series.

f. Documentation fees are not required by law. They are just added expenses. Just state you refuse to pay it. They may use the line that all customers

(continued on page 23)



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2nd Air Conditioner - Replacement (each additional - up to 5 tons)	\$45.00
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CONSIDERATIONS BEFORE...*(continued from page 21)*
 must pay it. If they will not move, request they lower the sale price by the doc fee and then add it back in.

g. Never mention that you are trading in the old car. This sets up yet another variable, as you would be negotiating the price of both new and car. If asked, claim a neighbor wants it. A few days before you begin shopping, take the used car to CarMax. They will give you a written offer which is indicative of your vehicle's wholesale price. AFTER you have agreed to the new car price, then announce you want to see what the dealer will give you. Unless you have a really sharp car that the used car department needs, the offered trade value will usually be less than CarMax. If they will not meet that price, state you will sell it CarMax and come back later. At that point they explain state sales tax is assessed against the difference between a new car & the trade. Thus, if the new car sells for \$35,000 and your trade is \$20,000 you pay sales tax on \$15,000. But should you sell the car outright, you pay tax on \$35,000. If sales tax is \$1,200, they will offer you \$18,800. Just explain that the CarMax offer is your car's real value and has nothing to do with sales tax. You can always "think about it and get back to them later."

h. Be aware that the dealer's attack on your cash does not end when you have agreed to a sales price. The last stop, the "business office" is often the source of high profit. You have been exhausted by the back-and-forth antics of salesperson and manager. You have that "new car either" or can't wait to drive it home. The salesperson in the business office will try to sell you: an extended warranty; insurance in the event your car is totaled and the settlement price is less than

you owe, warranty for car's electronics, lifetime oil changes, paint protection, direct your financing to his bank and glass etching. They often just discuss how your selection will only cost a few extra dollars a month and increase the value of your "investment." (In my opinion the only way it can be considered an investment is to park it in a grandchild's garage, cover it and put the key into a trust that will pass the ignition key onto your grandchild's future grandchildren.)

i. There is no incentive for the dealer to offer you the lowest interest. Their referral fee may be impacted by interest rate they get you to accept. Visit your local bank BEFORE ever entering the dealership. Some banks may even give you a blank check made payable to the dealer that can be filled in up to the amount you and the bank agreed. Thus, when entering the business office, reveal your rate and agree to use their bank only if it represents enough of a savings.

ACCEPT THAT NO MATTER HOW WELL YOU PREPARE, YOU WILL NOT GAIN THE UPPER HAND. This is a happening that you go through perhaps once every 3-5 years. Whereas the dealership staff may participate in more closing in a day than what you may do over a lifetime. A best-case scenario is to avoid the major traps.

Next month will deal with used cars and leases.

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Book Review

By: Jon Shaw (Dorchester)

Hurricane Lizards and Plastic Squid-The Fraught and Fascinating Biology of Climate Change by Thor Hanson

This newly published book (September 2021) provides fascinating stories about how nature reacts to climate change. Here in south Florida, we are typically concerned about sea level rise, king tides and hurricanes. But what effect does warmer weather and warmer seas have on the creatures that live on Planet earth? Thor Hanson takes us on expeditions throughout the world to document studies on how animals react to their changing environment.

Part 1 goes rapidly through an understanding that Earth's climate has always been in flux. Species have evolved and species have gone extinct, even during man's brief period of existence. For example, an 1801 expedition unearthed the first American Mastodon, one of the first species identified as extinct. Paleontologists have long been aware of the thousands of extinct plant and animal remains now found in the fossil record, dating

back billions of years.

Part 2 examines the challenges and opportunities that climate change brings. Many of you may have visited Walden Pond, where Henry David Thoreau was inspired to publish *Walden; or, Life in the Woods*, in 1854. He was meticulous about observing and documenting the plants and animals around him. When did flowers first bloom, when were fruit ripe and when did leaves first bud and then fall and what was the temperature? Fortunately, for today's observers, Thoreau wrote this all down. It is now known that the average temperature around Walden Pond has risen 4.3 degrees program began measuring tree population in parts of the US as early as 1928. One study showed that nearly 75% of eighty-six tree species had shifted significantly between 1980 and 2015 in response to climate change and changing weather conditions. On the other spectrum of "movers," you have birds, capable of traveling long distances? As birds and other creatures move upward in altitude, they carry seeds to new environments where other conditions may not be suitable for growth. What happens when they reach the top of the mountain and can no longer tolerate the altitude or the

(continued on page 26)

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BOOK REVIEW...(continued from page 25)

competing creatures now relying on limited resources?

Part 4 provides the results of what climate change means for plant and animal species and what can be done to maintain our planet. The book concludes with a chapter entitled "Everything You Can." Just because you can't do everything [to combat climate change], doesn't mean that you shouldn't do something! Along with the plants and animals, we can do all we can to adjust. Whether it is driving electric cars, adjusting our thermostats, turning off lights, or eliminating unnecessary travel, we humans are governed by the same forces that affect plants and animals. Hanson recognizes that this is a journey that will take decades and studying nature will be an important guidepost to managing our planet's sustainability in the future.

The book includes a simple glossary of terms that helps us talk about climate change. For those interested in taking a deeper dive into the topics, there is a section of additional notes, a bibliography, and an easy-to-follow index. Hurricane Lizards and Plastic Squids is written for all to enjoy and understand the changes in nature occurring all around us as a result of our changing climate.

Taurus Horoscope 2022

April 21 to May 21

This New Year is going to give Taurus natives normal results. The transit of Mars in Sagittarius in the middle of the first month i.e. on January 16, will impact your eighth house. This house is known as the house of longevity, due to which this transit of Mars is going to support you with immense luck. With this, you will be able to achieve immense success in your life. From mid-January to June, students of this zodiac sign will get very auspicious results in their education. The position of Mars will most likely give several students the opportunity to attain higher education. At the same time, those students who are preparing for competitive examinations are also likely to get favorable results during this period. At this time, your health will also improve and you will be seen enjoying a better lifestyle.

Talking about your career, you will get favorable results this year, as a result of which you will be able to make progress. Apart from this, due to the presence of yoga karaka Saturn in the ninth house from your zodiac

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HOROSCOPE...*(continued from page 26)*

sign, your source of income will increase. Along with this, in April this year, many planets will also change their placement, due to which you will overcome every kind of hindrance in accumulating wealth. The conjunction of Sun and Mercury in the Leo zodiac sign during the month of August will lead to the formation of Budhaditya Yoga in the fourth house of your zodiac sign, as a result of which your financial constraints will end. During this time, Mars will transit you in your own zodiac sign i.e. Taurus and lead to an increase in your salary at the workplace.

But in the month of November this year, Jupiter in the eleventh house from your zodiac sign will motivate you to spend money for the fulfilment of your desires. The conjunction of three planets (Mars, Venus, and Jupiter) in mid-May in this year is also showing good potential in your family life. Due to this, especially between August to October, there will be happiness and prosperity in your family.

Now talking about your love affairs and marital life, the last three months of this year i.e. October, November, and December are going to bless married couples with

a child since your fifth house lord of children will be in the seventh house in the month of November. At the beginning of the year, the transit of Mercury, also known as the ruling lord of the fifth house of studies, children and progeny, in the ninth house will increase the love and romance in your relationship.

Marty's Recipes

By: Marty Hyman (Waterford)

Passover Chocolate Cake with Ganache Frosting

Gluten free and dairy free chocolate cake that is incredibly moist, light, and fluffy!

This month many of our family and friends celebrate the Passover holiday. Passover, a holiday that is mostly celebrated in the home, is both the most-celebrated Jewish holiday of the year and the holiday voted most likely to elicit a moan. People may moan when they consider all of the work involved in preparing the home for this eight-day holiday. They know that the dietary requirements do not allow the eating of bread and cake made with flour. They may even groan when they remember how much they overate during Passover last year.

Actually, these feelings are exactly what you're supposed to have at this time of year. Moan while remembering how the Hebrew slaves were redeemed by God and led out of bondage in Egypt. Passover is a celebration of spring, of birth and rebirth, of a journey from slavery to freedom, and of taking responsibility for yourself, the community, and the world.

So, there is a need for flourless recipes for cake. This recipe has proven to be a winner at the conclusion of the Passover Seder. Use the ganache to cover this cake in chocolate goodness.

INGREDIENTS

- 1 ¾ cups white sugar
- ¾ cup potato starch
- ½ cup cocoa powder
- 2 teaspoons baking powder
- ½ teaspoon salt
- 4 eggs
- ½ cup vegetable oil
- ½ cup black coffee

1. Preheat oven to 350°F
2. Whisk together sugar, potato starch, cocoa powder, baking powder, and salt in a large mixing bowl.

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

3. Add eggs, oil, and black coffee or water. Mix until well combined. The batter will seem very liquidy but it will bake just right.

4. Pour all of the batter into a 9x13 inch baking pan.

5. Bake for 45 to 50 minutes or until a toothpick comes out clean when poked through the middle.

6. Remove and let cool completely before cutting.

Chocolate Ganache Frosting

INGREDIENTS

- 1/3 cup sugar
- 1/4 teaspoon pure vanilla extract
- 1-pound pareve dark chocolate chips
- 1 1/2 cups pareve non-dairy unwhipped cream

Place sugar and chocolate chips into a bowl. Place bowl over pot of hot water on the stove and stir until melted. Add egg yolks and vanilla. Whisk and continue to heat to 140°. This is to cook the egg yolk. Remove from the heat. Then...

In the microwave, heat the non-dairy topping until warm. Gently whisk into the chocolate mixture until smooth. When that is done, set aside until ready to use. If it gets too stiff to use as a glaze, you may heat it again either in the microwave or back on the stove over the pot of water. Just be sure you don't overheat or burn the ganache. A little heat goes a long way.

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

A Trip Down Memory Lane

By: Judy Lukow (Sterling Lakes Estates)

There is so much on people's minds now. So many things affecting all of us here and around the world. As a diversion to help me cope with the worrisome state of affairs, I thought I'd take a trip down memory lane where memory lane holds some of the best parts of our lives.

I grew up in the 50's and 60's in Brighton Beach Brooklyn where we made our own entertainment.

We played games outside that didn't need props like Red Light Green Light, Hide-and-Seek and Ringolevio.

We used a rope for hours playing Jump Rope. We sang songs as we jumped:

"A My Name Is"
A my name is Alice
And my husband's name is Arthur,

(continued on page 29)

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A TRIP DOWN MEMORY LANE...*(continued from page 28)*

We come from Alabama,
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B my name is Barney.....

We had contests with Relay Races. We played Stoop Ball, Stickball, Scully, and we rode our bicycles.

I remember riding my bicycle for miles, along the esplanade that was parallel to the Belt Parkway. We had no plan of where we were going and what we were going to do when we got there.

We played in the school yard after school, Hand Ball and Paddle Ball. I remember when my mother

finally gave me permission to wear lipstick. I put on every lipstick we had in the house (and I had 2 older sisters and my Mom, so there was a lot of lipsticks) and I went to play Paddle Ball in PS 209's school yard. I had the reddest lips!

Two slices of pizza and a coke was 25 cents. Mrs. Stahl's had the best knishes and were 10 cents. Potato and Kasha were my favorite. Z Cozy Corner had a hamburger, French fries, and a coke for 50 cents.

"Hey kids, what time is it? It's Howdy Doody Time!" I never thought at the time, what

kind of a name is that! But we watched it religiously on TV and screamed with

excitement when Clara Bell came on. I wanted so much to sit in the Peanut Gallery!

"Who's the leader of the club, that's made for you and me?"

M-I-C-K-E-Y M-O-U-S-E! "

I loved watching the Mouseketeers on TV!

And then there was Rock and Roll! Elvis Presley was a dreamboat. I wore a big round pin, probably 4" in diameter that said, "I LIKE ELVIS".

I ran home from school to watch American Bandstand with Dick Clark on TV. My sister Alice was on the show once. She went to Philly.

We lived 13 blocks from the Beach. During the summer my sister, Gerri-Ellen, and I, went to the Beach every day and later to the Brighton Beach Baths. "The Baths" had 3 pools, a large outdoor theater, and planned activities. There was an area for Teen Time where they played Rock and Roll music for us to sing and dance to. We had Hula Hoop Contests and we practiced our show for the end of the summer performance. I participated in the synchronized swimming just like Ester Williams. It was like ballet in the water. I loved it!

My most memorable teacher was Mr. Cohen, my Biology teacher in Abraham Lincoln HS. He kept us listening to him because he was very funny and we didn't want to miss what he had to say. He taught us "no 2 things can occupy the same space at the same time" unless you're making out under the boardwalk!

Did anyone reading this article participate in a panty raid or phone-booth cramming? I'd love to hear any of your memories and share them here. You can write to me at JudyLukow@aol.com.

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