

SENIOR MOMENTS

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THE THANKSGIVING SPIRIT OF GIVING IS ALIVE AND WELL AT THE OLD GUARD

Stan Weiner, chairman of the Community Service Committee of The Old Guard, raised over \$5,000 for the Ecumenical Emergency Food Pantry of White Plains.

In working on this effort with the Old Guard, Weiner applied the spirit of volunteerism that he has been exhibiting for over a decade. While the Old Guard has been supporting the food pantry for many years, it was the explosion of need in the community due to the Covid-19 crisis that motivated Weiner and his team to help in a much bigger way this year. To observe the 9-11 National Day of Service, the OG team raised \$5,200 for the Ecumenical Emergency Food Pantry.

The Pantry is dedicated to helping solve the problem of hunger in White Plains and the surrounding areas. Food is distributed every Friday morning from 8:00 to 10:30.

“A majority of our Old Guard members contributed to this fundraising effort,” Weiner said. “We’re really gratified that we could provide this.”

Weiner and Old Guard President Bob Dougherty turned over the \$5,200 check to the Food Pantry’s founder and longtime Executive Director Lorraine Buonocunto on September 26. At a meeting of the Old Guard, Buonocunto said, “The Old Guard has revived our spirits.”

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

Thanksgiving Memories



For most of my life, Thanksgiving has been my favorite holiday. As a child, I was overwhelmed by the many choices of food that I had to choose from - all in one meal. Either my parents or older cousins, would take me down to see the big Thanksgiving Day Parade. Later that day, I would have a gigantic meal at either my home or at my Aunt Hattie's. We would have the traditional turkey and ham, along with potato salad, greens, corn bread and candied yams for starters. There would also be such delicacies as chitterlings and "coon" (raccoon). Of course we would also have various kinds of pies, cakes and puddings.

Over the past several years, we have gathered as a family and extended family. Our Thanksgiving has also included long-time friends. Some come for the meal, others just for dessert. Both now and years ago, men sat around the television set and watched football and the ladies sat around talking about what ladies talk about as they catch up on the year before. We have pre-dinner appetizers and beverages (alcoholic and non-alcoholic) including egg-nog and apple cider. The meal consists of turkey, ham, fish cakes, string beans, collard greens, kale, turnip greens, tossed salad, mac and cheese, potato salad, sweet potatoes and cranberry sauce. At least a sweet potato pie and pumpkin pie will make an appearance. Most importantly, before dinner we say grace and make a circle as each person states those things for which they are thankful.

This year will be decidedly different. With COVID 19 still ravaging our area, we have not totally decided exactly what our Thanksgiving will be. I am sure it will be more modest and maybe this year we will employ some elements of zoom.

Happy Thanksgiving,

Richard Ronde

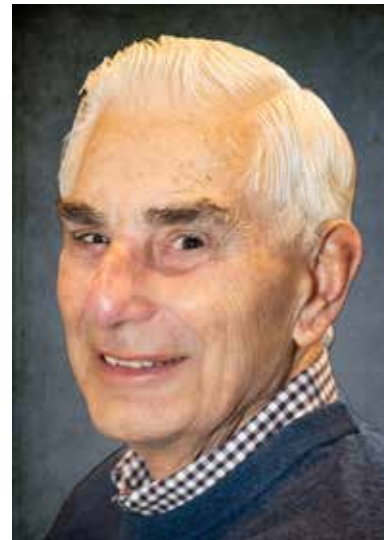


VIETNAM: A PHOTO JOURNEY

BY DAVID SHULMAN



Editor's Note: Due to space restrictions only part of Dave's Journey is published here.



My wife Louise and I, along with our good friends, went on a National geographic tour in November 2005 to Vietnam, Mekong River and Ankor Wat. I took over 1000 pictures of this beautiful country and its friendly people,



The top 2 pictures are of the adorabe children living along the Mekong River. Below them, a 12th. century Hindu temple at Ankor Wat. It is the largest temple in the world, covering 400 acres. Below is the portrait of a monk who was willing to have his picture taken.





CULINARY CORNER

Restaurant reviews and recipes



Editor's Note: When soliciting reviews from OG members, I was surprised by the number recommending Aquario in Harrison. I include two for your consideration.

AQUARIO PORTUGUESE RESTAURANT, 141 LAKE STREET, WEST HARRISON

Aquario is one of the best seafood restaurants in Westchester. If you are seeking a pleasant dining experience that includes delicious food and welcoming ambience, this restaurant fills the bill. It calls upon its Portuguese heritage to prepare a large variety of seafood in that country's tradition.

The spacious dining room with its old school charm surrounds you. There is soothing background music and fresh bread and butter accompanied with slices of sausage arrive promptly. An immediate perusal of the menu demonstrates how extensive the multiple fish and seafood choices are available.

On a recent visit our table enjoyed starters of New England Chowder and a seasonal vegetable puree to accompany the appetizers. At Aquario, the appetizers include several salad choices, shrimp cocktails, baked stuffed clams, jumbo shrimp and tomatoes with fresh mozzarella. The main courses include sea scallops, grey sole, wild king salmon, lobster, jumbo shrimp, a paella to die for, and finally my favorite which is Rocky Mountain trout. All meals are served with fresh vegetables and a plate of traditional rice and beans. The meals are generously sized in both size and taste. There is a large, varied dessert menu with carrot cake as the specialty. A full bar serves excellent mixed cocktails and good wines.

The owner, Manny, and his headwaiter, Tony, make sure that every guest is well served and that they leave satisfied. Aquario's prices are modest in relation to the high quality of its food. Parties as large as ten can comfortably be seated in the dining room which is spacious and warm.

Aquario is open every day of the week, and currently offers curbside takeout in addition to a limited number of tables both indoors and out. The location is 141 Lake Street in West Harrison. Their phone number is 914-287-0220 and reservations are recommended.

Reviewed by Steve Loengardt

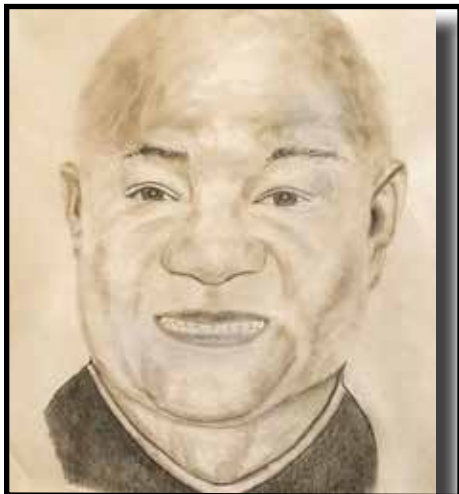
If you enjoy fish, Aquario has consistently been rated one of the best seafood restaurants in Westchester for over 25 years. In addition to fish, they have a fine selection of meats and chicken. Our family has been dining here for over twenty years. The cuisine is Brazilian Portuguese and the menu has a wide selection of wines. Dining at Aquario is like taking a step back into a time when fine dining was a pleasurable experience. As soon as you step into the restaurant, you notice the service is impeccable. The staff is knowledgeable, efficient, and attentive. You are never rushed or forgotten. We have celebrated many family events here such as birthdays, anniversaries and graduations.



My favorite entrée is Meriscada, a Portuguese style Bouillabaisse of fish and shellfish in a red sauce. The desserts are excellent and when they are brought out on a tray for you to inspect, it is difficult to make a choice. Once you visit Aquario, I am sure it will not be your last visit.

Reviewed by Bob Dougherty.

ART & POETRY CORNER



TALLIN BY ANUPMA SETHI

Harmohan and I love to travel and like everyone who travels we come back with fond memories of different places. I like to do a painting of a favorite place we visited.. I thought Tallin, in Estonia, was a very quaint place. I enjoyed painting the small fortress, with its red tiled roofs, surrounded by all that greenery and the blue sea in the back ground.

Left: Sketches by Julian Leventhal.

Can you identify these ex-athletes and what do they have in common?

The answer:

Mike Tyson, Muhammad Ali and George Forman. They are all former heavyweight champions of the world.



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