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January, 2023



JANUARY



AGCC – Presidents Report

By: David Tager (Muirhead)

As we approach the holiday season and the New Year, I'm feeling a great sense of optimism and excitement. Given the efforts of our talented management team, the many members who work on club committees and, as result of the extraordinary efforts of our employees, Aberdeen has evolved into a jewel in the country club capital of the country.

Since becoming President of the Board in March of 2022, and remembering my previous tenure as Board President, there has never been a time when I have received so much positive feedback from the membership pertaining to all aspects of the Club. Sure, the Board and Management still receive some concerns and/or issues from individual members.

However, the overall tone and feeling in the Club is one of positivity and optimism. If you want to experience the positive tone I'm referring to, just go to the SSL in the late afternoon or evening, or experience Mirage on selected Saturday evenings each month, or try the weekend breakfast menu at the Oasis Cafe. Additionally, it's gratifying to watch members participating in healthy and fun activities like tennis, pickleball, bocce, golf or working out in the Fitness Center. When I think of my own experiences at the Club, whether it's dining, playing tennis and

(continued on page 2)

Jon's Journal

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

I wanted to thank all of those who have sent positive comments about how the Aberdeen Times is shaping up with the new leadership team. I wanted to especially thank Denise Scibilia, our Business Manager who is taking on numerous responsibilities, allowing me to focus on all the interesting articles submitted each month. Regardless of your background, we are always looking to finding new members of our community who are interested in helping us continue to contribute to the Aberdeen Times with timely and interesting stories. Our contact information is provided in the masthead of every issue and we encourage you to contact us.

We are fortunate to have a core of contributors who have been submitting stories month after month, year after year. We so appreciate your contributions in the past, present and future. If you have any ideas about stories that may be of interest to the Aberdeen community, please do not hesitate to contact us. Keep in mind that we have a deadline of the first week of the month PRECEEDING publication, so articles about upcoming events need to be for the following month. We have guidelines that we can provide to new contributors. Our articles typically

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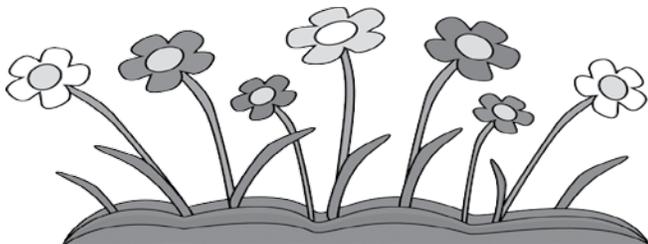
By: Maris Levy (Addison Green)

My mother was a very family-oriented woman who wanted to name her newborn baby daughter, me, after two beloved women in her family. She was reading a book and saw the name, Stella-Maris. How perfect she thought, two names with a hyphen to make one name, and it fit the bill for her naming her two beloved women. Everything went smoothly until I was about four years old. At that time my mother was informed by her sister's childhood friend who was entering a convent to become a nun, that my mother's Jewish child, me, had the name of a Catholic Saint. Oh well, too late to change that!

Years later, I learned in a high school history class that Stella in Latin means Star and Maris means Sea. This is the Latin means of denoting the North Star in the skies used by the early Norse Sailors to navigate their ships. So now I'm a Saint and a GPS! Okay, so I'll have to deal with all of that, and I could because I always thought the Latin meaning of my name, "Star of the Sea", made it sound very pretty and unique, until one day it dawned on me that "Star of the Sea" actually made me sound like a can of tuna fish!

The final straw came when Marlon Brando starred in the movie, "On The Waterfront", and killed the name Stella by yelling, "Hey Stella". Till this day, people mimic his voice and the iconic way he screamed it out. I've endured much teasing over the years due to this famous movie and this line from it.

Consequently, is it any wonder that I go by the name Maris, and only use Stella-Maris when my legal name is required on legal documents, in doctors' offices and the like. In closing, let it be known that my mantra and the moral of this dissertation is, "Pregnant Women Should Not Read Books"!!!



BBB Scam Alert

By: Laurie Wohl (Ashford)

Protect your home. Spot the signs of deed theft.

This scam targets homeowners who are already financially vulnerable, leaving them buried in debt or even homeless. Here's how to spot the signs of deed theft before it is too late.

How the scam works

You are behind on your mortgage payments and live in an area with a hot real estate market, such as New York City. Someone contacts you, claiming to be a "foreclosure specialist" or similar title (in reality, scammers are using public records to find homeowners who are in foreclosure or behind on their mortgage). This person seems trustworthy and empathetic to your financial struggles. Even more importantly, they have a plan to help you keep your home!

In some cases, this "foreclosure specialist" offers to help modify your mortgage and lower your payments. But first, you need to sign a few legal documents. If you don't read everything carefully, or if you allow the con artist to fill in documents after you've signed, you may well sign something that

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BBB SCAM ALERT...*(continued from page 4)*

transfers the title of your home to the scammer.

In other cases, scammers may ask you directly to sign over your home deed for "safekeeping." They may promise that your property will be transferred to a trusted relative, so you can avoid foreclosure until your finances are back in order. Scammers then transfer your home to their name or the name of a shell company. If the document is notarized and filed with the County Clerk, the house will technically belong to the scammer.

Once you've signed over your deed, scammers may require you to make monthly "lease" payments. Eventually, they will evict you and take possession of your home. In either case, getting your home back after you willingly signed over the deed, even if a scammer misled you, is a very long and difficult process.

How to avoid deed theft

Refuse to sign over your deed. Don't let a scammer pressure you to sign over your home in return for repaired credit or avoiding foreclosure. If you sign over your deed to someone else, there's no guarantee you'll get it back.

Watch out for high-pressure offers. Scammers often use high-pressure tactics to provoke an emotional reaction in their victims. If someone pressures you to act or says you'll lose your house if you don't accept their "help," be wary. You are likely dealing with a con artist.

Stay alert to false promises. Scammers often pose as foreclosure rescue specialists who can guarantee your home is safe if you accept their services. Keep in mind that a legitimate business won't make promises they may not be able to keep.

Get help from trustworthy sources. If you are behind on your mortgage or other bills or have received a pre-foreclosure notice, contact a local housing counseling organization to get help. In the United States, see this list of government-approved housing counseling services.

Editor's note: See "Did You Know" article on page 20, to see how to sign up for Property Fraud Alerts in Palm Beach County.

**Canterbury Communique**

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's the month of January...the name January derived from Janus, the Roman god who presided over the gate to the New Year. It's the beginning of the year 2023, and the traditional time for making resolutions for personal development and improved interpersonal relationships. As Oprah Winfrey said, "Cheers to the New Year and another chance to get it right." Hopefully, most of us will be motivated and committed to achieving the goals we set for ourselves in our New Year's resolutions.

In pursuing our goal of becoming more knowledgeable of Florida and its history, we're continuing with the theme of highlighting famous Floridians, both past and present. For our purposes, the chosen individual doesn't have to be born in the state, but should have spent a significant time living in Florida and/or shaping events in the state. Our choice for this month is Janet Reno, the first woman to serve as U.S. Attorney General.

Janet Reno was born and raised in Miami. After leaving to attend Cornell University and Harvard Law School, she returned to Florida and began her career

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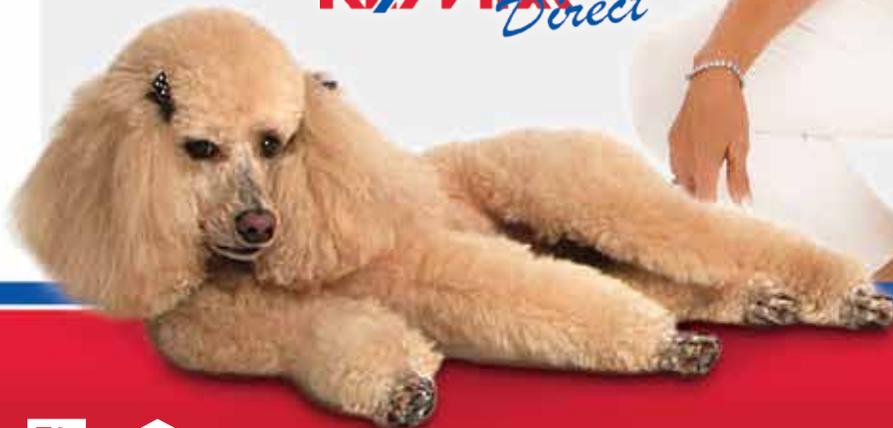
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CANTERBURY COMMUNIQUE...*(continued from page 6)*

at private law firms. Her first entry into government work was as a staff director of the Judiciary Committee of the Florida House of Representatives. She later worked for the Dade County State Attorney's Office before returning to private practice.

In 1978, Reno was appointed State Attorney for Dade County by Governor Reubin Askew. The first woman to serve in that position, she was subsequently elected to the office four more times. During her tenure of 15 years, she established a drug court which was later replicated in other parts of the U.S. Her cases varied greatly... from political corruption to child abuse. She led a crusade against accused child abusers, and was a pioneer in the use of "Miami Method", which allowed young children to testify by closed-circuit television.

In 1993, Reno was thrust into the national spotlight when nominated by President Bill Clinton to become part of his cabinet. Interestingly, his first two choices were disqualified for having employed undocumented immigrants as nannies. Confirmed by the Senate by a vote of 98-0 and sworn in the next day, Janet Reno became the first woman to serve as U.S. Attorney General.

In her new position, Reno faced many controversial decisions including: the FBI siege of the Branch Davidian compound near Waco Texas; the return of Elian Gonzalez to his father in Cuba after his mother died while attempting to flee to the US; and the prosecution of Microsoft on charges of anti-competitive violations.

After her years as Attorney General and an unsuccessful gubernatorial bid, she toured the country speaking on topics related to the criminal justice system. She was also a founding member of the Innocence Project, a non-profit organization which assists prisoners who may be exonerated through DNA-testing. Upon her death from Parkinson's Disease in 2016, President Barack Obama praised Reno for "her intellect, integrity, and fierce commitment to justice". Her many awards and honors include: National Women's Hall of Fame and the Justice Award by the American Judicature Society.

In closing, we wish all our Aberdeen friends and neighbors good health, happiness and success in all their endeavors. "If you can't do great things, do small things in a great way." (Martin Luther King).

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Bob's Musings

By: Bob Marsey (Dorchester)

How Xerox Got Started in Rochester, NY

There was (and still may be) a group of inventors living in Ohio. One of those inventors, Chester Carlson, developed a process of copying electronically on plain paper. The inventor of this process was directed to show it to Eastman Kodak in Rochester, NY. Kodak refused to consider it and told the inventor, "Why should we buy your invention when we are the number one copy machine in the Country?"

So, in 1947, this inventor decided to visit another Rochester, NY company called Haloid. Haloid was the number one producer of "blueprint" paper. At that time, the company was in trouble financially, and the President of Haloid was in the process of turning the company over to his son, a University of Rochester graduate.

The inventor gave a presentation to the father and son. The son turned to his father and said, "Dad, we ought to try it since we probably are going out of business anyway." Thus, Xerox was born in Rochester, NY. Eventually, Xerox management moved to Connecticut, where the state taxes were significantly lower. Ironically, Connecticut later raised their taxes to a level even higher than New York.

As an aside, while Xerox was still in Rochester, a friend of mine became a Vice President of Xerox. He invited my wife and me to a party he was giving. All the upper management of Xerox were men well over 6 feet tall and their wives were very tall also. My wife and I are both under 5' 7". We were like small bushes in a forest of tall trees. For us, it was like a party in the woods.

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GPS¹

By: Janet Friedman (Hamptons)

My husband and I like to entertain. We would like to have a large dinner party but we do not have enough dishes. We do not have a "nice" set of china or glassware or silverware either. I ask around and learn about a couple who owns a very big and well known china shop in Brooklyn. I am on the phone now with Marilyn Smith, the owner of this store. In their basement at home on Long Island they sell incomplete sets of and discontinued pieces of china, glassware etc. I am getting directions to her home.

Remember when there was no GPS? Remember when you got lost all the time? When you needed directions to someplace, the tools of choice were a pencil and paper! When you got lost you had to stop to ask for directions.....maybe at a gas station. Maybe you would roll down your window and stop someone on the street as a "shout out" like on cash cab! If your husband was driving you may have had a problem. Mine would say frostily, "I don't need to ask directions. I know where I am going!!" This would be a common refrain.

I remember seeing a comic strip a long time ago. It was Moses crossing the desert with all the hoards behind him. Everyone looks bedraggled and exhausted. Sweating. Dripping. A woman comes up to him from behind and says, "Moses, it's 40 years. You think we can ask for directions now?!"

I am getting directions to go to Marilyn Smith's home. My trusty pencil and paper are on the job. She gives me all the particulars, and then tells me it is the green house with the blue Chevy in the driveway. OK. I'm ready.

When my husband comes home from work, we grab a fast bite to eat and then set out to buy some really beautiful china. We're off! We follow all the directions and find ourselves on a lovely tree-lined street about 45 minutes from our home. After a couple of blocks, we come to a green house with a blue Chevy in the driveway. "This is it", I say. We park the car, get out and walk up to the front door... We ring the bell. A man answers the door and says, "Oh, hi. We're expecting you." In we go. The man (I assume this is Mr. Smith) takes our heavy coats, scarves and hats, and hangs them all in the front

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GPS¹...(continued from page 9)

closet. (It's freezing cold winter. Remember that??) He invites us into the living room and motions for us to sit down on the sofa. We do. My husband and I look at each other and shrug our shoulders. OK. Maybe he is waiting for his wife to summon us...???. Mr. Smith is making lots of small talk. We talk about the weather and the latest issues on the news. After a while he yells up the stairs, "Jack, they're here". My husband and I look at each other and both say at the same time, "Who is Jack???" Jack comes down the stairs and looks at us. We look at him. He looks like a nice guy, but we have never seen him before. Mr. Smith (?) looks at all of us. "Aren't you here to pick up my son on your way to the show?" "What show?" we ask. "We are here to buy dishes." "Dishes???? What dishes?" "Isn't your wife Marilyn?" we ask. "No, my wife's name is Nancy." OMG. We are in the wrong house!!! "What address are you looking for?" he asks. My husband looks at me. I don't have an address. Mrs. Smith just said the green house with the blue Chevy in the driveway" I answer. My husband looks at me with darts." You mean you did not get an address?

What were you thinking?" (Nothing apparently.) Then Jack says, "I know who you mean. It's the couple a few blocks away with the china shop in Brooklyn. Right?" "Right, we say as we are getting ready to leave. Mr. ??? gets our coats and the rest of our stuff and we are off..."

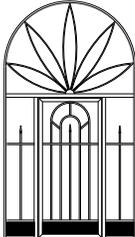
We find the right house. My husband is really not talking to me at this point. We go in. We purchase some gorgeous china. 12 dinner plates and cake plates that match....Limoges..\$18 for all of them. We get 12 different matching sets of cups and saucers....all well-known and beautiful china. We buy silverware and crystal stemware. ... 12 different matching sets. Everything is beautiful. We spend less than \$100. Amazing.

Many years later we are moving. And for some ridiculous reason I decide that I want new china and glassware and silverware. All of a sudden, I want matching sets of everything. (What was I thinking?!) We have a garage sale. I put out all the mismatched china and stemware and cups and saucers and silverware. In one second, the dealers come and grab it all. I go out and purchase all new everything. But now I am not happy. Where are my old dishes and stemware and silverware? Who is taking care of them? Who is making sure they do not chip? Are they stacked properly? I want them all back with me. Back in all their beautiful mismatchedness. Back with all the memories they hold.....

¹ In 1955, Roger L. Easton co-wrote the Naval Research Laboratory's Project Vanguard proposal for a U.S. satellite program in competition with two other proposals, including a proposal from the U.S. Army prepared by Wernher Von Braun. The Eisenhower Administration selected Project Vanguard. In 1957, Easton invented the Minitrack tracking system to determine the Vanguard satellite's orbit. When Sputnik I was launched, Easton extended the system to actively follow unknown orbiting satellites.

In 1959, he designed the Naval Space Surveillance (NAVSPASUR) system.

Later in his career, Easton conceived, patented, and led the development of essential enabling technologies for the United States Global Positioning System. NTS-2 was the first satellite to transmit GPS signals.



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Lancaster Lakes

By: Phyllis Arnauer

Jump Into January

Happy New Year 2023 to everyone at Aberdeen! January of a new year makes us appreciate our journey through the past twelve months and anticipate the twelve new months on our 2023 calendars. The old year is gone and a new, clean slate of 365 days awaits all of us. Maybe some of you have dates already filled with upcoming activities. Certainly, the Club is offering many wonderful opportunities to fill in the spaces on the calendar. Are you the person who needs to be doing something every day? Are you the person who relishes the days with no special commitments? Or are you somewhere in between? Doesn't this remind you of Goldilocks getting things just right?



Certain things we do at the start the New Year involve promises we make to ourselves to enhance our well-being: exercise more, eat more fruits and green leafy vegetables, cut back on sugar, get a good night's sleep, do laps in the pool, spend less time on electronic devices, and remain calm while sitting in traffic on I-95. Do we want to learn a sport or a card game? Other things involve promises we make to others in our lives: take out the trash, wash the car, fill the car with gas, rinse the dishes, be kind, be patient, laugh more, complain less. Whatever we resolve to do should not lead to disappointment if we are not successful the first few times. I believe every new experience enhances who we are, and success often appears in ways that are difficult to see. How many times did you try to download Open Path and find

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References

LANCASTER LAKES...*(continued from page 11)*

yourself befuddled until you finally got it?! How many times, while playing Wordle, do you need more than six tries? How often have you avoided the chocolate cake, only to be lured in by the carrot cake? You were going for the orange vegetable!

The start of the new year got me thinking about where I am going and where I have been, metaphorically. Recently I was riding in a car along the

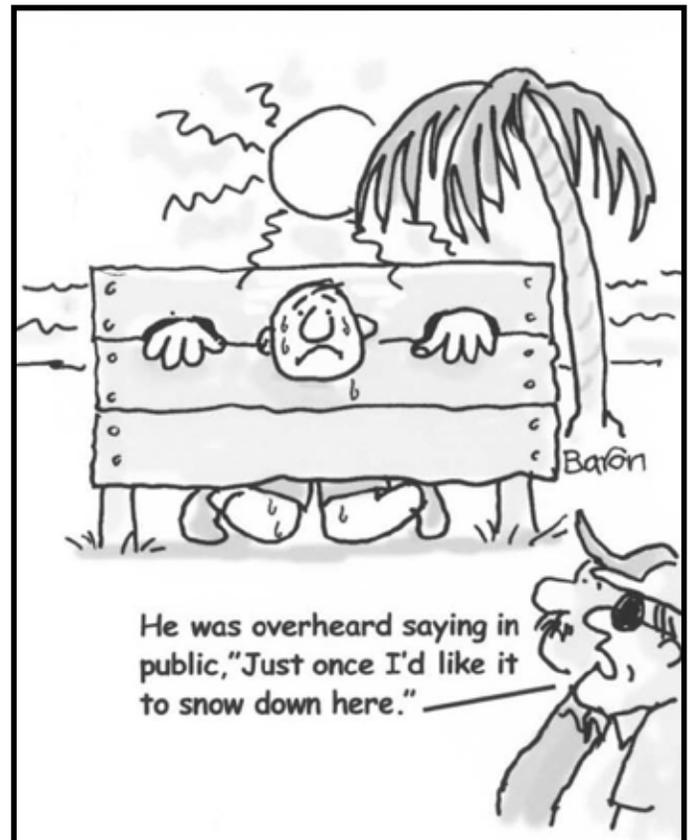


New Jersey turnpike. I thought about the many times this road has taken me to and from the ones I love. It has taken me to times of great joy and times of deep sorrow. But the road always leads home. When David and I first moved to Florida, Aberdeen did not feel like Home to me. Home was New Jersey because our children and grandchildren are there. Extended family live nearby. Family events happen there. However, a promise I made was to make Aberdeen my Home. And so, the journey and the turnpike has brought me home. I will always hold dear those people who have helped make Aberdeen my Home.

Photos included here are from our community get together and inadvertently omitted from the December issue. Thanks to Aberdeen Times staff for including them in this issue.

About our neighbors: We wish Janet Vernell continued recovery after her hip replacement surgery in November. Our good thoughts for a quick recovery go to Maryann Bellinson who fell in the house and broke her knee cap. Thanks to Susan Bemis and Michael Darpino for their time on the Lancaster Lakes Board. I hope January is a wonderful month for all.

Harvey Baron's Early Bird Special



He was overheard saying in public, "Just once I'd like it to snow down here."



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Ahoy From The Moorings

By: Carol Ruth Baldwin

Moorings and Anchors

Note: There are two ways to attach a boat and keep it secured. One is to attach to a MOORING, and the other is ANCHORING.

When I tell people I live in The Moorings, I instantly think about sailing. I moved here from Falmouth MA, a sailing community on Cape Cod, where I was often around sailboats, sail making, boatbuilding and sailors! I enjoyed sailing but always on someone else's boat, and the extent of my capabilities was to follow simple directions when there were sailing tactics that needed to be done. I was generally there for the ride, and glad I didn't have to do boat repair and maintenance. I preferred sailing in sunny skies and light winds!

Several years ago, I was on a sailing trip in the British Virgin Islands, where four of us had chartered a good-sized sailboat on which to spend a week sailing, exploring and relaxing. We were two couples, and only one of the four was an experienced blue-water sailor. It was not I...

Due to travel interruptions, we unfortunately arrived at our charter boat site in the late afternoon, so missed a good day's worth of sailing. Our plan on arrival was to provision, and then sail to a small island cove where we would catch a mooring, prepare a meal, decide what to do the following day, and sleep, to be rested and ready to sail off on our adventure in the morning. Because we were behind schedule, we cast off in late afternoon, sailing across the lovely inviting aqua waters around BVI.

But then, the sun began to set. This was beautiful, but unnerving to me, as there were shoals, some sticking up out of the water. It quickly became completely dark, and I stood on the bow, nervous, but feigning calm. I was keeping watch for visible rocks as best I could. I called out "Rock starboard!" And "Rock straight ahead!" Etc., many times.

This is a very natural area, and we knew there were just a couple of moorings available in the little cove where we were headed. We had planned to pick up a mooring, but would have to anchor if absolutely necessary. We were praying we wouldn't have to do so in the dark! The three of us

who were inexperienced were all concerned about the maneuver we were about to do, and actually thought it was impossible. Our "captain", the one of us who had sailed a lot before, had never anchored in the dark, let alone among other boats with sleeping passengers all around. He explained in great detail what needed to be done, and in what order. He reiterated that sailors must always do what the captain instructs, for the safety of all, and that clear communication aboard was crucial.

There was just a handful of moorings in the cove, but they were all occupied when we arrived. Knowing then that we were facing the task of anchoring, we got a quick review on the anchoring procedure, and how to repeat the process if the first try was unsuccessful. This would have been fine during daylight, and no other boats around. By then, however, it was nearly midnight, and it was very very dark and very very silent. We could not make a sound or would have woken up the other people asleep on their boats. Usually, a captain with uninitiated passengers would call out each step and everyone would have a task to make the anchoring smooth and uneventful, and would verbally acknowledge when our task was executed. We met the challenge of a first ever anchoring in complete darkness, and in complete silence.

Even though I was exhausted, I did not sleep well. I didn't trust that we had done it right, and that overnight we could drift, ending up somewhere else, or bumping into nearby boats. A few hours later, the sun rose on the sweet little cove off the gorgeous unoccupied island. We had stayed connected to the anchor, and in fact, were positioned exactly right, in between the other boats, some anchored and some on moorings.

Then people on other boats started waking up around us. Several called out and said good morning, and one sailed up to us, saying they were so impressed with the perfect nighttime anchoring we did. They hadn't heard a sound, and assumed we were very experienced sailors. They remarked how hard it is to do, even in daylight, and that we must have done it many times before. We played along, acting cool, and like we were old hands

(continued on page 14)

AHOY FROM THE MOORINGS...*(continued from page 13)*
 and not scared silly! Was this beginner’s luck? Coincidence? A miracle? It must have been a miracle because it wasn’t until after they left that that the captain confessed to us he had never been in charge of anchoring any boat! He knew the drill but had never actually done it. But he was totally calm and confident, and we were all lucky. It could have gone very wrong!

All I can say is that we came through that first night with flying colors¹ and had a lovely time sailing for the rest of the week. I can attest to the fact that sleeping on a rocking sailboat for a week was a dream. A pleasant one. No nightmares.

Many years later, those of us living on Mooring Circle and Waterline Drive have journeyed here, not always in calm seas, and not always in sunny weather. Here we all are, hopefully feeling anchored, and, grateful for waking up in the beautiful tropics, living in The Moorings, our own safe harbor in Aberdeen.

¹ Flying Colors: This phrase originated in the Age of Discovery, when ships would return to port with their flags (“colours”) either raised or lowered to signify that the ship had either been successful or defeated, with raised flags indicating success and lowered flags indicating defeat.

JUMBLE

Unscramble the words below to reveal the secret message. (Answer is on page 17).

yimfal metsi rea sooyju oevl

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By: Estelle Morganstein

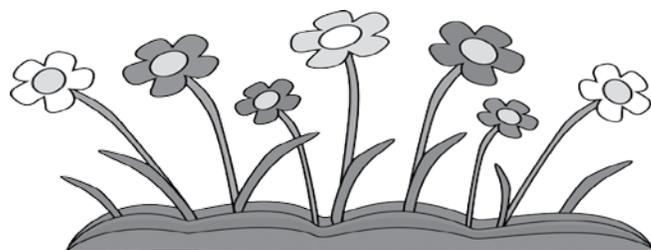
And a Happy New Year to all! Hope everyone enjoyed last month’s holiday season. The weather has been gorgeous and the snowbirds are now down here. I encourage everyone to take advantage of the many options our community offers - three pools, hot tub, tennis and pickleball courts, two B-B-Que picnic locations, and FREE fitness classes five days a week, not to mention the many clubs that offer a multitude of activities and volunteer opportunities that are open to you. If you are not familiar with all that Aberdeen East has to offer, please stop in at the Clubhouse office and ask Lisa for a copy of our Newsletter.

We in America have dealt with several difficult issues over this past year - continuing COVID infections, high inflation, political instability (both domestic and foreign), and in our development, we have had to face astronomical increases for our house insurance coverage as have all other communities in Florida. As a result, every development has had to consider ways and means to pay for this coverage. Unfortunately, most existing budgets are not equipped to handle such an unexpected large cash outlay, which has resulted in homeowners either being charged special assessments and/or having their monthly HOA fees increased to meet the need. We are no different from anyone else. We can only hope that, when our state legislature reconvenes in the fall, they find some way to alleviate the burden of Florida residents.

Neighbor News

Welcome to our new neighbors in Court E - Phyllis and David Wiegand, who are very familiar with Aberdeen, having lived on the west side of Aberdeen for some time.

That’s it for January. See you next month.



Sterling Lakes

So, What's New? 2023!!!

By: Judy Lukow

A Happy and Healthy New Year to All!

Sometimes the best thing about the holidays is that they're OVER! Now we can all relax. Time to cherish memories. Time to make plans for the new year.

What to Write About

I've been thinking of what I can write that's creative and interesting and I thought of some of my favorite songs. So, I put together a "medley" of some of these songs and, wouldn't you know, they're love songs. So here goes, and see if you can name them:

Where it began, I can't begin to know when
But then I know it's growing strong
Wasn't the spring
And spring became the summer
Who'd have believed you'd come along

Hands, touching hands, reaching out
Touching me, touching you

Every night in my dreams
I see you, I feel you,
That is how I know you go on
Far across the distance
And spaces between us
You have come to show you go on
Near, far, wherever you are
I believe that the heart does go on
Once more you open the door
And you're here in my heart
And my heart will go on and on

I've been waiting for so long
Now I've finally found someone to stand by me
We saw the writing on the wall
And we felt this magical fantasy
Now with passion in our eyes
There's no way we could disguise it secretly
So we take each others hand
'Cause we seem to understand the urgency

You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas
I am strong, when I am on your shoulders
You raise me up, to more than I can be
You raise me up, so I can stand on mountains
You raise me up, to walk on stormy seas

I am strong, when I am on your shoulders
You raise me up, to more than I can be

I can't help singing as I read the words.

Now Back to Reality

There's nothing in the world like the feeling you get being a Grandparent or Great Grandparent!

Bragging Rights

Arnie and Linda Tropper: We want to brag about our granddaughter Felicity Hyams, a Junior at Brandeis University, majoring in theater and creative writing. Currently, she has a small part in an AMC + miniseries called **Invitation to a Bonfire**, where she plays a student at an all-girls boarding school in New Jersey, set in the 1930s. The show will air probably in the fall 2023. Another achievement we're proud of is Felicity will be studying abroad in Bath, England, and we're planning a trip in the spring to visit her.

WTG Felicity! You're doing your grandparents proud!

Bobbie Bibbicoff: I'm very happy to give you some good news - my **Great Grandson, Levi**, had his **first year birthday party** and I was thrilled to attend. My granddaughter, Korinne, got her Real Estate License. My granddaughter, Sydney, completed the New York Marathon. And I'm so happy to share good news!

Thank you for sharing! That's a pleasure to hear!
And Happy Birthday to Levi!

Carol and Michael Adelman: Sheila Hyman is a Great Grandmother (Gg in the house) and we're the proud grandparents! Our son, Scott and his wife, Stephanie became first time parents to baby Leah in early November.

Congratulations on becoming a grandparent!
I know this baby will have a GRAND time with GRANDparents like you!

Sheila Hyman: It's been a long time but the Hyman family finally, came together all in one place. My daughter, Susan, who is now a Great Aunt, came to visit her mother, sister, brother-in-law and her nephew, niece and their new baby. It was an historic visit long overdue.

New babies have a way of bringing people together. Thank you for sharing and Congratulations Sheila, on becoming a Great Glam-ma!

Carol and Mike Wallach: We hope all of our

(continued on page 17)



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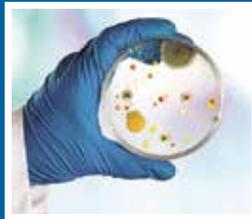
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SCAN ME



STERLING LAKES...*(continued from page 15)*

old and new neighbors had a very Happy Chanukah, Merry Christmas and a Most Joyous New Year. We wish you all a Happy and Healthy 2023!

Have a Great Day!

Thank you and back atcha!

**Answer to Jumble Puzzle on page 14
("Family Times Are Joyous Love")**

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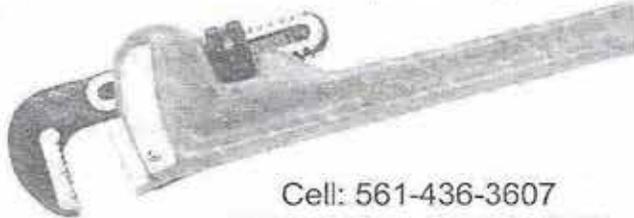
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Marty's Recipes

By: Marty Hyman (Waterford)

Limoncello

In Southern Italy, limoncello is usually served following a meal within the walls (or on the patio) of the Italian home. It is sipped slowly, because lemon is known to aid in digestion.

Limoncello is the Italian word referring to an intensely lemon-flavored liqueur most famously associated with and produced in Sorrento, the Amalfi coast, and the island of Capri, but also very popular throughout all of Italy. On the Sorrentine coast, for example, the story goes that at the beginning of the 1900s, the big families of Sorrento would always ensure that their illustrious guests get a taste of Limoncello, made according to their traditional recipe. Moreover, in Amalfi, some believe that the liquor has even older origins, being almost linked to the cultivation of lemons.



According to Lee Marshall, a British journalist who has been living in Italy since 1984, and who writes for the Italian weekly publication "Internazionale", Limoncello's history is short and is not rooted in agrarian tradition, as is typically the case. In his article entitled L'invenzione della tradizione (The Invention of Tradition) from the Internazionale (October 2013), Marshall argues that we do not have any historical documentation regarding the use of Limoncello before the beginning of the twentieth century. Moreover, Marshall writes that, outside of a handful of families and social circles, few drank it before 1988, when the entrepreneur Massimo Canale of Capri registered the trademark "Limoncello di Capri", and began producing the yellow liqueur in quantities that could first satisfy bars, restaurants, and supermarkets throughout the area, and then around the world. However, as it frequently happens in these circumstances, the truth is vague and the hypotheses are many and interesting.

Before moving to Florida, my wife, Fran, and I lived in the Italian Market neighborhood of South Philadelphia. We actually bought our home from our butcher, Joe Scovolla, who lived next door. His wife,

(continued on page 18)

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MARTY'S RECIPES...*(continued from page 17)*

Josephine, was a recent arrival from the Campania region of Southern Italy. Josephine's recipes were amazing. She would serve this delightful drink at the conclusion of her excellent dinners. After I asked for many years, she finally shared her recipe for homemade Limoncello. This brings the amazing lemon flavors of Southern Italy to a refreshing drink.

Prep time: 20 min \diamond **Total time: From 40 to 80 days. To Make Perfect Limoncello:**

Ingredients:

8 Large Lemons

750 ml 100-150 proof vodka

2 cups sugar

2 cups water

NOTE: When choosing lemons, try to use organic, if possible. They won't have wax and pesticides on the peel. Choose thick-skinned lemons because they are easier to zest. The lemons must be yellow and not green that were tinted yellow.

Step One: Wash the lemons with a vegetable brush and hot water to remove any residue of pesticides or wax; pat the lemons dry. Carefully zest the lemons with a zester or vegetable peeler so there is **no white pith on the peel.**

NOTE: Use only the outer part of the rind. The pith, the white part underneath the rind, is too bitter and would spoil your limoncello.

Step Two: In a large glass jar, add the vodka and the lemon zest or peels. Cover the jar and let sit at room temperature for at least (10) ten days and up to (20) days in a cool dark place. The longer the mixture rests, the better the end taste will be. There is no need to stir - all you have to do is wait. As the limoncello sits, the vodka will slowly take on the flavor and rich yellow color of the lemon zest.

Step Three: Make a Basic Simple Syrup using the sugar and water: In a large saucepan, combine the sugar and water; bring to a gentle boil and let boil until sugar is dissolved, approximately 5 to 7 minutes. Remove from heat and let the syrup cool to room temperature before adding it to the Vodka-Limoncello mixture. Then add the cooled sugar mixture to the Limoncello mixture.

Cover jar and allow to rest for another 10 days.

Step Four: After the rest period, strain the Limoncello; discarding the lemon zest. **NOTE:** Coffee filters or cheesecloth work great for straining

(continued on page 20)

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MARTY'S RECIPES...*(continued from page 18)*

the mixture. Moisten the filters before beginning the straining process. Pour strained Limoncello in bottles (of your choice) and seal tightly.

Storing Limoncello: Keep your bottle/bottles of Limoncello in the freezer until ready to serve. Serve ice cold from the freezer.

Do you have a favorite recipe and story?

Email it to Marty at jogvista@yahoo.com

Did you Know:**What is Property Fraud?**

Compiled By: Jon Shaw, Editor (Dorchester)

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

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

Protect Yourself with Property Fraud Alert for Free

Protect Your Most Valuable Investment - Register for Property Fraud Alerts for Free. Register to receive free alerts when a document such as a deed or mortgage is recorded with our office using your name or your business's name. Choose to get alerts by email or by phone. If you receive an alert about activity not initiated by you, this early notification can provide valuable time to stop criminals in their tracks.

Sign Up for Alerts

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

- Go to the Property Fraud Alerts website - <https://www.mypalmbeachclerk.com/services/property-fraud-alert>
- Choose whether you would like to monitor a person's name or a business name.
 - Enter the name you would like to monitor.
 - Enter the email address you would like the alerts sent to.
 - Enter the address or parcel control number you would like to monitor.
 - Choose a language for your alerts, and then click

“Send confirmation email.”

- Check your email and complete the confirmation to finish setting up your free alerts.

You may repeat the process to monitor additional names.

If You Receive an Alert

If a document is recorded that matches your monitoring criteria, you will receive an alert within 48 hours. The alert email will provide you with the document type, Clerk's File Number or CFN, and book and page number. The alert will also include a link to view the actual document on the online Official Records website.

For assistance, please contact the Clerk of the Circuit Court & Comptroller's Recording Department at (561) 355-2991 or PropertyFraudAlerts@mypalmbeachclerk.com. If you suspect you are a victim of fraud, please seek legal advice and contact law enforcement. You may also consider filing a case in civil court. Reviewing your property records is an important way to protect yourself from fraud. Don't delay, sign up today!

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It's Happening At PAP

By: Ann Haar (Oxford Place)

Happy New Year to our Aberdeen Community from all of us at PAP!

Happy 40th birthday to PAP!

Welcome to our new members: Renee Singer, Elise Pearl, Robert Hoffman, Deborah Pavlek, Jean Fine, and Vicki Schaffer.

Although Covid is still around most of us have chosen to go about our normal activities. We're back in the Card Room, going to supermarkets, organization meetings, eating at the Club and restaurants, and going to theater. Most of us have chosen to take off our masks. Pap is back to normal. We're holding our events and planning new ones.

On December 8th, over 200 Pap members attended the annual Pap Luncheon and Card Party. The day started with shopping with eight vendors in attendance-all with fabulous merchandise to get everyone started on Hanukkah and Christmas shopping. After shopping, everyone was seated to enjoy a great lunch. A big thank you to Chef Josh for making it special. Then, of course, on to cards

- canasta, mahjonn, bridge or whatever game you wanted to play. Raffles were also sold including vendor gifts. Finally, a big thank you to the entire Club staff for all their hard work to make the day perfect.

In addition, at the Card Party, Pap announced a new opportunity to win \$5,000.00. The odds of winning are spectacular with only 100 tickets to be sold at \$100.00 each. You can increase your odds of winning by purchasing multiple tickets. The winner will be announced on January 20, 2023. Look for flyers in the Club Fitness Center and the Pap website at www.aberdeempap.org. For more information contact Gloria Berger at 917-838-6078.

After a 3 year wait, the Pap "Night at the Races III" is about to happen on March 19, 2023. If you purchased a ticket back in 2020, the ticket will be honored, and you can come and enjoy dinner and a fun time betting on the races. If you don't have a ticket, you can still sign up as a sponsor and come enjoy all the fun. Call Ellen Schwartz at 561-877-8353 to learn more about a sponsorship. In addition to the races, there will also be fantastic raffle prizes

(continued on page 22)



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IT'S HAPPENING AT PAP...*(continued from page 21)*

with a chance to win jewelry, leather goods, golf packages at the Club, dining around basket, etc. To purchase tickets, look for raffle flyers on the Pap website at www.aberdeenpap.org, in the Club lobby and the Fitness Center. You do not have to be present to win any of the prizes.

I want to remind you that if needed you can get an expedited appointment with one of the wonderful physicians at Sylvester by calling Rita Zide 561-738-1396. Do not try to make this appointment on your own. If you do, you will jeopardize your early appointment.

Drive your car with the new Pap License Plate. Special Pap License Plate Voucher Requests can be gotten by using the www.thepapcorps.org/pap-plates. The cost of the plate is \$33.00. Pap receives \$25.00. What a wonderful way of donating to Pap and at the same time beautifying your license plate!

We have some beautiful new Tribute Cards. Should you want to keep a small inventory of cards, you can view 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.



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.

Cleaning Out the Closets

By: Bea Lewis (Guest Columnist)

Is it crazy that I didn't want to clear out Ed's closet? After all, wouldn't any woman want an extra closet, so she wouldn't have to stuff all her clothes and shoes into just one small space?

It took me about 6 months before I could even think about it. As long as I could see Ed's jackets and slacks lined up so neatly-hanger-by-hanger-in his closet, I felt connected to him.

A friend told me that there are many men who would benefit from having some of his sweaters, his dress slacks and sports jackets. It's sort of selfish, she said, to hang onto his belongings-especially those lovely, colorful Tommy Bahama shirts he so loved to wear. My friend was right, but I just wasn't ready to empty out his closet. Because if I did, I would have to face the harsh reality that Ed was gone-forever. And frankly, I didn't think I could ever pass his empty closet without feeling terribly sad and missing him all over again.

Some friends, who are fellow-widows, cleared their husbands closets within days of the funeral.

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CLEANING OUT THE CLOSETS...*(continued from page 22)*

I know others who asked their relatives to do the job for them.

Still others - actually one other friend - told me that she felt safe whenever she sat on the floor of her husband's closet, and smelled his clothes. At the time, I thought she was a bit weird. But who am I to judge anyone else's timetable for getting past the oh-so-grim grieving stage.

Deciding when to do this job is akin to standing on the edge of a diving board, but not quite ready to jump into the pool. It's that heart-pounding, fearful feeling that you know you have to do it, but what you really want is to turn around and go down the ladder and get safely back on the ground.

What motivated me to finally tackle this painful chore was the fact that friends were coming to visit, and I needed to make room for their belongings. This was my long-overdue incentive to at least get started, and begin to take the slacks and shirts off the hangers and the sweaters and sweatshirts out of his drawers.

But what if I give one of his favorite sweaters away, and then later regret that I should have held onto them for a little bit longer? How could I so

freely toss out his navy blue cashmere, double-breasted jacket that he proudly wore at our grandson's bar mitzvah?

I must say, however, that there were a few items I was glad to toss out. For example, that his too-tight-fitting black shirt, which I absolutely detested. I used to think that he wore it just to annoy me. (Oh, how I'd love to have that "annoyance" back again!) I was also glad to get rid of the flashy ties he loved to wear, and-oh yes-the frayed jeans that were so baggy in the rear.

Grief counselors tell us that the process can be agonizing because each little item we toss out signals memories of when and where it was worn. But several friends, who had been there before me, offered some suggestions that helped me cope with this most stressful experience. For example, before you being to sort and toss, get several boxes, permanent markers and garbage bags, they advised. Mark one box "donations," another box for items your family will treasure and plenty of garbage bags for all the junk that accumulated over the years.

There will be, of course, some things that you

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Heating	Included
Thermostat/Humidistat	Included
Refrigerator	Included
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Oven/Range (includes self-cleaning)	Included
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Plumbing & Electric (2 Baths)	Included
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Water Heater (up to 50 gallons)	Included

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2nd Air Conditioner - Replacement (each additional - up to 5 tons)	\$45.00
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CLEANING OUT THE CLOSETS...(continued from page 24) will never want to part with. For example, I will always cherish the letters and cards we gave each other over the years. Ed had saved them in a box that he kept on a shelf in his closet. (From time to time, I would take these out of the container, read our inscriptions, and-with a bunch of tissues-have myself a good cry.)

Ed's closet might be empty now, but my heart will be always filled with the wonderful memories of the things we did together, what we meant to each other, as well as all of the clothes that he used to wear.

Editor's Note: Bea Lewis is the author of "A Widows Journal: How I went from loss to learning to move on," available from Amazon.

Bridge - Try It, You'll Like It

By: Lew Roth (Sheffield)

Bidding Messages

I recently came across a pamphlet edited by Audrey Grant entitled, "Bidding Messages." It is a compilation of messages sent by bidders and responders during the auction. The point of the article is to sharpen your awareness of the messages and to use them in both bidding and defending.

As an example, using a suit opener and not NO Trump, when you hear your partner open the bidding on the one level, do you immediately understand that you must PASS with less than 6 points and cannot PASS if you have 6 or more points? So, what are your choices?

1) If your partner opens a major, you can bid 2 of that major with 3 pieces and 6 points.

2) If your partner opens a major and you do not have 3 pieces of that major and you only have 6 points, you must bid, but stay on the one level. So, your options are:

a) If your partner bid Hearts and you have 4 or more Spades, you can bid One Spade.

b) Otherwise, you must bid One No Trump.

3) If your partner opens one of a minor and you have 6 or more points, you must bid.

a) One of a major, if you have a 4 card major, or

b) One Diamond, if you have 4 Diamonds and your partner bid Clubs, or

c) Two of the bid minor, but only if you have 5 pieces, or

d) One No Trump, if all other bids are inappropriate.

Another point made in this pamphlet is when do you have to bid again and when should you Pass. Every bid carries a message. The messages are:

1. Partner, I expect you to bid again, i.e., Forcing

2. Partner, you decide, i.e., Invitational, or

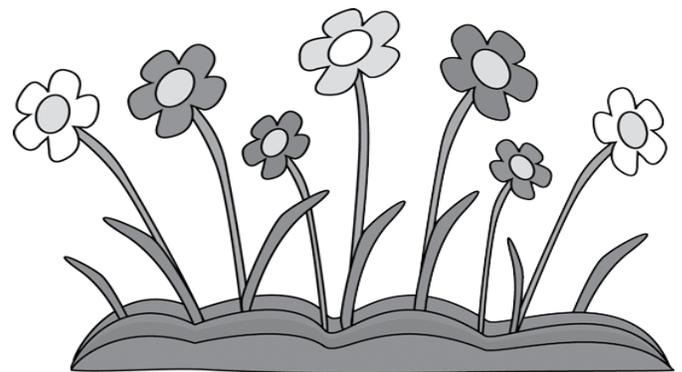
3. Partner, I expect you to PASS; i.e., signoff

So, which opening bids are Forcing? Most players use a 2 Club bid as the only Forcing opening bid. All other opening bids are Invitational. The rules for whether you accept the invitation with a minimum hand or not are given above.

What about Responders bids? Assuming Responder has not already PASSEd, any change in suit by a Responder is Forcing. A raise in the opener's suit whether to the 2 level or the 3 level is Invitational. A raise to the 4 level is generally considered a SignOff, but doesn't have to be depending on the Opener's hand.

What about the Original Openers rebid after a Forcing Responders bid? A jump-shift or a Reverse are forcing. All other bids are Invitational.

Finally, what about the responders rebid. A new suit (or a jump in a new suit) is Forcing. An old suit at the 3 level or 2 NT are Invitational, and 1 NT or an old suit at the 2 level is a Signoff.



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Ocean & SCUBA Club

By: Ernest Hecht (Carrington Lakes)

The Aberdeen Ocean and Scuba Club recently held its inaugural meeting in November 2022. Twenty-five members attended the presentation by Mike Goldberg and Kylie Smith Ph.D. of I.CARE to learn about the current situation with coral reefs in the Florida Keys and the rest of the World. While coral reefs are being impacted by warming oceans, disease, and pollution, we learned that there are groups focused on being part of the solution.

I.CARE is dedicated to restoring Islamorada's coral reefs, including the world-famous Alligator Reef. "We are taking a community-based approach to reef restoration by training recreational divers to transplant and monitor corals. With the participation of local residents, businesses, and divers from around the world, we will restore our precious reefs," stated Goldberg.

Why are coral reefs so important?

Florida's Coral Reef, located in the Keys, is one of the largest barrier reefs in the world! Home to nearly 25% of all marine life, reefs are among the most diverse and valuable communities on the planet. The reef tract runs parallel to the Florida Keys providing protection from waves, storms and floods reducing loss of life, property damage and erosion. Coral reefs and their inhabitants support the economy of the Florida Keys through tourism, diving, snorkeling, fishing, and more.

Backed by science

I.CARE partners with Mote Marine Laboratory; all coral fragments are provided by Mote from their world-renowned land-based coral nurseries. Mote's newest onshore coral nursery is located between the famous Bud N' Mary's Marina and Key Dives shop, I.CARE's home base.

The coral fragments are pieces of healthy corals that survived recent environmental challenges on the reef including bleaching, hurricanes, and disease. After the healthy corals are separated in a process known as micro-fragmentation, the fragments are grown in Mote's onshore nurseries while being subjected to changes in temperature and pH that reflect levels that are anticipated on the reef 50 years from now. Once I.CARE receives the coral fragments, they are transplanted in small clusters onto dead coral

skeletons, which allows them to grow much faster. By using the skeleton as a support, the transplanted coral grows in just 3 years to a size that would take 75 years on their own!

How you can get involved

Join us in Islamorada for a hands-on dive to transplant corals. Education and training are provided. Work alongside I.CARE and other researchers to monitor previously transplanted corals and remove harmful algae and snails. You can also participate in a clean-up dive to remove marine debris from our coral reefs. Educational opportunities are also provided for the landlubbers that prefer not to SCUBA dive.

There are many ways to get involved. To find out more about the Ocean Club at Aberdeen, contact Ernest Hecht via email at ernest.hecht@gmail.com.

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.**

Ladies – Mark Your Calendar!

The first Monday of **every month (Note: time change) at 11:00am** 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 flier Nicole Palaigos 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 flier 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! They had so many reservations in November that they had to stop taking reservations!

The Theme for Our January Luncheon is:

Getting to Know You – Come Meet Your New Best Friend. We have more fun planned. **NOTE:** Because the first Monday in January is January 2, so close to new year's, the club is allowing us to have the luncheon the following week, Monday, January 9th at 11:00am. Make sure you Mark Your Calendar for that date! After January we will resume

(continued on page 29)



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HAND BUILDING: Tuesday & Thursday, 10:30am to 1pm
GLASS FUSION: Thursday, 1:30pm to 3:30pm
ENAMEL ARTS: By Appointment
KIDKRAFT™: Tuesday, 4pm to 6pm, Thursday, 4:30pm to 6:30pm
SATURDAY KIDKRAFT™ 2 SESSIONS: 9:30AM TO 11PM AND 11:30AM TO 1PM



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BUY 1 DINNER

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 Discount on equal or less value meal
 Excluded beer & wine and can't be combined with other specials or early bird
 EXPIRES 10/30/22

ABERDEEN WOMEN JUST...*(continued from page 26)*

our luncheons on the first Monday of each month.

Our December luncheon December 5th

“Denim and Diamonds” was a fun-filled hit! We had a Photo Op with “diamond” tiaras, tinsel “scarfs”, “diamond” studded sunglasses and fun signs to hold while taking your picture with your cell phone camera in front of a “Denim and Diamond” banner.

The tables had “diamond” napkin rings and there were Denim and Diamond Trivia questions for those who like a challenge. Here’s a few questions - see if you can answer them:

‘Diamonds are Forever’,

What Scottish actor played the role of James Bond in this movie?

- a) Roger Moore
- b) Sean Connery
- c) Pierce Brosnan
- d) Timothy Dalton

The birth of a classic slogan occurred in 1948; the ever-popular saying, “A Diamond is Forever”. It was coined by which company?

- a) De Beers
- b) Tiffany
- c) Cartier
- d) Kay’s

The song ‘Diamonds are a Girl’s Best Friend’ is in which movie.

- a) Mame
- b) Gentlemen Prefer Blondes
- c) Cabaret
- d) Hello Dolly!

In the movie, who were the “Blues Brother’s”

- a) Steve Martin and John Candy
- b) Adam Sandler and Dan Aykroyd
- c) Chevy Chase and Bill Murray
- d) John Belushi and Dan Aykroyd

What is the state flower of Texas, and can be seen growing wild in huge fields in many parts of the state?

- a) Blueflower
- b) Bluestar
- c) Bluebonnet
- d) Bluebell

Some Comments from Women Who Attended:

It was fun!

This was great!

We really need something like this!

We love the themes!

Our Neil Zirconia Adventure

On December 1st we had dinner together and saw the tribute to Neil Diamond with the great Neil Zirconia at Tim Finnegan’s Irish Pub in Delray Beach. We sang along, swooned to our favorite Neil Diamond songs, and sang backup with “Sweet Caroline”. A good time was had by all!

**Our Upcoming Adventures**

Depending on how many women sign-up for the Water Taxi – we’ll be arranging for a bus.

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 brows. We’ll also be planning a lunch that day at one of the stops.

February 22, Wednesday, 1:00 pm, The

(continued on page 31)

VOLUNTEERS NEEDED!

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

Please contact Jon Shaw / Editor E: joneshaw@aol.com
or Denise Scibilia / Business Manager E: scibd7944@gmail.com



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ABERDEEN WOMEN JUST...*(continued from page 29)***Delray Playhouse “Funny Women of A Certain Age – Funny Never Gets Old”:**

Direct from SHOWTIME, Now Live on Tour! It's a box lunch and show (cabaret style seating) \$49. Call Adele Reinstein for further information if you'd like to attend any of our adventures.

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

PS – A BIG SHOUTOUT to the Aberdeen Chef and Staff - GREAT JOB AND DELISH! And a BIG SHOUTOUT to the dining room staff. THANKS FOR ALL YOUR HELP!

Get to Know Your Mangrove

By: Jon Shaw (Dorchester)

Mangroves are among the most abundant trees on the planet, covering temperate and tropical inter-tidal shorelines around the world. Mangroves offer a wealth of benefits to our environment in south Florida. They provide a habitat to animals, help stabilize shorelines by preventing erosion and assist in improving water quality. But perhaps the most important benefit to mangrove-lined coastlines in Florida during hurricane season is the mitigating effect they have on rising water levels during storm surge events. The presence of mangroves along our shore helps in a big way to protect people and property by lessening the depth and inland extent of surging salt water when onshore winds around storms spike the water level along the coast

Sadly, and most-notably here in Florida, as development sprawls in coastal areas, mangroves have disappeared at an alarming rate. Mangroves once occupied millions of acres of Florida's waterways. Given the coastal development of the past 50+ years, today's estimate of mangroves is less than 470,000 acres, according to the Florida Department of Environmental Protection (FDEP). Along Florida's east coast, it is estimated almost 70% of the mangroves are gone, lost to development.

Mangroves are halophytes, plants that can live

in saline water. They play an important role in our environment as they are a strong “carbon sink,” trapping atmospheric carbon dioxide at a rate 10 times more effective than land-based trees. Mangroves provide protection to shorelines from erosion as well as habitats for marine life.

Mangroves played a role during Hurricane Ian this summer, according to University of Florida expert David Outerbridge. “I saw areas fared better with mangroves protecting the shoreline. The north end of Pine Island was spared because of mangrove protection. Some mangrove areas were damaged during Ian, but are already bouncing back, day by day getting better. They are very resilient.”¹

Around the world there are dozens of varieties of mangroves. In Florida there are three: Red mangroves, White mangroves, and Black mangroves. Each has a role to play along shorelines.

Red mangroves are found at the mean tidal waterline, their roots surviving in the salty water. Red mangroves drop seedpods year round and propagate quickly, growing nearly five feet in a year. As their long roots grow, they become habitat for oysters, small fish, and even young sharks.

White mangroves are found just behind the Reds, filling in the shoreline. The Red and White mangroves offer a stabilizing environment, reduce erosion, and fill in sand along the intertidal area. It is not uncommon for shorelines to grow 10-20 feet when lined with mangroves.

Black mangroves are farthest back from the water line. They have larger trunks, and their leaves secrete salt to rid the tree of the saline water. Black mangroves are the tallest of the mangroves, sometimes reaching 15-20 feet high. Their wood has been used as a building material.

After decades of developers ripping out mangroves, today in Florida it is illegal to cut down mangroves without a permit. Although mangroves form a natural and effective barrier against shoreline erosion, many property owners tear them out and replace them with seawalls and large boulder “rip rap” barriers.

Removing mangroves can be a costly mistake. During Hurricane Irma in 2017, an estimated \$1.3 billion in property damage was averted by mangroves, according to a study by the University of California,

(continued on page 32)

GET TO KNOW YOUR MANGROVE...*(continued from page 31)*

Santa Cruz. Seawalls can often be topped and breached by pounding storm surge, causing them to lean and eventually collapse. Studies have shown mangrove shorelines are more effective than seawalls in preventing damage from storm surges.

When people think of trees in Florida, palm trees usually come to mind; but it is the mangrove that is most important to the environment.

¹ Portions of this article taken from: The Florida Specifier, "Mangrove has proven to be the most important tree in Florida", by Fred Mays, December 2022/January 2023.



Red mangrove propagule (left) - Often seen floating in the Intracoastal make interesting house plants (right)

Simcha Hadassah Happenings

By: Ilissa Nelsen

This month we celebrated the 100th Anniversary of Hadassah’s convention. I had the pleasure of attending this convention in Jerusalem, and wanted to share my experience with you! I had an amazing time from morning to night. We were kept busy with presentations, tours, meetings, and celebrations. We had the opportunity to hear from individuals whose lives have been impacted significantly by Hadassah. By the end of my trip, I came away feeling a sense of empowerment, a renewed love for Hadassah and Israel, and knowing that I want to become more active in Hadassah.

At our January 9, 2023 meeting, Bev Cohen will be discussing the music of Leonard Cohen.

I am so excited to become a Board Member for Simcha Aberdeen. I am the mother of 4 from ages 20 to 12. I am a Hebrew/Judaics Teacher, General Studies Tutor, and have now officiated quite a few B’nai Mitzvot and Weddings. In my spare time, I love to read, go dancing, and go to the beach. My husband, Christian, and I will be married 10 years this July.

~Note of Thanks~

From: June Stein and Family

To all our friends at Aberdeen:

My family and I offer our most sincere thanks for your words of sympathy and affection. We so appreciate all of you.

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DELEGATES MEETING HIGHLIGHTS • NOVEMBER 16, 2022 • VILLAGGIO

HOST COMMUNITY WELCOME – VILLAGGIO

- Mel Morris, long-time Villaggio delegate and COBWRA director was remembered for his many contributions.
- Harriet Epstein, HOA President, welcomed everyone to the community and introduced the HOA Board and staff who helped organize the meeting. Villaggio generously sponsored the meeting breakfast.

ELECTED OFFICIALS' REPORTS

STATE REPRESENTATIVE KELLY SKIDMORE

- Thanked voters for her reelection.
- Committee meetings begin shortly. Property insurance will be addressed at the committee level beginning December 12.
- Her new office is located on Atlantic Ave. in West Delray Beach.

VICE MAYOR GREGG WEISS

- The County Commission has been busy dealing with issues associated with the hurricane, elections and the economic slowdown. He attended the groundbreaking for the new Canyon Branch library and the ribbon cutting event in the new Canyon District Park.

COMMISSIONER MARIA SACHS

- Spoke about polling communities to see what facilities people would like to see near the newly opened Canyon District Park.

STATE ATTORNEY DAVE ARONBERG

- Gave examples of scams that people should be aware of. The "Grandparent Scam" has recently been making a comeback.
- Wished all a Happy Thanksgiving.

FIRST RESPONDERS' REPORTS

PBSO CAPTAIN SHAWN EASTMAN

- The department was busy working with Fire Rescue and the Commissioners in dealing with the hurricane, which came upon us very quickly.
- He noted increasing traffic and that the upcoming Black Friday is the worst day of the year for traffic fatalities. Additional patrols will be on the streets that day.
- With the upcoming holidays, he cautioned everyone to be careful; store purchases should be placed in the trunk, out of view. He suggested you place items bought at places such as an Apple Store in a different bag, so that criminals do not know what you are carrying.
- Community Policing Teams have been working with other organizations to provide meals for those in need. They are also helping to procure mental health services, support, and possible jobs for those suffering with addiction and other problems.

GROWTH MANAGEMENT REPORT – DAGMAR BRAHS

- Updated the delegates on Phase 2 of Valencia Grand located on the west side of Lyons Road south of Boynton Beach Boulevard.
- Presented the Colony Estates at Boynton proposal located on the north side of Coconut Lane between Military Trail and Barwick Road. While the developer's proposal has 39 homes, the COBWRA Growth Management Committee and Board of Directors voted to support approval of the project with a maximum of 32 units including all required Workforce Housing to be built onsite. The delegates approved the motion 37-8.

PRESIDENT'S REMARKS – STEVE WALLACE

- Thanked all for voting in the 2022 General Election and is looking forward to working with the 2 new COBWRA area commissioners.
- He reminded the delegates that everyone must reapply for Vote-By-Mail ballots.
- COBWRA remains a non-partisan organization, focused on the needs of all residents in the West Boynton area.

GUEST SPEAKER – JOSEPH ABRUZZO, PBC CLERK & COMPTROLLER: "HERE TO HELP"

- Reviewed the duties of the Clerk & Comptroller's office including:
 - Clerk of the Circuit Court, supporting the 15th Judicial Circuit
 - Chief Financial Officer, Treasurer and Auditor for PBC
 - County Recorder for PBC
 - Clerk of the Board of County Commissioners of PBC
- Among the many services provided to PBC residents, the office offers passport services, guardianship fraud protection, property fraud alerts, and tracking and investing county tax revenue.
- The website is www.mypalmbeachclerk.com.
- Go to www.mypalmbeachclerk.com/homeowner to sign up for property fraud alerts.

Facts About Hospice Care

Modified from South Florida Sun-Sentinel,
November 29, 2022

When people think of hospice care, they often think of a place outside the home, a medical facility like a hospital where patients are cared for around the clock. The reality is, the goal of hospice care is to allow patients to stay in their homes, surrounded by family and loved ones so they can cherish their final weeks and months with those who are most important to them. The vast majority of hospice patients, 98.2%, are actually cared for at home, with in-home nurses, aides, chaplains, rabbis, social workers and volunteers making scheduled visits and tending to the needs not just of the patient, but their family and friends, who are provided counseling services to help manage and work through the incredibly tough challenge of coping with a loved one who is terminal.

Hospice tries to “meet you where you are,” whether that’s a physical place like a home, or even meeting the spiritual and psychological needs of patients through spiritual and counseling staff. Patients are treated holistically, working through the emotional challenges as well as the physical ones. Of course, there are some patients with needs that require care in a full-time medical facility, but this is often necessary only for the most challenging of cases.

Another myth is that hospice care is only intended for patients’ final hours or days. By definition, hospice care is for any patient who’s identified as terminal within the next six months. Unfortunately, many families wait until the last minute to request hospice care, when their loved one could have been receiving support for many months. Many families want to express meaningful feelings and to say goodbye when the time comes but may not know how to. Reaching out earlier than those last few days can help your family leave a legacy of lasting memories that provide closure and comfort.

Statistics show that early engagement with a hospice provider also results in fewer hospitalizations, meaning patients can remain in their homes and avoid symptoms that would otherwise require care in a full-time facility. Further, in many cases, hospice care patients can actually see their symptoms

improve, leaving them more comfortable, in less pain and more able to fully enjoy their time with loved ones.

Some families may worry that the cost of hospice care would be a strain on their budgets, but the cost of hospice care is not a concern in nearly all cases, as costs are covered by Medicare, Medicaid or private insurance. Even where there are shortfalls, there are often ways to make up the difference.

Naturally, deciding to reach out to a hospice care provider means understanding and recognizing that your loved will only be with you for a limited time, but hospice care provides the ideal opportunity for you to make the most of that remaining time your loved one.

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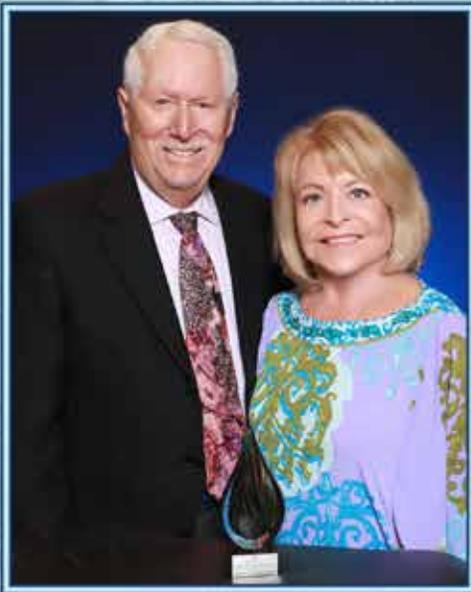





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Expedition Retraces a Legendary Explorer's Travels Through the Once-Pristine Everglades

By: Amy Green, WUSF Public Media

In 1897, the explorer and amateur scientist Hugh de Laussat Willoughby climbed into a canoe and embarked on a coast-to-coast expedition of the Florida Everglades, a wilderness then nearly as vast as the peninsula itself and as unknown, he wrote, as the “heart of Africa.” Willoughby and his guide were the first non-Native Americans to traverse the Everglades from the Gulf of Mexico to the Atlantic Ocean, and Willoughby’s meticulous notes, charts and water samples would form the basis of scientists’ historical understanding of the legendary “river of grass.”



Now a new expedition has retraced his trek, with the goal of measuring the impact of modern humanity on a watershed that today is among the most altered on Earth and responsible for the drinking water of some 12 million Floridians.

The expedition also commemorates the 75th anniversary of Everglades National Park, which was dedicated on Dec. 6, 1947. “We think we will see the full spectrum, from one of the most remote parts of the continental United States to one of the most urbanized parts of the United States – all in one watershed, all in one trip,” said Harvey Oyer, co-leader of the four-member expedition and the author of a series of children’s books about the historical Florida frontier. “That, I think more than anything else, will illustrate humanity’s impact from the time of Willoughby to today.”

Willoughby’s thorough work provides a tantalizing opportunity to compare conditions in the Everglades then and now. Traveling the region’s rivers and canals over six days and some 130 miles, Oyer and the team

drew water samples from the same spots as Willoughby, according to coordinates he documented, sometimes from some of the most remote and hard-to-reach parts of the subtropical region.

The water samples are being analyzed at the University of Florida for the same constituents that Willoughby examined, such as magnesium and sulfates, along with nutrients now known to affect the Everglades like phosphorus and nitrogen. The samples are also being tested for modern pollutants like microplastics, perfluoroalkyl and polyfluoroalkyl substances (PFAS), pesticides and pharmaceuticals. It will be a few months before the analysis is complete. The team wrapped up its trip on Nov. 2.

At the time of Willoughby’s expedition, the Everglades were mostly an unexplored, unmapped expanse of very inhospitable terrain characterized by unrelenting heat, mosquitoes and marshy prairies of sawgrass sharp enough to cut the skin.

While the drainage of the Everglades has made modern Florida possible, with the vast construction of some of the most complex water management infrastructure in the world, it has also led to a cascade of environmental problems, perhaps most notably chronic blooms of toxic algae.

Now viewed as a vital ecosystem for the region’s drinking water and dozens of threatened and endangered species, its wetlands were then widely regarded as a worthless swamp and were known only to the Seminole people and their Calusa predecessors. Willoughby completed his expedition right before Henry Flagler’s railway system would link communities along the peninsula’s east coast, putting Florida on a path from frontier state to the country’s third-most populous of today.

Willoughby wrote later: “It may seem strange, in our days of Arctic and African exploration, for the general public to learn that in our very midst, in one of our Atlantic coast states, we have a tract of land one hundred and thirty miles long and seventy miles wide that is as much unknown to the white man as the heart of Africa.”

Today the Everglades, which begin in central Florida with the headwaters of the Kissimmee River and stretch to the southernmost tip of the peninsula, remain the world’s largest subtropical wilderness. The region’s watershed, however, has been drained to a fraction of

(continued on page 39)

CALLING ALL ABERDEEN RESIDENTS!

(East and West!)



The Aberdeen Citizen's Observer Patrol (COP) unit needs YOU. Yes, YOU!

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Examples include suspicious persons, vehicle accidents, found property, graffiti and more. Our visibility in the PBSO patrol vehicle helps deter crime but our volunteers do not confront anyone, put ourselves in risky situations, or enforce HOA or POA rules. Safety is key! Look at the crime stats in the surrounding communities and note that Aberdeen is among the safest. Please help us keep it that way by joining our team.

The PBSO C.O.P. program provides training and once you've completed your training, you'll be issued a uniform shirt, and any other equipment you might need for patrol. Have questions? Not sure this is for you? Just call to find out.

FOR MORE INFORMATION, CONTACT:

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EXPEDITION RETRACES...*(continued from page 36)*

its size. While the drainage has made modern Florida possible, with the vast construction of some of the most complex water management infrastructure in the world, it has also led to a cascade of environmental problems, perhaps most notably chronic blooms of toxic algae.

The watershed has been the focus of decades of bitter litigation over its water quality and a multibillion-dollar restoration effort, one of the most ambitious of its kind in human history. The restoration will take many decades to complete, but the water quality in Everglades National Park has improved vastly since the initial lawsuit was filed in the 1980s. The park's water quality now meets or exceeds federal and state requirements, according to the South Florida Water Management District, the state agency overseeing Everglades restoration.

The modern Willoughby Expedition, as it is called, began in Everglades National Park at the mouth of the Harney River in the Gulf of Mexico, where the relatively untouched environment would have been similar to what Willoughby experienced.

The project's team, paddling the entire way in canoes, also took note of egg clusters left by apple snails, the sole food of the endangered bird known as the snail kite. To guard against the razor-sharp sawgrass, the team members covered themselves completely and wore gloves like what butchers wear, Oyer said. "We still had some sawgrass cuts," he said. "We, not intentionally, just the way it worked out, wound up in sawgrass over our heads, completely surrounding us for probably 10 hours, not consecutively but cumulatively, including four or five hours of it at night, which was not the intention, of course. We hadn't reached our scheduled destination."

Within a few days, though, the environment transformed radically as the team reached well into what is now Miami. As its members approached the urban jungle, navigating a series of canals dug for drainage from the Everglades, the water quality went from pristine enough to drink to littered with garbage like Styrofoam and plastic, signaling the high level of microplastics that water testing is likely to detect.

The trip ended in downtown Miami, at the mouth of the Miami River. Charlie Arazoza, who served as the expedition's navigator, grew up in the Everglades and remains an avid paddler of the river of grass. "I've spent a lot of time in the Everglades," he said, "but for once I finally got to string it all together." "It's really cool to put these, all these historical waterways, together into one trip," he said. "It's like stringing pearls."

Simple Tips to Save Water

This holiday season, you may be hosting holiday gatherings, preparing delicious feasts, washing extra dishes, and welcoming friends and family.

Did you know there are many ways you can incorporate water conservation into your holiday preparations and reduce the amount of water used around your home?

To help you use less water during this time of year, consider implementing these simple water saving tips:

- Defrost food in the refrigerator, instead of under running water. It's safer for your food and saves up to four gallons of water per minute.
- Rinse vegetables in a bowl of water, then reuse that water for house plants.
- Turn off water to lather while washing your hands.
- Fill your dishwasher and washing machine completely before running them. Avoid handwashing dishes when you can.
- Put food scraps into the trash rather than the sink's garbage disposal. Or better yet, compost.
- Double check that your irrigation system and rain sensor are functioning properly. Many South Florida grasses require less or even no water from sprinkler systems in the winter months.

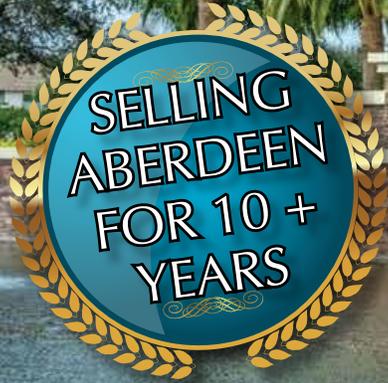
It's important to stay water smart – even during the holidays. Conserving water year-round can save you money and is an integral part of managing and protecting South Florida's water supplies today and for future generations.

Visit SFWMD.gov/WaterConservation for more tips and resources to help you reduce your water use this season – and all year long.

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