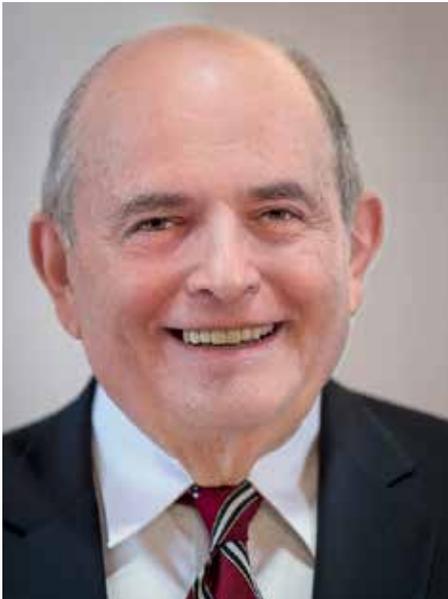


SENIOR MOMENTS

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



MEET OUR NEW PRESIDENT FRANK BAKER

On Tuesday, August 23rd Steve Auerbach turned over the Presidency of the Old Guard over to his Vice President Frank Baker.

Dr. Baker joined the Old Guard in 2017, being sponsored by Bob Sandler. He is the proud father of three children and four grandchildren. Frank is a celebrated psychologist, health services researcher, and educator of more than 50 years who accepted the position of a senior program evaluation consultant for the Connecticut Department of Corrections in Wethersfield in 2015. In his role, he designed programs to reduce offender recidivism. He previously contributed more than 50 years in academia as a professor at Lehigh University, Harvard Medical School, SUNY Buffalo Medical School, Johns Hopkins University and New York Medical College, and most recently the University of Connecticut. Additionally, Dr. Baker provided his expertise as the director of research at the Connecticut Department of Mental Health and Addiction Services.

While employed at Johns Hopkins University between 1985 and 1995, he had the opportunity to teach and chair the department of behavioral sciences and health education, serve as the director of the PhD program in public health psychology and serve as a faculty member of the division of occupational medicine in the department of environmental health sciences. Frank is also a prolific author who has published 11 books on program evaluation, organizational systems and community mental health and has contributed over 180 scholarly articles to various peer reviewed journals.

Today, Frank is applying his many research skills to the important task of improving his Bocce game for Friday morning Old Guard Bocce where he performs as a fierce competitor.

Actively seeking new articles. Articles, photos and poems can be e-mailed to the editor, mholstein@optonline.net



BREAKING BREAD

COOKING UP COMMUNITY

A few weeks ago, I attended the Jamaican Independence Day celebration in White Plains and saw this illustration in a vendor's stall. It made me think of all the times we, as members of the Old Guard, break bread together.

The expression "breaking of bread" is a way of describing a shared meal. If a person eats alone, he need not break the bread, because there is nobody to share it with. However, if eating with another person, the bread loaf must be broken into pieces so that everyone can have some.

The breaking of bread is used in an important, symbolic way in the New Testament. At the last supper, when Jesus ate with his disciples, He broke the bread and gave it to each of them. He instructed them to break bread together, and to drink wine together. It became a symbol of their unity.

During the celebration of Passover, breaking and sharing the middle Matzoh (unleavened bread) during the seder is an important part of the ritual and it also creates a sense of unity and togetherness.

A shared meal is a beautiful thing among friends and family. And, when we break bread together, we remember that each of us, members of the Old Guard, live, thrive and grow together. Therefore, I have dedicated this issue to breaking bread together.





THE OLD GUARD DINING GROUP LED BY FOOD CRITIC AND EPICURE LARRY HINES

Each month Larry picks a restaurant for us to dine in. The three selection criteria are simple: Great food, abundance and affordable prices. The selections to date have leaned toward ethnic restaurants. The most



Santorini Greek Restaurant

reviewed by Steve Loewengart

The Old Guard ethnic food adventures group went to Sleepy Hollow for an exploration of Greek cooking. Over thirty members with wives and friends had a pleasant afternoon enjoying a wide representation of traditional fare. This review begins with a generous thank you to Larry Hine for arranging our international luncheons. It is not an easy task to get a restaurateur to provide thirty plus varied meals for a reasonable price.

Our dining experience started with generous samplings of four different flavored hummus dishes, plus tahini sauce which could all be lathered on pita bread. As needed each of these dishes contained olive oil, chickpeas, oregano and thyme, and Greek olives of course. The pita bread was delicious in its own right and may very likely have been baked in-house. The next course after this sampler was bowls of a delicious Ovgholemono Soup. The house version contained bits of seasoned chicken, eggs, orzo, and most importantly, there was a lemon zest to give it a unique flavor. The house salad was next. This version came with a secret combination of spices infused into olive oil. The lettuce and vegetables also included kalamata olives and a recognizable taste of medium-hot peppers. Everything that had been brought to the table up to this point, the hummus, the soup and the salad was delicious. As the main course was announced we were requested to choose between lamb skewers, chicken souvlaki, and spanakopita (spinach pie). This course came with an accompaniment of rice or lemony potatoes.

Our dessert was the house specialty, Spanakopita. How the chef is able to combine the many flavors of honey, walnuts, cinnamon, and Greek yogurt into a Spanakopita with a unique taste that will impress any guest. To sum it up the meal was delicious in all respects and we owe thanks to the chef and the dining room staff for making it so.

Here, a very important point that I think should be stressed. The purpose of our international lunches is sampling or tasting a wide variety of traditional ethnic foods. At Santorini, we were limited by having to pick one of three selections for our main course. I would have favored getting a larger variety of main courses served family style.

COOKING UP COMMUNITY

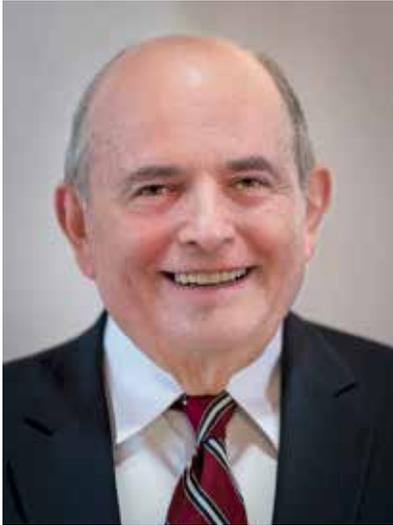


The Old Guard Dining Adventures Group at Sambal in Irvington, an excellent Thai restaurant overlooking the Hudson River.

The Old Guard Bowlers enjoying a Bar-b-que at Lloyd Corte's home.



The Old Guard annual Picnic at Ridge Road Park.



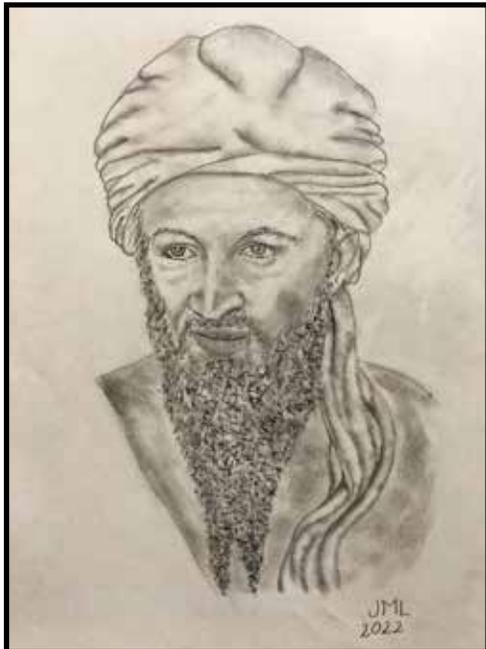
FROM OUR PRESIDENT

As a retired behavioral science and health educator, I am very proud to be the new president of the Old Guard of Westchester, an organization that provides such an excellent resource for older men in dealing with the complexities and challenges of modern life. Research has shown that being in a supportive social group can be helpful in maintaining health and well being.

The Old Guard offers its members camaraderie and friendship and opportunities to participate in programs and events that educate, stimulate, entertain, motivate, and contribute to a sense of a better quality of life. Each week a speaker attends our meeting to offer a presentation that can help us learn about interesting aspects of life, society, and the environment. Examples of speakers include a cardiac surgeon talking about how diet and exercise help maintain your heart, a professor of political scientist talking about her new book about American democracy, a Music Conservatory faculty member teaching us all how to drum on plastic buckets, directors and staff of community agencies telling us about services offered, as well as an oceanographer, lawyers, librarians, musicians, artists, sportscasters, and a wide variety of experts in other fields.

Members can participate in photo club events, bowling, bridge, discussions of current events, and organized outdoor activities such as walking club, fishing, golf, and Bocce Ball and group visits to interesting places around New York and its environs.

ART & POETRY CORNER



Julian Leventhal has created portraits of these notorious historical individuals Can you identify them?

Answers:
Osama bin Laden
Yasser Arafat



Long Island Sound Sunset!

Photograph by Steve Loewengart



Children at Play

Photograph by Mike Holstein



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