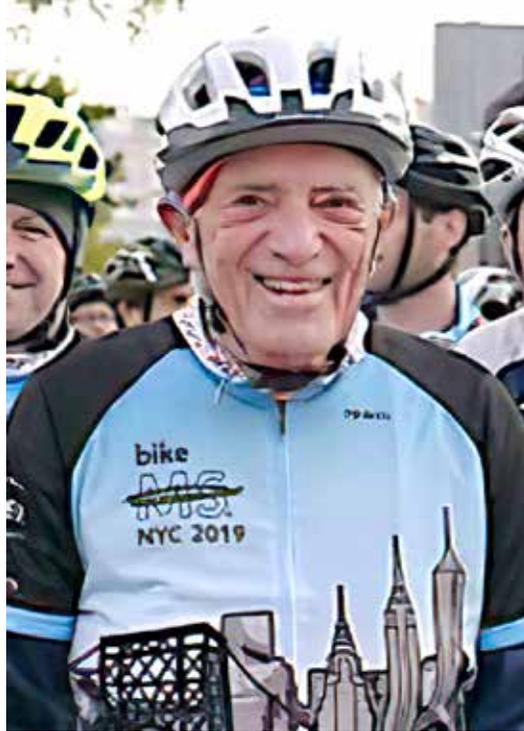


# SENIOR MOMENTS

Visit our website at: <https://www.oldguardofwestchester.org>



## HAPPY BIRTHDAY BOB!

What do you do for your ninetieth birthday? Bob Sandler participated in the Multiple Sclerosis Bike-a-thon, a grueling 30 mile course through challenging terrain. Bob is the most senior participant in the event. He has been involved with the Society for over 20 years and has raised over \$450,000! He is one of their top 25 fund raisers.

His dedication is unmatched. Each year, he “snail mails” personally signed donation letters to over 200 people in US and Canada! He was recognized and honored by the MS Society, thanking him for his continued dedication and support of their Mission.

We also recognize Bob as an active member of our organization. Bob joined the Old Guard in 2012 and serves in many ways. His enthusiasm, his willingness to help and his energy are indefatigable.

Actively seeking new articles. Articles, photos and poems can be e-mailed to the editor, [mholstein@optonline.net](mailto:mholstein@optonline.net)

# GRAMPOLA GRANOLA

**Editor's note:** Walter Schwartz has always been one to push the envelope, expand the horizon, bring new vision to old traditions. In this instance he convinced the art exhibit jury (Steve Loengart ) that cooking was an art and should be included as a regular class of art in the Old Guard art show. This was definitely a *class action*.

To commemorate this historic moment, it was decided to publish his winning Grampola Granola recipe in Senior Moments. Publication should not be construed as an endorsement of quality or taste. *Caveat emptor*.

## GRAMPOLA GRANOLA

### Dry Ingredients

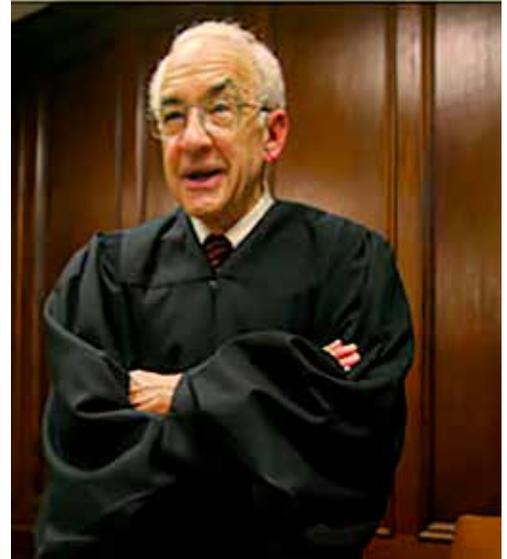
Quaker Oats ("old fashioned" not "minute" oats)  
Wheat germ (a little)  
Almonds (slivered or chopped)  
Pumpkin seeds  
Sunflower seeds (salted or unsalted)  
Cinnamon (ground)  
Splenda or Sugar (a little)

### Wet Ingredients

Oil  
Vanilla extract or Almond extract  
Water

### Directions:

Place oil and water in a saucepan. One half oil, one half water. Add one teaspoon Vanilla or Almond extract. Heat until boiling. In two large pans, spread Quaker Oats. Add one tablespoon wheat germ, a handful of almonds, a few sunflower seeds, and a few pumpkin seeds. Sprinkle cinnamon and either sugar or Splenda. Mix dry ingredients. Carefully add hot wet ingredients and spread mixture evenly on pans. Place in preheated oven at 360 degrees. Leave in oven for about 40 min, stirring every 10 or 15 minutes. Be careful not to burn. Eat when cool.



Walter argues his case for including culinary art in the Autumn Art Show



The finished product

*The exact quantity of each ingredient and their proportions remains a Schwartz family secret*

## CULINARY NOSTALGIA: THE EGG CREAM

*Adopted from an article in Travel and Leisure, July 2014*

During the early 20th century, nearly every block in New York City had a candy shop; Brooklyn alone had 560. While we often think of candy shops as kids' hangouts, back then, they were community gathering places where everyone in the neighborhood would meet up. In addition to selling sweets, they usually included telephone booths, a newsstand where men would read the papers and chew the fat, and a soda fountain where city dwellers could refresh themselves with a cold glass of something bubbly.

One of the drinks that was often slid across the counter of these oldtime soda fountains was the chocolate egg cream – one of the Big Apple's most iconic and nostalgic drinks.



The oft-cited irony of the egg cream is that it contains neither eggs nor cream. It is in fact a simple mixture of just three ingredients: milk, seltzer water, and **Fox U-bet** chocolate syrup. But the proper ratio and order of the ingredients is debated amongst New Yorkers just as much as the drink's origins. In the Bronx, the seltzer is added after the syrup, giving the egg cream a brown head of foam. In Brooklyn, the foam is always white – the result of putting in the seltzer before the syrup.

To make a Brooklyn style egg cream, mix the syrup with the spoon, keeping the bowl of the spoon at the bottom of the glass. You should end up with a brown/chocolate bottom, and a white foamy head. If you did it right, the straw should stand straight up on its own.

## GINGER-LIME CHICKEN



*Editors note: I was totally taken by surprise when I found out how many of the Old Guard members enjoy practicing the culinary arts. Maybe we should have a cooking club and have pot luck lunches once a month.*

This recipe was submitted by **Larry Dunkleman**. It is a New York Times recipe and is part of his repertoire of never fail, easy to make dishes.



### INGREDIENTS

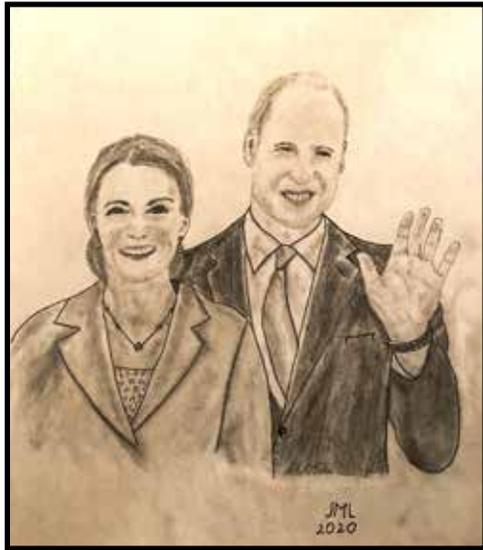
- 1 ½ to 2 pounds boneless, skinless chicken thighs or breasts
- Kosher salt and black pepper
- ⅓ cup mayonnaise
- 1 tablespoon lime zest
- 1 tablespoon finely grated fresh ginger

### Preparation

Pat the chicken dry and season all over with 1 1/2 teaspoons salt. In a medium bowl, stir together the mayonnaise, lime zest and ginger; season with salt and pepper. Add the chicken to the mayonnaise mixture and stir to coat. (The chicken can sit in the marinade for up to 8 hours in the fridge. Let come to room temperature before cooking.)

To cook in a skillet: Heat a large skillet over medium-high. Cook the chicken until juices run clear, about 5 minutes per side for thighs and about 4 minutes per side for breasts. Serve chicken with lime wedges, for squeezing on top.

# ART & POETRY CORNER



Julian Leventhal has created portraits of these famous British couples. Can you identify them?

Answer: Prince William/Princess Kate and Prince Harry/Meghan Markle



## ABSTRACT BY ANUPMA SETHI

One of the highlights of our annual autumn art exhibit was this riveting abstract.



**The early voting period in New York is October 24 through November 1.**



The Old Guard of Westchester is a social organization of retired business and professional men who meet for fellowship, recreation, mutual support, and community service. For membership information: 914-428-4218