



DECEMBER



AGCC – Presidents Report

By: David Tager (Muirhead)

This month, there are two major events nationally. One occurred this past Tuesday, November 8th, Election Day. The other event is Thanksgiving; one of my favorite holidays. Both Election Day and Thanksgiving have given me pause for thought.

Election Day: My intention is certainly not to be political. As I am writing my monthly report shortly before election day, I don't know the outcome of the elections that many of us follow. That said, for the purpose of this message, the election results won't change my concern. Regardless of one's political persuasion, what this election cycle has demonstrated to me is, as a country, we've lost the art of civil discourse. We live in a democracy comprised of people with diverse opinions, and that's as it should be.

So why am I writing this and what does this have to do with the Club? You and I live in a country club community, with people of diverse opinions, and that, too, is as it should be. We, the Board and Management, expect that when we take an action or create a policy, there will be those members who agree with us and those who don't. None of this is new news. However, what's important to know is that the Board and Management welcome different points of view and make every attempt to take them into consideration as we move forward. What is unfortunate, like in our national

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Jon's Journal

By: Jon Shaw, Editor – Aberdeen Times (Dorchester)

As I sit here writing the December 'Jon's Journal,' I look back at the October issue of the Aberdeen Times and the article I wrote regarding late season hurricanes. Was this coincidence, a self-fulfilling prophecy, or simply good science. Whatever the reason, Florida did get hit by two late season hurricanes, Ian and Nicole. We are all aware of the devastation Ian left behind on the west coast of Florida, and still learning of the coastal impacts of Hurricane Nicole on the east coast of Florida. Although largely unimpacted here in Aberdeen, many of our local coastal haunts (Old Key Lime House, Banana Boat, and Two Georges (see photo below) were seen on local TV with water pushed up into these restaurants, flooding out lower dining rooms. Whatever storm surge we had from Hurricane Nicole, on top of that were King



Two Georges Restaurant As Hurricane Nicole Approaches

tides experienced due to the lunar cycle. While recovery here is not a problem, areas of Volusia County (Daytona Beach) and Flagler (Flagler Beach) counties sustained significant coastal erosion and will need to take a hard look at redevelopment along the coastline.

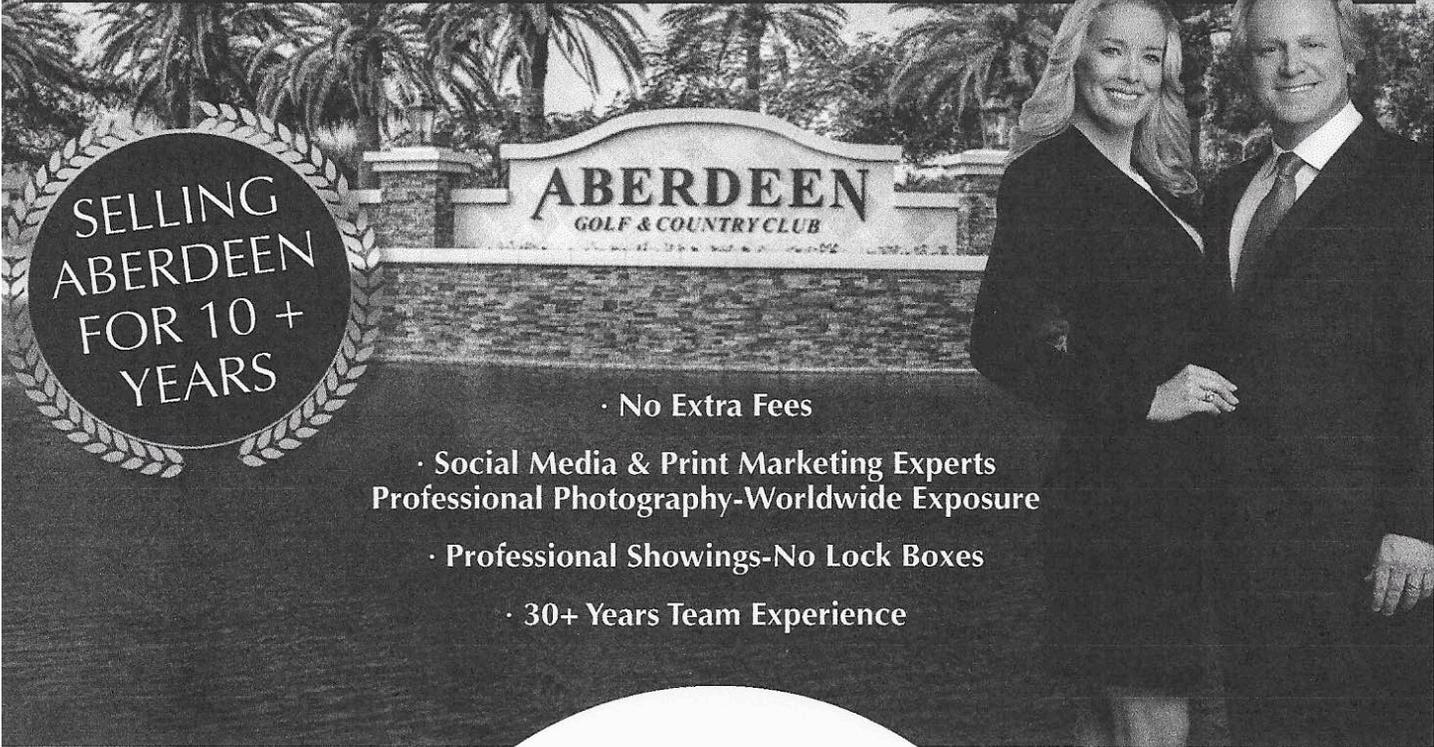
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Cultivating An Attitude Of Gratitude

By: Aline Goetz (Addison Green)

I am writing as a fairly new member of the Aberdeen community who recently retired, to say how happy and grateful I am to be part of this golf and country club community. I am having the time of my life enjoying the racquet sports (both tennis and pickleball), swimming, using the fitness center, playing cards, great meals at the club, etc., and living this "resort style" life here in retirement! There's a lot of fun activities here, and I feel lucky to be living this life.

I say this in recognition that not everyone here is experiencing the best moments of their lives. By this age, we have all been through illnesses ourselves or of loved ones and experienced all kinds of losses. Only a few years ago, I went through a bout of cancer, so I feel extra appreciation and gratitude when things are going well. And, I see and hear about members of our community who are experiencing a hard time.

This is also true for the hard working staff at the Club. It's always good to remember that staff is trying to help us enjoy this life and that they are employees of the Club. So, they report to their managers and it's good to remember that as members, we can help make this a great club to work for by taking the time to compliment staff.

I hope to be lucky enough to live here a long time and enjoy life here at Aberdeen.

In Memoriam

Aberdeen resident Samuel D. (Dan) Stein, who volunteered his time working for the Aberdeen Times as Assistant Treasurer for many years, passed away on November 12, 2022, at the age of 92. Dan was an integral part of the Aberdeen Times staff and will be missed by all who knew him. We send our deepest and comforting condolences to his wife, June and to his family, knowing that Dan is resting in eternal peace.

New at the Morikami Museum

The medium is the masterpiece in a new exhibit at the Morikami Museum and Japanese Gardens in Delray Beach. "Washi Transformed: New Expressions in Japanese Paper," on display through April 2nd, features over 30 works by nine contemporary

Japanese artists. The highly textured two-dimensional pieces, expressive sculptures and dramatic installations demonstrate how something as ephemeral as paper can form a cultural thread from the ancient to the contemporary. Also, the Yamato-kan, the Morikami original museum modeled after a pristine Japanese villa, has recently reopened following a renovation.

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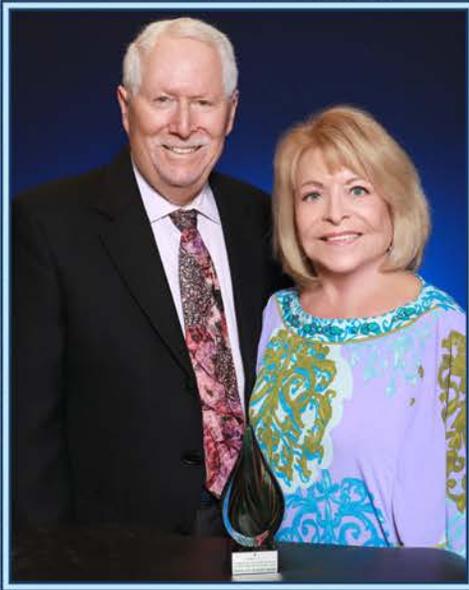
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BBB Scam Alert

By: Laurie Wohl (Ashford)

Beware of health care cons during open enrollment

From: Better Business Bureau

If you are adding or changing your Medicare or Healthcare.gov coverage during open enrollment, watch out for unsolicited calls claiming to “help” you find the best deal. Unfortunately, scammers see this open enrollment period as a chance to trick people out of money and personal information. Open enrollment runs through December 7th for Medicare at Medicare.gov, or December 15th for Affordable Care Act (ObamaCare) at Healthcare.gov.

How the scam works

Open enrollment has just begun, but BBB Scam Tracker has already gotten numerous reports of scam calls pretending to be from Medicare. In one report, the target received “an automated message from Medicare and how it could help me. When I followed the prompts, it led me to a nice-sounding male who claimed they were working for Medicare.” In another report, the person received calls claiming, “I requested information from them about Medicare on the Medicare website, which I NEVER did.”

If you stay on the line, these callers allege they can enroll you in a better plan than what you currently have, according to Scam Tracker reports. This new plan is cheaper, and you can keep all the same services. To get started, all you need to do is provide some personal information, such as your Medicare ID number. No matter how good the deal sounds and how convincing the caller seems, don't do it! The call is a scam, and sharing personal information will open you up to identity theft.

Tips to avoid open enrollment scams

Selecting a health insurance plan can be challenging and complex. Be on the lookout for common red flags. Be wary of anyone who contacts you out of the blue. Healthcare.gov and Medicare provide legitimate help with figuring out which plan is right for you. These people — sometimes called Navigators or Assistants — are not allowed to charge for their support. If someone asks you for payment, it's a scam. You will also need to contact them. They will not call you first.

Be wary of free gifts and “health screenings.” Keep a healthy level of skepticism any time a broker

offers you free gifts or other special deals. Never sign up with a broker who offers you an expensive sign-up gift in exchange for providing your Medicare ID number or additional personally identifiable information. Other times, brokers offer free “health screenings” to weed out people who are less healthy. This technique is called “cherry picking” and is against Medicare rules. Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don't know.

Go directly to official websites. If you want to make changes to your health care plan, go directly to Medicare.gov, Healthcare.gov, or your employer's health insurance provider. Don't click on links in suspicious messages. Contact your employer directly. If you receive an unexpected email about benefits policies, ask your employer about it before you click on anything to make sure it's legitimate.

For more information: If you are unsure whether a call or offer is from Medicare or you gave your personal information to someone claiming to be with Medicare, call 1-800-MEDICARE to report it. If you suspect fraud when signing up for ObamaCare coverage, go to HealthCare.gov or call the Health Insurance Marketplace call center at 800-318-2596.

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Bermuda Isle Buzz

By: Eliot Ostrow

December...and another year almost at an end. Where did the time go? Unlike last year at this time, things have gotten back to something that, while not quite what they were in pre-pandemic times, seem pretty close to a reasonable new normal. Probably most importantly, people are traveling again, which meant that a lot of us were able to enjoy Thanksgiving with our loved ones, and we'll be able to share the upcoming holidays with them as well, either here in Aberdeen or wherever our travels take us. Enjoy and treasure each of those moments. I know that I'll never take such "routine" gatherings for granted again.

Things in Bermuda Isle are busy, as always. In another sign that things are returning to normal, the HOA held an owners' brunch at the Club, which was attended by close to 70 people. It was good to see so many of our neighbors together in one place again. With so much ownership turnover during the past few years, and with so much of that time spent in relative isolation, it was a great opportunity for us to rekindle relationships with old friends and to meet and begin to form friendships

with our newer owners. Thanks to Leon Haimes (and to Juliane, of course), for organizing this great event and working to make sure we had a great turnout and a great time!

Speaking of neighbors, we'd like to welcome new owners, Denis and Barbra Abramowitz, and new renters, David & Bonnie Swerdloff, to Bermuda Isle. We hope you're enjoying your transition to the community, and that you've begun to experience what makes Bermuda Isle such a special place to live.

The Bermuda Isle HOA's annual homeowners' meeting and Board election will be held on Tuesday, December 13, 2022. We're looking forward to a great turnout, and to getting more of our owners actively involved in shaping the present and the future of our community.

I'll take the author's prerogative to share (and crow about) some good personal news. Most significantly, our son (Ronnie's and mine), David, recently announced his engagement to Katie Ginsburg; they'll be getting married next summer, and we couldn't be more thrilled! We also got to renew our family's tradition of being together for Thanksgiving at the house of our daughter, Jessica, and our son-in-law, Brad, in Las Vegas after a hiatus of a couple of years due to COVID, with Katie joining us for the first time. (Hopefully, we didn't scare her away.) In mid-October, Ronnie and I traveled to the Berkshires to see some fall colors, then to NYC for my 50th (!!!) Stuyvesant High School reunion. I'm not sure who all those old people were at the reunion; surely, they couldn't have been my classmates!

All of us in Bermuda Isle wish a Merry Christmas, Happy Chanukah, and *Kwanzaa yenu iwe na heri* (Happy Kwanzaa--are you impressed with my Swahili?) to those who observe, and a Happy New Year to all. Here's hoping that 2023 brings health, happiness, prosperity and peace to us all.

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FIVE-STAR RATING!

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury community! Yes, it's December, the month of the Winter Solstice, and the month of several multicultural celebrations. Hanukkah, Christmas and Kwanzaa all fall in close proximity to each other, but are significantly different in both meaning and practice. New Year's Eve, also known as Sylvester in Europe and Israel, will mark the end of what has been another "memorable" year. New Year's resolutions, generally related to self-improvement, abound with the hope and expectation that 2023 will be a better year for all. As Eleanor Roosevelt said, "With the new day comes new strength and new thoughts."

In order to become more knowledgeable of Florida and its history, we're continuing to focus on famous Floridians, past and present. For our purposes, a famous Floridian doesn't have to be born in the state, but should have spent a significant amount of time living in Florida and/or shaping events in the state. Addison Mizner, a name we all recognize, is our choice for this month.

Addison Mizner, Florida's leading architect in the 1920's, established the Spanish and Mediterranean Revival style that became the architectural signature of Florida. In doing so, he truly transformed the landscape of South Florida. At the height of his career, Mizner designed many well-known buildings including: the Everglades Club in Palm Beach, the Boca Raton Resort and Club, and the now historic sites in Palm Beach, Via Mizner and Via Parigi. Sought after by many socially prominent families, he also designed more than 50 villas and mansions including: La Guerida for Joe Kennedy and El Mirasol, for financier Edward Stotesbury.

Born in California in 1872, Mizner spent much of his early life in Guatemala, thanks to his father, who served as the US envoy to Central America. In 1897, he and his brother Wilson, were lured to Alaska by the Klondike Gold Rush, but failed to strike it rich. They subsequently went to New York, where Addison opened a shop on Fifth Avenue specializing in Spanish colonial furniture and Guatemalan relics. He also worked as an apprentice for an architectural firm and served 10 years as a country house architect in Long Island. (Note that although Mizner had stud-

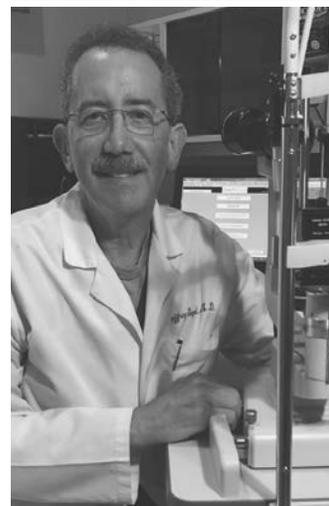
ied design all his life, he had no formal university training). In 1907, he and a colleague designed a house in the Adirondacks that later became President Coolidge's "summer White House."

Mizner moved to Palm Beach for health reasons in 1918. His reputation as an innovative and exacting architect was quickly established after his first commission, the Everglades Club. His expertise was in great demand and many of the Spanish-style homes that he designed are still well-preserved today. Mizner died of a heart attack in 1933 in Palm Beach and was buried in the family vault in California. The many streets, communities and buildings that bear his name are just a part of the significant legacy he leaves behind. Without question, Addison Mizner's introduction of the Spanish Colonial and Mediterranean style has left an indelible mark on the architecture and urban cultural history of Florida.

In closing, we wish all our Aberdeen friends and neighbors a Happy and Healthy New Year with success in all your endeavors. As Oprah Winfrey said, "Cheers to a New Year and another chance to get it right." Have a great month!

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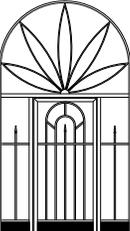
By: Peggy Urbinato

Harvey Baron has been a resident in Dorchester Estates for 13 years and moved here from Westchester County, NY, in 2009. He spent the lion's share of his career working as an Art Director in Advertising for over 40 years (1962-2004). Some of his most famous advertising campaigns included: "Time to make the donuts," for Dunkin Donuts, and "Plop, Plop, Fizz, Fizz - Oh what a relief it is," for Alka Seltzer. He was recognized for his groundbreaking work by receiving just about every advertising award there was.

After retiring, he devoted his energy to fine art work creating pencil drawings. His unique graphic sketches capture the soul of the subjects he draws. His work hangs in homes and offices all over the United States and Canada. He thinks of his work as "Modern Traditional" and Humanist. Shortly after moving to Aberdeen, he showed many pieces of his art work at the Aberdeen Art Shows and it was Ruth Krawitz, our former Editor, who got

him to draw cartoons for the Aberdeen Times. You may recognize his work featured cartoons here in the Aberdeen Times under the byline, "Harvey Baron's Early Bird Special." For those who have been Aberdeen Times readers over the years, his cartoons always brought a laugh to all of us. As his wife Carol states, "They are funny because people can relate to them." If that wasn't enough, Harvey was even involved in redesigning the Aberdeen Club logo.

Harvey Baron is a husband, married to Carol since 1960. He is also a father of three children: a doctor, writer, and a pharmaceutical executive, and, of course, a grandfather! Carol and Harvey have a family to be proud of. He followed JFK's creed that, "One person can make a difference and every person should try." Harvey has made a difference and put a smile on everyone's face at the same time. Sadly, Harvey Baron passed away on November 26th, as we went to print. The staff at Aberdeen Times extends our sincere condolences to Carol and their family. May Harvey rest in peace.



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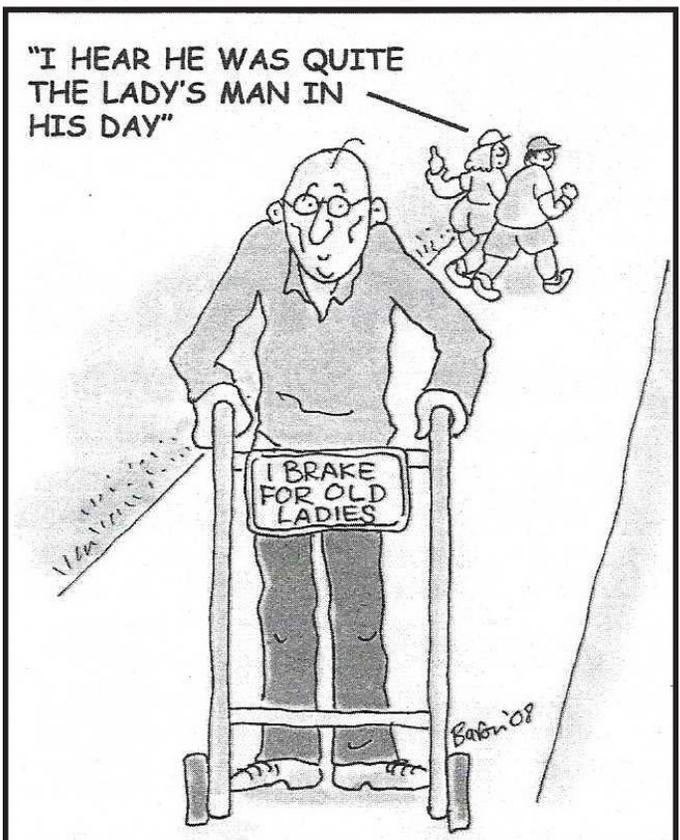
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Harvey Baron's Early Bird Special



Chickenpox

By: Janet Friedman (Hampton)

My middle son is having a friend over after school. They have been good friends for several years and are both 8 years old. They get along well and are watching television, both their skinny selves sitting in the same extra-large recliner in the family room. After a while I take a break from what I am doing to just check up on them, and my son's friend does not look well. Upon closer inspection I see that he probably has chicken pox. Oh well.... They all have to get it sometime. Might as well be now. I call his mom to come and get him.

You know how contagious chicken pox is. Of course, my son gets it. While he has chicken pox, he falls down the stairs and slams his leg. It doesn't look good....all swollen and black and blue. When I call the doctor, he gives me the number of an orthopedist and tells me that I really have to have it checked... even with chicken pox. It's always something!

I call the orthopedic doctor. There is a problem with my son coming into an office where there might be other patients or just anyone stopping in for a moment. Chicken pox is so contagious. I make an appointment and am told to come to the office and JUST knock on the door and NOT TO ENTER! When we get to the doctor, I knock. A nurse comes to the door, opens it a smidgeon and squeezes out to us in the hall. They have decided to put us in a closet until the doctor can see us. What?? My son and I are directed to a door down the hall. We walk to the door, open it and step inside. There is a light bulb hanging from the ceiling. I pull the dusty, sticky disgusting cord and the "room" lights up. It's a supply closet! No windows. Claustrophobic. HOT. Tiny would be an exaggeration. Every inch is filled with mops and cleaning supplies. Dirty rags and all matter of smelly stuff. I am gagging. My son is itching. We try to sit down on the dusty disgusting floor so I can get out the calamine lotion to give him some relief. There is barely enough room. We squeeze into a corner. I try to keep my son distracted with stupid games so he doesn't get upset (like me!!), while the sweat runs down my spine. OK. He wants to play "I see something"..... Can't he think of anything else? There's nothing to see in here except things with

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CHICKENPOX...*(continued from page 11)*

poison labels.” I look all around. I wonder what’s hiding in the darkness of all these corners. A creature could come crawling out from under these piles of rags at any moment! One of those giant Florida things. I am trying not to let my son see how I do not like bugs (which is an under exaggeration). Who knows? He might grow up wanting to be an entomologist.

Finally, the nurse comes to get us. She is knocking at the door!! And not a moment too soon. Out from the dusty pile in the corner crawls a big disgusting spider. And, why is she knocking? What does she think we are doing in here?? Is she afraid of disturbing us? I am ready to throw up from the putrid smells in here... and the spider that is crawling towards me. My son is strangely in a good mood! He hobbles over and steps on the disgusting spider with his good foot! (I guess he won’t be an entomologist!)

We go into the now empty doctor’s office. The doctor takes an x-ray. My son’s foot is broken. My son needs a cast. On top of the chicken pox!!! OMG!! These are the days of plaster casts. No taking off to scratch!!! How horrible.....When we get home, my oldest son has chicken pox. Then, of course, the youngest gets it too!



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While we are going through this there is some work going on in my house. One morning the doorbell rings and it is the electrician coming to put in some new outlets. Just as an aside (I assume he has already had chicken pox as a child. He is a grown man now.) I ask him if he had chicken pox. He says “NO!” OMG. I tell him that one of my sons has it. He runs into the kitchen and calls his son’s pediatrician who tells him, “GET OUT NOW!!!!” He races out. He gets chicken pox. We are all so upset. He is hospitalized. I do some research on chicken pox and find: *Chickenpox is very contagious. If one person has it, up to 90% of the people close to that person who are not immune will also become infected. **Chickenpox can also be serious, even life-threatening**, especially in babies, adolescents, adults, pregnant women and people with weakened immune systems.

Adults are 25 times more likely to die from chickenpox than children. OMG!!

The risk of hospitalization and death from chickenpox (varicella) is increased in adults. OMG!!

This does not make me feel better! We send the electrician a large box of imported, expensive fancy chocolates and discover that he is allergic!!! Oh no!! We don’t know what to do for him, and then I get an idea. When he gets out of the hospital (please G-D), I will cook him and his wife a really fancy dinner. I’ll use my fanciest china and crystal glasses. I ask his wife what his favorite meal is. I ask what his favorite dessert is. Veal parmesan and lemon meringue pie. GREAT!!!

OK. That’s good. I make a good lemon meringue pie**. I start to wonder...who invented meringue anyway? How did that happen? You mean one day someone sat around and said “I think I’ll take some egg whites (throw away the yolks) and some sugar and some cream of tartar (whatever that is) and put it all in a bowl and mix it forever. Did they even have electric mixers then (whenever that was)? Did they have to use one of those hand mixers that you held with one hand and then turned the blades with your other hand? How long would they have to mix that to get stiff peaks? Probably until you could not feel your hands anymore and your shoulders were killing you! And then, when you were finished, did you taste it? Were they like “let’s bake that stuff man!” Did

(continued on page 13)

CHICKENPOX...*(continued from page 12)*

they know what salmonella was? Did they know you should not taste raw eggs?? Did they put it in the oven until the peaks were brown and then say... "I guess it's done now!" How did they know to do that??? And then did they say, "What should I call this stuff? I know, I think I'll call it meringue!!" Is that how it went?

The electrician recovers, thank goodness, and we invite him and his wife for dinner. It is a big success... all his favorites. He is very gracious. Before serving another cup of coffee we hand him a very fancy envelope. There is a special gift inside. He opens it. There is a promissory note promising to cover all costs when he get the shingles shot!

***Some historians of cookery believe that meringue was invented by a Swiss pastry cook called Gasparini, in East Germany. Others maintain that the word comes from the Polish word marzynka and that the preparation was invented by a chef in the service of King Stanislas I Leszczyński. The king passed on the recipe to his daughter, Marie, who introduced it to the French. Queen Marie Antoinette had a great liking for meringues and court lore has it that she made them with her own hands.*

While most food historians confirm Marie Antoinette's love of meringues, some say that meringue goes back to a much earlier date... and that it was invented in England. The earliest documented recipe for a baked "beaten-egg-white-and-sugar confection" is the handwritten recipe for white bisket bread by Lady Elinor Fettiplace in 1604. I still wonder how that all came about. No electric mixer for Lady Elinor...

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Lancaster Lakes

By: Phyllis Arnauer

December Days

The twelfth month of the year seems to come upon us like a surprise. One minute we are preparing for Labor Day barbecues and planning Thanksgiving with family and friends, and suddenly we are decking the halls and spinning dreidels! A blink is what it feels like. I want to shout "Slow down!" Sadly, none of us have the power to slow time down. Instead, we must remember to make the most of every day that we are given. I know it is cliché to say "Every day is a gift", but I truly believe it.

One morning a few weeks ago, I accomplished the Superfecta of activities, and all before 12:00 noon. First, I visited my local Chase bank so that my honey had enough singles, fives, and tens for poker. Then I popped in at the Dollar store, now \$1.25, and stocked up on eyeglass magnifiers so my honey could see his fabulous cards at poker. Then, I scurried over to BJ's to buy a box of Jumbo playing cards for poker. And to do something for myself, since every day is a gift, I went to CVS for headache medication!

Seriously, we do not get back the time we spend complaining, whining, grumbling, and moaning. I recommend looking around and appreciating where we live and all that is available to us. There are so many wonderful happenings at Aberdeen. Whatever holiday you celebrate this month - Christmas, Hanukkah, or Kwanzaa, embrace the joy of your nearest and dearest. Smile even if things are not what you envisioned. Look ahead to the New Year of 2023!

I have a short anecdote regarding my husband. It was a Sunday afternoon and we were watching the Giants football team and discussing the bets he made with our son. I said, "Did you bet the Over?" He said "No, it's the third quarter!" I chuckled to myself, held my tongue, remembering that sometimes saying nothing is also a gift.

Our community recently held a get-together in the Aberdeen Room for a chance to meet and greet new residents and reconnect with others. A small group attended and enjoyed nibbles and assorted hors d'oeuvres. Thanks to Sue Beamis and Laura Braverman for putting the event together. Thanks to Judi Gottlieb for the photos she took throughout the

(continued on page 14)

LANCASTER LAKES...*(continued from page 13)*

evening, a few of which are included. Welcome back to all the snowbirds at Lancaster Lakes. Welcome to the new residents who will become friends very soon. Hopefully, we can meet at another get-together.

There is a new Board for Lancaster Lakes. We thank Roy Hanover for his time as President. President - Laura Braverman Secretary- Sue Bemis Treasurer - Gerald Friedland Directors: Dennis Brenner, Michael Darpino, Larry Dix, Richard Kaplan.

As we welcome December, I would like to share a few other December holidays: December 7 is Pearl Harbor Remembrance Day, December 13 is National Ice Cream Day, December 21 is the Winter Solstice, the shortest day of the year, and of course December 31, New Year's Eve. Make December a joyful last month of the year.

**Ahoy From The Moorings**

By: Carol Ruth Baldwin

Bees Please

In The Moorings, I became aware of several bee encounters, all occurring within just a few weeks. Individual homeowners addressed their situations as they saw fit. Did they all have the bees exterminated? No. Did they all have the bees relocated? No. Some homeowners think that extermination is the only line of defense of bee infestation without considering other options.

One incident was a swarm that gained access to my neighbor's attic above the garage, and rapidly built an impressive nest, replete with wax honeycomb. I encouraged the neighbor to hire a registered Palm Beach County beekeeper to move the nest of bees, which they did. Once the bees were relocated, I was able to taste the most delicious honey which I tried by just reaching into a piece of the wax honeycomb. I found Al Salopek, The Bee Man, who explained relocation and the current plight of the world's bees. I found out later they source honey and ingredients from personally trusted beekeepers who are committed to responsible and ethical beekeeping practices. I am so glad to have found a local, responsible beekeeper. (See honeycomb in photo 1)

Another swarm of bees was found outdoors in a bush, right across the street. (See photo 2)

A bees nest was also located in a water meter. (See photo 3). This swarm was simply killed by someone and the bees left there. (See photo 4)

We have many registered beekeepers and farms in Palm Beach County. The list is available online

(continued on page 15)

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AHOY FROM THE MOORINGS...*(continued from page 14)*

at the Florida Department of Agriculture and Consumer Services. Check them out at FDACS.gov, and search for “bees”.

DID YOU KNOW THESE BEE FACTS?

- According to Entomology Today, bees have a sense of smell 100 times stronger than humans. They can be taught, as dogs can, to detect cancer, and sniff out chemicals.

- The Palm Beach Water Utilities District will relocate bees from water meters, free of charge. They do not exterminate.

Scientists from the EPA and other researchers are studying Colony Collapse Disorder to figure out what factors may be contributing to bee colony deaths. Several factors under consideration are:—pesticides, drought, habitat destruction, nutrition deficit, air pollution, global warming and more. Many of these causes are interrelated. Bees are crucial to world food security and biodiversity. According to bee experts at the Food and Agriculture Organization (FAO) of the United Nations, a third of the world’s food production depends on pollination by bees.

If you are interested in talking about this or in offering a presentation in your communities, don’t hesitate to reach out to me: aberdeentimescb@gmail.com

All photos taken in the Moorings. Photos 3 & 4 are before and after pictures taken of a bee colony in a water meter.



Photo 1: Honeycomb filled with fresh, delicious honey.



Photo 2: Bees swarming in a bush.



Photo 3: A healthy swarm of honeybees in a water meter.



Photo 4: Sadly, someone killed them, leaving the dead bees there.

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Bridge – Try It, You’ll Like It

By: Lew Roth (Sheffield)

Every Card Counts

Bridge is a very difficult game to master. First, there is the bidding, which many players believe is the hardest part. They are wrong! Bidding is difficult, but not the most difficult. Why? Because bidding has many rules to help you. You and your partner can communicate fairly easily, and find the best contract, if you follow the agreed upon rules and conventions.

The easiest part of Bridge is, of course, dummy play. Why? You do nothing! Well, almost nothing. You are allowed to keep your partner, the declarer, from making a mistake. Not a mistake in playing the hand, but a mistake such as calling for a card not in the suit being led or telling Partner which hand he is in.

The next easiest part of the game is Declaring. Here you are in complete control. You can play what you want and call for Dummy to play what you want. Dummy cannot disagree with you nor can he or she disagree with you and do as he or she pleases.

So, what is the most difficult part of Bridge? Defense!

Why is defense so difficult for many players? It is because you and your Partner have not learned to communicate with each other. Firstly, you must remember the bidding. Secondly, you must pay attention to your Partners discards and thirdly, you must discard properly. Every card counts!

Let’s talk just briefly about the bidding. If your Partner has bid a suit, it makes sense to play that suit at your first opportunity. What if your Partner bids a suit, but doesn’t open that suit? Very likely, he wants you to play that suit because he has a K, J, or an A, Q. What if your Partner bids a suit more than once showing length in that suit, but leads a different suit? Most likely the led suit is a singleton.

A careful examination of your own hand, the Dummy hand, and the bidding should tell you how the cards lie. If Partner has bid, he should have points. He can help you establish winners. If Partner has been silent throughout the auction, don’t count on him to have the missing honors. So many times, you hear at the Bridge table, one Partner saying to the other, “I was hoping you had...”. A silent Partner promises nothing.

As you probably know, there are several different defensive carding systems. I can discuss some of them in a later article, but for now, let’s just assume everyone is playing standard defense. What that means is that a high card signals that you like it and a small card signals you don’t like it. Signals can be for count, i.e., high/low means that you have 2 of that suit. Signals can be for attitude, i.e., a high card means play that suit again or the higher ranking suit next.

Let’s look at a couple of hands.

	Dummy	
	♠ Q, J, 10, 6	Partner
You		♠ 9, 2
♠ A, K, 5, 4	Declarer	
	♠ 8, 7, 3	

You open with the A of Spades. What should your Partner play? The 9, of course. He wants you to come again, so he can show you the high/low and trump the third round.

Now, what if Partner has 9, 3, 2 and Declarer has 8, 7 ... what should Partner play when you lead the A of Spades? The 2, of course. He does not want you to play the K, because that will set up the Q and J for declarer to throw away losers. But what if you

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BRIDGE – TRY IT...(continued from page 17)

are not paying attention and you do play the K next? Partner may play the 3 or the 9. Hopefully, this will discourage you from playing that suit again. If you are now paying attention, you know Partner has a third spade because he did not play high/low. You must then switch to some other suit. But what suit does Partner want to switch to? If he plays the 3, he wants the lower ranking suit (if Hearts are trump, he is asking for a Club), if he wanted a Diamond, he will play the 9.

This is why defense is so difficult. Not only do you have to discard properly, and pay attention to your Partner's discards, but you, must also discard as to prevent your Partner from making errors.

Now that we have established that Defense is the hardest part of Bridge, let me tell you that Opening leads are the hardest part of Defense. But let's save that for another time. In the meantime, it is enough to remember that Every Card Counts!

The Sunny Shores

By: Estelle Morganstein

Our annual HOA meeting took place on November 9th. It was preceded by a lovely cocktail reception for Diane Greenberg who recently retired as Secretary of The Shores after more than twenty-five years of service to our community. Thank you to all those who came out to show their appreciation for all her hard work over the decades on behalf of the homeowners at The Shores at Aberdeen.

Elections for our 2023 Board of Directors were not required as all our sitting Board members filed to serve for the coming year and there were no new nominations received. Therefore the 2022 Board of Directors had their term automatically extended for one more year.

The 2023 HOA Board of Directors is as follows:

David Littman	President
Estelle Morganstein	Vice-President
Eileen Cowan	Secretary
Pam Breier	Treasurer
Helen Gillan	Member at Large

Issues facing not only The Shores but all communities in Florida include upgrading/replacing our roofs to bring them up to today's state standards and of course, the rapidly rising cost of property insurance and finding the means to cover these anticipated

(continued on page 20)

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THE SUNNY SHORES...(continued from page 18)

expenses. As well, our cable services are increasing in 2023 in accordance with the existing contract which the Aberdeen POA signed with Comcast. Added to this is the ever-rising cost of food, gas, etc. that have contributed to the approximately 8% inflation rate we face these days and which is real cause for concern for everyone to grapple with.

NEIGHBOR NEWS

A hearty welcome to Shelly Ann and Tonya Scott-Dopson who closed on their new home recently, having move down to Palm Beach County from Kissimmee. On a sad note, one of our few remaining original homeowners, Marcella Chilcote passed away recently at age 95. Many of you may remember her from the rigorous walks around the community she undertook religiously.

This being the holiday season for most of our residents, I would like to wish everyone a Merry Christmas, a happy Chanukah and a peaceful and prosperous New Year. See you in 2023!

Sterling Lakes

By: Judy Lukow

Holidays and a Time to “Pay It Forward”

Welcome back snowbirds! Take your winter coats off and stay awhile. The beautiful weather has been waiting for you.

We’ve just completed the first big holiday of this very busy season. I hope you all enjoyed your Thanksgiving and are looking forward to the upcoming festive, religious holidays and New Year’s Eve. This is a time of year where many unforgettable family and friend memories are made.

Maybe we can make an unforgettable memory for a stranger too. This is the season for giving so let’s talk about “Paying it Forward”. It’s always a good feeling when a stranger surprises us with kindness.

Charles Dickens said, “No one is useless in this world who lightens the burdens of another.”

So, in the spirit of making a stranger feel good and in turn making yourself feel good, here are some suggestions:

- Let someone go in front of you online
- Pay for a stranger’s coffee or meal
- Give up your seat
- Encourage someone by leaving a message on

a post-it note (keep post-it-notes in your pocket to be ready)

- Leave a big tip for a server or waiter
- Return another person’s shopping cart
- Carry someone’s bags
- Pay someone an honest compliment
- Offer to take a photo
- Help someone with a task
- Encourage someone who needs it with a few

words

• Leave coupons next to corresponding products in the grocery store or on community boards

Here are some things I’ve been doing:

Whenever I see a law enforcement officer, veteran, an EMS technician, someone in a military uniform or a firefighter I always tell them “Thank you for your service”.

Lately I’ve been thanking people who are employees of a store for doing a good job. We need workers so badly I hope these workers stay.

Whenever I see someone taking a photo of the person(s) they’re with, I offer to take a photo of them together. I even pose them. LOL! I say, “cheek to cheek”. The photos always come out so nice when their cheeks are touching each other. Try taking pictures that way - you’ll see.

While waiting on a line or in a waiting room, I’ve complimented a person on their hair, their clothes or something that stands out about them.

I also like to go into a doctor’s waiting room and if I see it’s crowded and everyone is quiet, I say, “Are we having fun yet?” or “Is this where the party is?”

From the list I just included, I’ll be keeping post-it-notes in my purse with a pen to be ready. I look forward to leaving a note somewhere in a store or restaurant that may make someone reading it feel good.

Carole Adelman: People crochet ducks and leave them on a cruise ship.

I looked this up online and indeed there is a *movement* of “**Cruising Ducks**”. Not only crocheted but rubber duckies will do. They come with instructions to “keep or hide, you decide”. Love it!

I hope you all have a very Happy Holiday, a

(continued on page 21)

STERLING LAKES...*(continued from page 20)*

Healthy New Year and a Happy time with "Paying it Forward"!

FYI - Aberdeen Women Just Want to Have Fun Luncheon

There's a new club in the Aberdeen town, Women Just Want to Have Fun Luncheon and as of this writing, the first big luncheon will take place in 2 days AND there are 105 reservations!!!

I wrote an article you'll find in this Aberdeen Times issue about this new club so look for it.

Sharing Good News

Sheila Hyman: Sheila and her main squeeze, Irv, are at it again! They returned from a wonderful steamboat cruise on the Ohio River! Sheila said, "Seeing middle America was interesting and informative. History is abound in these quiet towns and they are such clean cities - nothing on the ground!" Wherever they go next, I hope they can squeeze me in their suitcase!

Ronnie and Mike Wiederlight: We have good news! Our granddaughter Sydney Bennett who is at Northeastern University for her graduate program has just received two A's! Our granddaughter Carly Bennett who is at George Washington University

for her Masters program has just also received two A's AND is having her first article published with her associate at the Brookings Institute where she is working! All good things happening! WTG Sydney and Carly!!! It feels so good when our grandchildren make us swell with pride!

Welcome to Our New Sterlingites!

Michael and Michelle Schneck

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Bocce Ball Is Growing At Aberdeen – Come Join in The Fun!

By: Danny Keller, Bocce Chairperson, Aberdeen Country Club

The Bocce Committee is experiencing exciting growth of member participation in Bocce.

Over the summer through October, there were 10 Bocce Events (Learn and Play, Clinics and a Seminar) that attracted over 300 participants and created to date 107 new players in committed games based on the days and times that works for them.

Our Bocce Committee mission is to increase our members' membership experience through Bocce Play, where members meet other members, make friends, socialize and above all have FUN!

We teach our members the rules of the game, the proper bocce etiquette and how to play the game (with all of the basics to become a very good player if that is what you wish).

We have multiple types of play available: casual games, competitive games, private games. You name it, we offer it.

During November, we will have Learn and Play Bocce Events on November 16th and the 29th.

We offer an average of 2 new Bocce Events monthly. For December, we will be having a set of 3 hourly sessions 5PM-8PM, on December 6th and 14th, and a Bocce Q&A Seminar on December 12th.

Anyone member can play Bocce. There is no charge to play. You do not have to be a star athlete to play the game or have fun or to become a star Bocce Player. It's very social. It's not physically challenging. It's easy to learn. And above all, it's fun, a lot of fun!

For those who want private instruction to learn the game, feel free to contact **Danny Keller, Chairperson Bocce Committee at 240-606-1000 (by phone or text) or by email at dkeller@jrasociates.com**. He is very accommodating.

There are three ways to make a Bocce Reservation and play at your leisure:

- 1) Go online to our new website and make a Bocce Reservation.
- 2) Call or go into the Golf Shop and make a Bocce Reservation.
- 3) Call the Reception Desk at the Club and make a Bocce Reservation.

Hope to hear from you or see you soon.

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It's Happening At PAP

By: Ann Haar (Oxford Place)

In honor of October's Breast Cancer Awareness Month, on Saturday, October 15th, First Lady Jill Biden visited University of Miami Sylvester Comprehensive Cancer Center in Plantation to address the significance of breast cancer early detection, clinical research, and delivery of quality care. She was accompanied by Congressional Representative Debbie Wasserman Schultz, a breast cancer survivor. She was given a tour of the facility and met with Dr. Stephen Nimer, Director of Sylvester and other physicians involved in breast cancer research and care. Because of South Florida's diverse community – 43% Hispanic and 24% Black, Sylvester can better understand specific risk factors for this community and others where these health irregularities may exist. What an honor it was to have the First Lady recognizing Sylvester as one of the top centers in the United States for cancer research and care.

At the October Pap President's meeting, I had the privilege of listening to Carmen Calfa, M.D., a

breast medical oncologist. She is Associate Director of Community Outreach, Assistant Professor of Clinical Medicine University of Miami Miller School of Medicine, and recipient of the 2020 Clinical Research of the Year Award. She received her medical education at the University of Medicine in Roumania and the University of Miami.

Among other topics, Dr. Calfa spoke about genetic testing for the BRCA gene, especially for Ashkenazi Jewish women. She also talked about other genetic mutation testing that is currently available. She informed us of what we can do to modify risks of breast cancer such as regular exercise, diet, mammography, self-examination, and the management of weight and alcohol use. With the use of DNA testing, Precision Medicine and other treatments, the survival rate even for Stage 4 patients continues to go up. Some other interventions include acupuncture, music therapy, sex therapy, and family involvement.

Any member can attend these very informative monthly President's Meetings at Boca West by registering when you receive the flyer. It also

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IT'S HAPPENING AT PAP...*(continued from page 24)*

includes a wonderful continental breakfast! The last meeting included a tribute to "Physicians Referral & Survivorship". This program allows you to obtain an expedited appointment with one of the wonderful physicians at Sylvester by calling Rita Zide 561-736-1396. Do not try to make this appointment on your own. If you do, you will jeopardize your early appointment.

Specialty License Plate Voucher Request flyers are available in the Club House lobby. A sample of the plate is on the flyer. The cost is \$33.00. Pap receives \$25. All you need to do is go to the web site www.thepapcorps.org/pap-plates to see various methods to purchase the plates. What a wonderful way of donating to Pap and beautifying your license plate!

In my previous article I told you that the Aberdeen Chapter of the Pap Corps was number four among 52 Pap chapters in fund raising. This could never have happened if it wasn't for our wonderful Fund Raising Committee headed by Ellen Schwartz. The other members of the committee include Susan Goldstein, Gloria Berger, Dale Krulick, and Randi Evans. These women work tirelessly on our events. When it was impossible to hold these events because of Covid, they thought of other ways to raise money that didn't involve people contact. Kudos to Ellen and her wonderful committee.

Our upcoming events include our December 8th Card Party to be held at our Club and our signature event, A Night at the Races on March 19th to be held at Benvenuto's. Sponsorships are still available so please check out our flyers in the Club lobby and Fitness Center. Also check out all our information and events on our web site, aberdeenpap.org.

Don't forget our beautiful Tribute Cards. Many new ones are available. Should you want to keep a small inventory of cards like I do, you can view them and purchase them on our web site, aberdeenpap.org, or you can purchase them by calling Janet Friedman at 561-777-8977. If you wish, for a small additional fee, Janet will even send the cards for you.

As you can see, we are all working to achieve OUR MISSION. To enable and support, through the funds we raise, the vital research programs at Sylvester Comprehensive Cancer Center and the University of Miami School of Medicine, so that we might see a world without cancer during our lifetime.

Do You Remember?

By: Bea Lewis (Guest Columnist)

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 so they flagged down a police car to ask 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. When the officer realized that this would take forever, he put on his siren and told Gail and Paul to follow him.

When the couple pulled up in front of the restaurant, the maître de 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!

Another thing that is frustrating is when you recognize someone but you can't remember their name, even when you are a famous author like the late Nora Ephraim. She worried that when she and her husband would go to a press party for one of her books, she wouldn't remember someone's name. Her solution, she said, was to poke her husband's arm as a signal for him to ask for the person's name. He agrees to the game plan. No problem, he says. (Well, maybe.) They go to the party. Nora is happily meeting and greeting her fans until she meets someone whose name she can't remember. So, she pokes her husband's arm (the agreed upon signal for him to ask for the person's name.) Obviously, he forgot about

(continued on page 26)

DO YOU REMEMBER?...*(continued from page 25)*

the “arm poke” signal because he turned to Nora and in a gruff voice asked “What did you hit me for?”

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 danced the night away –both with their walkers. At the end of the evening Max turned to Rose to say he loves her and wants to marry her. Life is short, he said. 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!”

Marty’s Recipes

By: Marty Hyman (Waterford)

Potato Latkes for Hanukkah

Every December my family has looked forward to eating the tasty, salty, crisp latkes that are so strongly associated with the holiday of Hanukkah. To celebrate the miracle that happened in 168 BCE, Jews typically eat foods fried in oil like latkes and sufganiyot (jelly doughnuts) to commemorate the miracle of the one-day supply of purified oil that lasted eight days. For those of you who’ve never been graced with the tastes of a latke, they’re basically superior hash browns.

In 1835 Czar Nicholas I of Russia, in order to deal with a large and unwanted Jewish population that had come under his rule when Russia annexed Poland in 1772, created the Pale of Russia. It was a restricted region, yet it possessed no official borders. It covered an area from the Baltic Sea to the Black Sea, and at its peak its population swelled to nearly five million Jewish people.

Many groups of Jews from nations such as Ukraine, Belorussia, Lithuania, and Poland lived in the Pale. It was established by the Czar to prevent the Jewish population from mingling with Russians.

While there is no evidence of these tasty morsels in 168 BCE, the use of potatoes to make these treats came as a result of crop failures that took place in the Pale in Poland and the Ukraine in the early 1800’s.



This resulted in mass planting of potatoes. Since it was easier at the time for people to make potato latkes versus cheese latkes, it soon became a passed down tradition.

Using a hand grater to prepare the potatoes and onions can sometimes lead to accidental inclusion of knuckle blood, traditionally from a great aunt. Take care to avoid adding this ingredient.

INGREDIENTS

- 2 large Russet potatoes (about 1 pound), scrubbed and cut lengthwise into quarters
- 1 large onion (8 ounces), peeled and cut into quarters
- 2 large eggs
- ½ cup all-purpose flour
- 2 teaspoons coarse kosher salt (or 1 teaspoon fine sea salt), plus more for sprinkling
- 1 teaspoon baking powder
- ½ teaspoon freshly ground black pepper
- Safflower or Peanut oil, for frying

PREPARATION

1. Using a box grater (be careful of your knuckles) or a food processor with a coarse grating disc, grate the potatoes and onion. Transfer the mixture to a clean dishtowel and squeeze and wring out as much of the liquid as possible. This is an important step.

2. Working quickly, transfer the mixture to a large bowl. Add the eggs, flour, salt, baking powder and pepper, and mix until the flour is absorbed.

3. In a medium heavy-bottomed pan over medium-high heat, pour in about 1/4 inch of the oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), use a heaping tablespoon to drop the batter into the hot pan, cooking in batches.

4. Use a spatula to flatten and shape the drops into discs.

5. When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned, about another 5 minutes.

6. Transfer the latkes to a grate or paper towel-lined plate to drain and sprinkle with salt while still warm. Repeat with the remaining batter.

7. They are traditional served with a both applesauce or sour cream.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com



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Aberdeen Women Just Want to Have Fun Luncheon!

By: Judy Lukow (Sterling Lakes)

There's a new club in the Aberdeen town called **Women Just Want to Have Fun**.

With permission from our president, David Tager and our General Manager, Jeff Riegler, the Aberdeen Golf and Country Club graciously agreed for our newly formed club to have monthly luncheons at the Panache. Nicole Palaigos, Director of Events, worked to make this happen. Thank You all!

Ladies – Mark Your Calendar!

The first Monday of **every month** at 11:30am we'll be having the **Women Just Want to Have Fun Luncheon!** We'll meet old friends and make new friends and have some fun, while lunching, with trivia and other surprises. Look for the beautiful flyer Nicole and her team creates for our monthly lunches. They'll be coming to you each month in an email, on the Aberdeen website and in the clubhouse lobby. The flyer explains where to go to make reservations online or the number to call (561-735-9917). There will be a deadline to make the reservations so make them quick! Our first big luncheon in November had 105 reservations and they had to stop taking reservations!

Our December luncheon is Monday, December 5th at 11:30. Make those reservations ladies!

Monthly Adventures

Along with the monthly luncheons at the clubhouse, we're planing a **monthly adventure** somewhere in south Florida. Some examples of adventures coming in the new year are:

January 25th, Wednesday, Water Taxi in Fort Lauderdale:

A hop on – hop off boat ride taking you to 10 different stops. The Water Taxi is more than just a boat ride. Our Captains and Crew are well-versed on the city and the many attractions that can be viewed from the water. Enjoy the fresh air, a clean environment, a refreshing drink, a fun narration of this wonderful destination.”

You can stay on the boat and take the full tour or get off at any of their 10 stops and browse. We'll also be planing a lunch that day at one of the stops.

February 22, Wednesday, 1:00 pm, The Delray Playhouse “Funny Women of A Certain Age –

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March 4th, Saturday, The 35th Annual Las Olas Art Fair:

We're planning a bus and having lunch at a restaurant. The iconic event takes place from 10 am to 5 pm on Saturday and Sunday. Located in the heart of Fort Lauderdale. Las Olas Boulevard has everything for a wonderful day window-shopping and dining at one of the fabulous sidewalk cafes. You'll find a multitude of art galleries, eclectic boutiques, and dining options that range from Cuban-American cuisine to fresh seafood caught in the Atlantic Ocean.

We hope to see you at our luncheon and enjoy our adventures together!

Adele Reinstein – Areinstein@aol.com – 732-547-7956

Judy Lukow – JudyLukow@aol.com – 973-851-6067

Bette Korn – BK1144@aol.com – 732-688-0212

Phyllis Hoffer – PhyllHof@aol.com – 201-788-5648.

Simcha Hadassah Happenings

By: Ilissa Nelson

We had a fabulous in-person meeting on November 7th, with over 35 ladies and several new members and prospective members in attendance. Iris Sandberg spoke on all of the advancements Hadassah has made and continues to make in the medical field. We have had quite a few people move into Aberdeen. If you know of anyone who would like to join our chapter, please have them contact Ellen Gold at Gold_ellen@hotmail.com. In addition, if anyone would like to be on our email list, send a notice to StephL215@gmail.com. Thank you to those who joined our Card Party on November 14th, where we raised funds for Youth Aliyah and the Ukraine. Other future events include our installation of the new board on December 5. We will also be taking a walking tour of Mounts Botanical Garden in West Palm Beach (Dec. 14th at 10:30am) and Worth Avenue (Feb. 9th at 10:30am).





The Aberdeen Times is looking to recruit the following openings:

- All volunteers are welcomed to apply and assist the AT staff
- Assistant Editor
- Treasurer and Assistant Treasurer

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or Denise Scibilia / Business Manager E: scibd7944@gmail.com

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DID YOU KNOW?

After the Storm

Contributor: Laurie Wohl (Ashford) from FBI and FTC webpages

Even if you have an excellent disaster plan in place, dealing with the aftermath of a severe weather event is never easy. Here are a few tips you need to know to help with the recovery process after the storm passes by.

Auto Damage: The Florida Motor Vehicle Repair Act requires anyone who is paid to repair motor vehicles owned by other individuals to register with FDACS. The act applies to dealers of new and used cars, trucks and motorcycles; garages; service stations; self-employed persons; truck stops; and paint, body, brake, muffler, transmission, mobile repair and glass shops. The act establishes requirements for estimates and invoices. Review estimates and contracts carefully for language that may assign your insurance policy benefits directly to the repair shop. Click Motor Vehicle Repair for more information.

Charities: Give wisely! All charities soliciting within the state of Florida (excluding religious, educational, political and governmental agencies) are required to register and file financial information with FDACS. Call 1-800-HELP-FLA or 1-800-FLAYUDA en Español or use our online Check-A-Charity tool to find out if a charity is properly registered. You can also find out how much the charity is spending on administration and fundraising and how much money goes to actual programming.

Contractors: Check the license and complaint history of contractors before signing a contract or agreeing to have anyone do work for you. Call the Department of Business and Professional Regulation at (850) 487-1395 or go to MyFloridaLicense.com. Do not sign an "Assignment of Benefits" form for a contractor if you have not been instructed to do so by your insurance company. **File a Complaint:** Do you have a complaint about a business? FDACS can help, regardless of whether we regulate the specific industry. Call 1-800-HELP-FLA or click File a Complaint for assistance.

Insurance: Don't respond to robocalls, text messages, or emails regarding your insurance premiums or coverage. Call your local insurance agent or the company's customer service number listed on your policy or insurance card to verify any messages you receive about your insurance.

Food Safety: Discard perishable food that has been stored in temperatures above 41° F for four or more hours. Dispose of any food that has an unusual odor, color or texture or feels warm to the touch. If in doubt, throw it out! Inspect canned foods for damage. Damaged canned food shows swelling, leaking, punctures, holes, fractures, deep rusting, crushing or denting. If flooding occurs, discard any food not in a waterproof container that has come into contact with flood water. Contact your county Department of Health if you suspect that you well may be contaminated.

Fuel: The potential for water contaminated fuel incidents increase after a considerable storm. If you witness flooding at a station during or immediately following a storm report it to the department so we can have an inspector check the storage tanks for water contamination. Always keep the receipt of purchase and report any possible contaminated fuel incidents to the department's Division of Consumer Services at 1-800-HELP-FLA or 1-800-FL-AYUDA en Español.

Generators: Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning device inside a home, garage, basement, crawlspace or any partially enclosed area. Keep these devices outdoors and away from doors, windows, and vents that could allow carbon monoxide to come indoors.

Landlord/Tenant: If you live in a rental property that was damaged by the storm, you need to know your rights and responsibilities and those of your landlord. Visit Landlord/Tenant Law for more information or refer to Florida's Landlord/Tenant Law, Chapter 83, Part II, Florida Statutes.

Price Gouging: Anyone who suspects price gouging should call the Office of the Attorney General at (866) 9NO-SCAM or file a complaint online at MyFloridaLegal.com.

Skimmers: Thieves will take advantage of the power outages to install skimming devices. Always check for security measures on the pump and be aware of your surroundings. Look around for possible cameras, or any suspicious equipment that doesn't belong on the pump. Please remember not all pumps require Security Tape. Some pump systems have internal security, if in doubt ask the store personnel about the pump security. Report any evident signs of tampering or unauthorized access to fuel dispensers to the department's Division of Consumer Services at 1-800-HELP-FLA or 1-800-FL-AYUDA en Español.

South Florida Basketball Association

By: Jerry Donner (Lancaster Lakes)

What differentiates the South Florida Basketball Association from other groups?

On January 18, 2023, the South Florida Basketball Association will hold its **Annual Legends Charity Luncheon** and honor NBA Hall of Famers and Top 75 Players, Billy Cunningham of the Philadelphia 76ers and founder of the Miami Heat and Dave Bing of the Detroit Pistons and former Mayor of Detroit.

The SFBA will also **commemorate the 50th Anniversary of Title IX** by honoring Donna Orender, Former President of the WNBA and Senior Vice President at PGA. Donna will be introduced by Lucille Kyvallos, the legendary former woman's basketball coach at Queens College. Master of Ceremonies for the event is Dave LaMont, ESPN Sports Commentator.

The SFBA celebrates the life of Dave Weissman, who recently passed away and led the SFBA as President for many years. **Our goal is to keep Dave's**

legacy alive...for many years. Dave's partner Judi Gottlieb, as well as SFBA board members Jerry Donner, Stuart Kerzner and Bruce Weisbard are all residents of Aberdeen Lakes.

SFBA is a nonprofit charitable organization and a significant donation from the luncheon revenue will be made in Dave's honor to the American Friends of Israel Sports Center for the Disabled.

Tickets for the luncheon, to be held at The Club at Boca Pointe, are \$85 and can be purchased on the SFBA website (<https://www.sfbassoc.com>).

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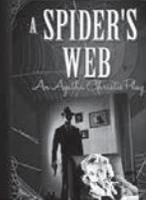
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HOST COMMUNITY WELCOME – VALENCIA BAY

- Irwin Cohen, COBWRA Delegate, welcomed everyone to the community on behalf of Ken Albert, HOA President.

SPONSOR GREETING – BETH RAPPAPORT

- Introduced the Breakfast Sponsor - Danny De Freitas, VP of Client Services from Xtreme Landscaping, who greeted and informed the delegates that their service is used in many southeast Florida communities.

ELECTED OFFICIALS’ REPORTS

CONGRESSWOMAN LOIS FRANKEL

- FEMA assistance is available to local Hurricane Ian tornado victims.
- Hearing aids are now available on-line and over-the-counter without a prescription.
- Congress approved a yearly cap of \$2,000 in 2025 on out-of-pocket prescription drug costs in Medicare, and a cap of \$35/month for insulin beginning in 2023. Medicare will be negotiating prices with pharmaceutical companies to help lower costs.
- Social Security monthly payments will be increased an average of \$140 /month in 2023.
- People over 65 years of age are involved in 36 million falls each year costing the country \$50 billion annually.
- Reminded people to vote and that Vote-by-Mail ballots will have to be requested, by the voter, for election cycles after Nov. 8, 2022.

COMMISSIONER MARIA SACHS

- Encouraged delegates to contact her office when needed.
- Voiced that we should work to keep open land and thanked COBWRA members for their efforts to control overdevelopment.

COMMISSIONER MACK BERNARD

- Spoke about the ballot bond issue - County Question #1 - funding for Affordable and Workforce Housing.

SCHOOL BOARD VICE-CHAIR KAREN BRILL

- The new West Boynton middle school will be named at this evening’s meeting.
- Reminded delegates to support County Question #2 regarding funding for the School District.



FIRST RESPONDERS’ REPORTS

PBSO MAJOR CHRISTOPHER KEANE

- The Sheriff’s Office recognizes the need to build trust with the community, warned people to be aware of scams, spoke of the Therapy Dog Program that supports victims of crime, and kids with speech and other issues.
- “Operation Hot Wheels” works to clear roads of drag racing and speeders and thanked Beth Rappaport for working on Facebook Live with PBSO to answer questions.

TONY KEELER FOR PBCFR DISTRICT CHIEF STANSBURY

- Reported that the 9th fire station in Battalion 4, located at Flavor Pict and Lyons Road, will be working out of a trailer beginning in the 1st quarter of 2023.
- Battalion 4 responded to 3,100 calls last month.
- Noted we need to remain prepared for hurricane season.

GROWTH MANAGEMENT REPORT – DAGMAR BRAHS

Two projects were presented:

- LTG Sports Turf - just west of US 441 and Boynton Beach Blvd. - specializes in construction and maintenance of athletic facilities. The Committee and Board recommended support of the proposal with the exception that a self-storage building not be permitted. Delegates voted in favor 46-2.
- Towns of Tidewater – on the south side of Hypoluxo Rd. between Military Trail and Jog Rd. The Board recommended denial of the townhome community due to the MR5 density being out of character with the area, incompatibility with the surrounding neighborhoods, and the workforce housing units not being built on site. Delegates voted in favor of recommending denial 51-0.

PRESIDENT’S REMARKS – STEVE WALLACE

- Held a moment of silence in memory of Shirley Saporito, a long-time delegate from Jamaica Bay.
- Spoke of the importance of voting in the upcoming election and that COBWRA supports County Question #2 - funding of PBC schools that directly impacts school safety and teacher pay.

GUEST SPEAKER – MICHAEL J. BURKE, SUPERINTENDENT, THE SCHOOL DISTRICT OF PBC: “STATE OF THE DISTRICT”

- The A-rated school district is the 10th largest in the US.
- He spoke of the District’s Strategic Plan which seeks to Educate, Affirm and Inspire every student.
- Reminded delegates that the annual Showcase of Schools. The application window opens on November 1.
- Asked that the voters say YES on County Question #2 which supports funding for increased teacher pay, supports mental health services for students, speaks to school safety and provides for music and art.
- Thanked the COBWRA volunteers who serve on many District Advisory Committees.

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Mold Removal



Mold Testing



Toxic Black Mold Removal

Concerned about mold?
Talk to the experts with over 10+ years of experience.

OUR CLIENTS SAY IT BEST



"J & R can't be beat. These guys did a perfect job, were priced reasonably and were total pros. The results were excellent."

- Gerry T.

"Joe and his team were complete professionals. From day one they were easy to communicate with and their follow up was impeccable."

- Thomas F.

"J&R Restoration is truly a company you can trust. They did a fantastic renovation to our home. Their crew consist of highly skilled and respectable professionals."

- Janice T.



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