

News and Views *Ávila*

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HOW BINGO BECAME A POPULAR GAME

By Lee Murphy

The game actually began in Italy in the mid-1500s. It is still played there today, earning the Italian government \$75 million per year. The game made its way to France in 1770, after some revisions. The Germans in the 1800s used a version of the game that was primarily played at country carnivals as a tool for teaching school children math and spelling.

It reached America when Hugh Ward brought it to carnivals around Pittsburgh. He published a rule book in 1933.

Edwin Lowe, a New York toy salesman, saw it played in 1929 at an Atlanta, Georgia, carnival. In the excitement of winning, the person yelled "BINGO" instead of "BEANO." (Beans were used as markers when the numbers were pulled from an old cigar box.) Afterwards, the game was referred to as "Bingo." Lowe hired a Columbia University math professor and in 1930 they invented 6,000 different bingo cards.

A Catholic priest from Pennsylvania approached Lowe to adopt the Bingo game as a tool to raise funds for his church. Although gambling is banned in many states, as long as Bingo is used by churches and non-profit organizations it is allowed.

Lowe, a Jewish immigrant from Poland, sold his company to Milton Bradley in 1973 for \$26 million. Lowe's toy company produced many games during and after World War II. His company also invented the game "Yahtzee." He died in 1986 at the age of 75 at his Manhattan residence.

Many organizations have benefitted from Lowe's Bingo, such as the Catholic Church, Seminole Indians, Moose Lodge and many more, helping to raise funds for charities.



AVILA WILL HOST ITS FIRST MOONBEE

BY Lois Wilson

Residents and friends are invited to join us on Tuesday, April 30th in the Great Room from 2 to 4 pm to participate in a MoonBee. Individuals will help cut, sew or assemble MoonCatcher Kits. These kits have been distributed to girls in 16 countries in Africa, Asia, the Caribbean and Central America. All skill levels are welcome!

The MoonCatcher Project was founded in Schenectady in 2018, and offers menstrual management and reproductive health classes to girls who receive MoonCatcher Kits. The project also helps set up and support community sewing guilds that provide employment for local women in developing countries.

TONI AND JOHN MARA

By Karl Gohlke



Photograph by Max Tiller

When Toni and John moved into Avila, Toni was returning to the area where she was raised. She was born in Schenectady and went to work for General Electric. She continued with GE for a number of years, working for the international division in their communications department.

John was raised in Brooklyn and became a civil engineer, specializing in bridges, subways, and highways. When he and Toni married, they moved to Staten



Photograph by Max Tiller

Island where they raised their two sons. Toni worked in real estate and John was employed by a large engineering company. His work took him to a number of cities, eventually to Boston. They relocated to a Boston suburb and established a second residence in the Town of Brewster on Cape Cod. In time they made Brewster their full-time residence. It was there that Toni became a municipal employee, a position she said she thoroughly enjoyed. Eventually, she and John decided that they wanted to be closer to family and to live in a residential community. Albany was their destination as her brother and sister live in the area.

Toni volunteered that she is the more outgoing of the couple as she enjoys participating in social and organizational activities. She enjoys, as well, various needlework modes. John plays bridge and follows his favorite sports teams.

You may find Toni and John in apartment 323 West in the main building.

VALENTINO TEBBANO

Interviewed by Murray Block

Val Tebbano, our friendly new neighbor in Apartment 129 West, has spent most of his life in and around the Capital District. He was born and grew up in Schenectady, along with three brothers and two sisters. His father and other relatives were loyal G. E. employees. However, Val decided to go in another direction.

After two years of military service in the United States Army, he was able to use his G. I. Bill benefits to earn an undergraduate degree at Siena College, and then embark on a career in Education. He was a sixth grade teacher for a number of years in a school near Amsterdam, before transferring to

Colonie, where he taught until he was eligible to take early retirement. Although he took the early retirement, he was later enticed to return to the classroom to give classes in education at the College of St. Rose, and later at the SUNY College in Plattsburg.



Photograph by Max Tiller

Val has two sons and a daughter. His sons live quite far from here—Mark lives in Atlanta where he is Vice President of Clough Harbor. Rick retired from the position of Administrator of Long Beach, California, and lives in North Hollywood. Val's daughter lives in Saratoga, and commutes to Russell Sage College, where she is Chair of the Education Department. Val has a total of five grandchildren and five great-grandchildren.

Val had been living alone since his wife, Grace, died in May 2013. He recently decided it was time to join us at Avila. He has been here only a short time, but has met a number of his neighbors, and is looking forward to meeting many more. He is friendly and affable, and is most delighted he chose Avila. To quote Val: "It's great to be here!"

His birthday is on February 23, and I thought he might have been named in honor of the patron saint of lovers, whose day is celebrated the week before. He informed me, with a smile, that his mother, like millions of women at the time, had a crush on the silent screen idol, Rudolph Valentino, and so named her new baby son.

Welcome to Avila, Valentino!

JIM AND MARYANN WETRA

Interviewed by Ray and Erin Teichman

Jim and Maryann Wetra are both Brooklyn natives. Maryann graduated from a Brooklyn high school; began working at Standard and Poors, Manhattan; while Jim and his family moved to Queens, then to Long Island when he was of high school age. They met in Long Island and married in 1965 following Jim's U.S. Navy service.

Their sons were born on Long Island, David Christopher on Columbus Day in 1967, and Jim, Jr. in 1970,. Unfortunately, David died in 2010. Jim, Jr. lives in California and is the father of two, a daughter and son, both of whom attend California colleges.



Photograph by Max Tiller

Jim's passion is cars and trucks, having spent most of his working life behind the wheel of a truck. He learned the trucking business working part-time while attending drivers' school and holding down a full-time job rebuilding typewriters. After driving in the New York City-Long Island area, he took a job upstate with Texaco and moved his family to Galway, NY. Jim said his seven years with Texaco were the best of his life. When Texaco closed Jim found work with Airco Industrial Gases, which provided its employees with their own trucks. He has photos of two he drove, "Orange Blossom" and "Cherry Blossom." Following retirement after 34 years, Jim continued to drive part-time as a school bus driver for the

Bethlehem Central School District.

The Wetra's apartment displays trophies and model automobiles, trucks and motorcycles testifying to Jim's interest in motor vehicles, which he says took root in his teen years. He has owned and sold numerous classic autos, including a 1964 Ford Falcon still traveling on Capital District highways; a 1953 Chevrolet pickup truck and a 1954 Oldsmobile. Jim also owned two Harley-Davidson motorcycles. They currently own a 1986 Oldsmobile 442 that Maryann purchased new. Jim and Maryann are members of a local car club and continue to show Maryann's car at shows.

Maryann had been a stenographer but left the workplace upon the birth of their son David. She continued to be a stay-at-home mom with Jim, Jr's birth and their move to Galway. When both boys were in school, and her mother living nearby, Maryann returned to school to become a beautician. After working part-time, she took a job with Liberty Mutual Insurance for five years, then SUNY and finally as a secretary with the NYS Dept. of Labor from which she retired in 2011.



Photograph by Max Tiller

She found her years with the Dept. of Labor most rewarding, in large part because of her work with CSEA. She began as a shop steward; was chair of the Women's Committee and served 12 years as vice-president of Local 670. Maryann is especially proud of her work in employee assistance in the areas of grievances and discipline.

The Wetras said they are enjoying living at Avila where they have found a welcoming atmosphere and a very pleasant and accommodating staff.

OLD AGE

By Ellen Younkings

*Now that I have reached the era of old age
I would like to think that I am now a sage.
Someone to listen to or to just ignore.
I've been around the block – been there before.*

*I think a lot about what lies ahead in my life
And I think about the past – often full of strife.
I would like to know some peace before I go
And remember happy times that I used to know.*

*I have a lot of things that I would like to do
Like dancing and singing, before I say adieu
I dream of things like acting on the stage
Or painting pictures that would be all the rage*

*Perhaps I'll get to do some of those things
before time runs out and the angel sings.
Or maybe my next life might be a chance
To do what I missed for my last dance.*

FEBRUARY- AMERICAN HEART MONTH

By Jodi Mitchell-Rosa, Resident Service Advisor

February, the month traditionally for lovers and all things heart related, has been termed **American Heart Month**.

The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. A presidential proclamation pays tribute each year to researchers, physicians, public health professionals and volunteers for their tireless efforts in preventing, treating and researching heart disease, the leading cause of death for both men and women in the U.S. However, the good thing is that you can take measures to maintain a healthy heart. Here are some suggestions.

Work with your health care team. Get wellness check-ups every year. These are usually fully covered by insurance. A doctor, nurse, or other health care professional can check for conditions that put you at risk for cardiovascular disease, such as high blood pressure and diabetes - conditions that may go unnoticed for too long.

Monitor your blood pressure – High blood pressure often has no symptoms, so please be sure to have it checked on a regular basis. **Here, at Avila, we have blood pressure screening on the first Tuesday of the month at 1:30 in the Meditation Room. No appointment is necessary.**

Have your cholesterol checked. Your health care provider should test your cholesterol level at least once every five years. If you've been told you have high cholesterol, you will most likely need to have it checked more frequently, as part of your regular cholesterol review (usually at least once a year).

Eat a healthy diet. Choosing healthy meal and snack options can help you avoid cardiovascular disease and its complications. Limiting sodium in your diet can help lower blood pressure. Be sure to eat plenty of fresh fruits and vegetables, at least five servings a day. Eat foods low in saturated fat, trans fat and cholesterol, but high in fiber.

Maintain a healthy weight. Being overweight or obese can increase your risk for cardiovascular disease.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. Avila has a wonderful fitness program with a variety of programs for different fitness levels. See program listings on the mailroom bulletin board or call Barb Howansky, fitness director, at 428, for more information. Exercising with friends and family can be a great way to stay healthy and have fun. Remember to incorporate exercise into your day in different ways; taking the stairs instead of the elevator, or parking your car at the far end of the lot are some examples.

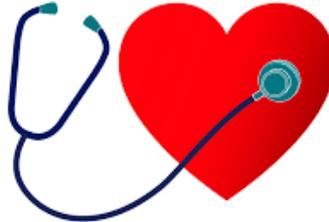
Don't smoke. Cigarette smoking greatly increases your risk for cardiovascular disease. If you are a smoker, your health care team can suggest ways to help you quit.

Limit alcohol use. If you drink alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women. Drinking more alcohol increases such dangers as alcoholism, high blood pressure, obesity, stroke, breast cancer, suicide and accidents. Given these and other risks, the American Heart Association cautions people NOT to start drinking ... if they do not already drink alcohol. Consult your doctor on the benefits and risks of consuming alcohol in moderation.

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your health care team about treatment options.

Take your medicine. If you are taking medication to treat high blood pressure, high cholesterol, diabetes, or other conditions, follow the instructions carefully. Always ask questions if you don't understand something. If you have side effects, talk to your health care team about your options.

Be Heart Healthy.



MY NEXT WIFE

By Murray Block

"You *most* make me a promise," she said sweetly in her charming Portuguese-accented voice. "You *most* wait for me in the next life. I want you for my *hosband*." Coming from this young, sexy, beautiful Brazilian bombshell, it was an offer no bald, old, half-deaf man could refuse.

My granddaughter, Kiva, at the age of 21, decided she needed to meditate to discover what she wanted to do with the rest of her life. I was 71 at the time and thought some meditation would help me decide what I might do for the rest of *my* life, too. By some coincidence – or was it a miracle? – we learned of an interesting spiritual trip to Peru that would have many opportunities for meditation. Vera Lopez Shapiro was our spiritual guide on this trip to Peru in 1995. Vera Lopez, from Sao Paulo, Brazil, met Joshua Shapiro from Chicago, Illinois, and they were married atop Machu Picchu – hence her ecumenical name.

Vera is a most unusual young woman, thirty-something when we met. She is strikingly beautiful, with expressive dark eyes, long, flowing brown hair, tall and impressive, and commanding attention wherever she goes. She is quite spiritual, and claims she remembers some of her past lives. She described in full detail what happened when she and other Incas had to suddenly abandon Machu Picchu hundreds of years ago. She channels a spirit guide, named Chuma, who informed her that she would come across some extraordinary spiritual experiences and would gain great knowledge on that trip. Vera is convinced that I am one of the wonderful things she was destined to encounter during the Peruvian journey that year.

Her accented English is delightful. She had difficulty pronouncing my name. It would come out something like *Mooorrray*, so she decided to call me *Moises*, Spanish for Moses, which is my Hebrew name.

"Yes, Moises," she assured me. "I want to be married to you in the next life!"

This proposition came to me one afternoon while we were absorbing the magnificence and majesty of Machu Picchu. Vera had just commented with surprise on how sparingly I packed for this trip. I brought only a carry-on bag with me to Peru.

"Three weeks. Where are all your clothes?" she had asked. Unlike me, Vera had two huge, giant-sized valises – one filled with gifts for the kids we would encounter.

"I do not need much," I answered. "I do my laundry every night, so I don't drag along too much."

"You do your own laundry?" she gasped in amazement. "I cannot get Joshua to do *anything!*"

Moving in for the kill, I came back with: "I not only do my own laundry, I do windows and floors, too!" And that is when I received the proposal.

"*Moises*, you are so well organized! You are so *wonderrrrful!* You *most* wait for me in the next life!"

Vera told the others in our small group of travelers of our future betrothal. She really seemed serious about it, and I must say I felt quite honored. Then, one day, I could not resist teasing her about this.

"You know, Vera, I am very, very flattered that you want me for a husband in the next life. You are young and beautiful and intelligent and warm-hearted. That is all very good. But – you are also forceful and overpowering and aggressive and always telling people what to do. I have been living with that for 47 years. I think I'd like to try something different the next time around! Besides, I am not so sure you will want *me* next time. I am planning to come back as an Italian opera tenor – and they are too temperamental to make good husbands."

That did not deter Vera Lopez Shapiro. I used to get frequent email messages addressed to "my dearest *Moises*" and signed "your loving next wife." She used to send me brochures of her upcoming spiritual trips to Peru and hoped I would make another journey with her. This next time she wanted me to bring my wife, Estelle, along. That would have been a combination made in heaven!

Although Estelle had never met Vera, they had spoken over the phone. On one occasion, Vera asked my *first* wife if she was jealous that she wanted me as her husband in the next life. In true form, Estelle's quick response was inevitable: "Why wait for the next life? You can have him right now!"

Sounded very tempting!

A REMINDER FROM MARY BARDWELL

Please remember to bring your containers for leftovers to dinner.
Replace, reuse, recycle and save the planet.



TWILIGHT

By Wilbur Shapiro

*Time has caught me in a state of fright.
I'm in a zone called Twilight.
It means I must be grateful for every day of life.
There is no turning back, I must accept the plight.*

*It's a time when I should be making preparations
To insure I have taken care of my dearest relations.
Don't leave them stranded in the dark
If by chance heaven I embark.*

*What else is there to do that's required?
Make sure to do it all even though I'm tired.
Complete a listing of all in the till,
And check with the lawyer about the will.*

*Before I gave my life these thoughts
I enjoyed every day that god had wrought.
I was healthy and enjoying my days with my spouse.
Everything was good, no gremlins did arouse.*

*To the funeral Parlor, a wise decision.
Advanced preparation avoids derision.
It's a good idea to take action today
While you're still healthy, for the funeral pre-pay.*

*When all is done and all informed,
And family agrees and conforms
Then I'll continue life just as before
For in Twilight, the sun can shine for ever more.*

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A FLY IN THE OINTMENT

By Sr. Peggy McDonnell

While at the Albany airport in December I approached the counter in the gate area to read what appeared to be a newly posted sign. It advised all boarding passengers to put their name and phone number on the desktop of their phone (in the event that the phone was lost, I assume).

So, thinking it was a good idea, I Googled for instructions and found them. They seemed easy enough so I proceeded. Before long my phone rang and it was the Colonie police calling to see if I was all right. Safe? Are you sure? I answered in the affirmative, of course. They were sure I was being abducted I think.

I immediately discontinued my efforts to make the advised change to my phone desktop!



THE STORY OF THE WATERMELONS

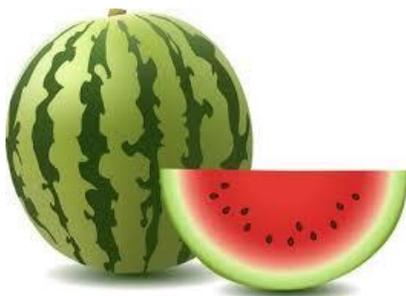
By Pat Binzer

Following the January event in the Great Room where I was named "Citizen of the Month in Albany County," many people asked me what the significance was of the playful watermelon conversation between Dan McCoy, County Executive, and me.

A couple of years ago the Albany County Executive appointed me to help develop an action plan to establish "Age-Friendly Albany County." The Action Plan was to be submitted to AARP and the World Health Organization for approval and had to meet specific guidelines.

This assignment sounded simple enough and it seemed like an admirable goal for Albany County to be known as "Age Friendly." But not so fast! After further investigation I realized that Albany County is comprised of 19 municipalities and each one was not like the others. Some were rural. Some were suburban. Some were well-established villages. Some were cities, large or small.

It became obvious to me very quickly that one action plan would not be suitable. Each of the municipalities is very unique. Each has its own personality. Each has its own concerns, strengths and problems.



At that point I said to myself, "This is like a watermelon! From the outside you have no idea what it is really like. You have to cut it open and see what it is like on the inside." The slices of the watermelon represent the various municipalities. Some have lots of seeds...or population. Some slices have lots of juice or resources. Some slices are really sweet...or lots of talented people. And so on.

Thus was born the story of the watermelon and the role it plays in the development of "Age-Friendly Albany County." It would have been much easier to put together some general ideas that sounded admirable and in a few meetings put together a plan to submit to AARP and WTO. But as the ideas came forward from individual municipalities, it became clear that helping each municipality become more age-friendly was a more noble cause.

PRE-DINNER HOSPITALITY ON THIRD FLOOR EAST

By Lois Wilson

Early in 2019, reports of social events organized by Mickey Fleishman and other residents on Avila's third floor west for the past three or four years reached the residents on Avila's third floor east.

Two third floor east events have been held since the beginning of the year and a third is under discussion (after the arrival of a new couple, who are expected to move into a vacant third floor east apartment in late March).

The first third floor east event took place on January 16 for six residents on one corridor. The goal was to help three residents who moved to Avila in 2018 get to know three long term residents. Georgiana Panton and I, both 2018 arrivals, planned a January 16 pre-dinner gathering while Georgiana's daughter was visiting from California. At 5:00 pm Georgiana provided light hors d'oeuvres, punch and wine in her apartment. At 5:45 pm the pre-dinner group, including all six corridor residents, had dinner together in the dining room.

After the first event, there were so many positive comments that it was quickly decided to have another **full** third floor east social event. At 5:00 pm on Wednesday, February 13, third floor east residents met in the social area adjacent to the elevator for light hors d'oeuvres, punch, wine, and "pleasant conversation." Gloria Herkowitz, the organizer, borrowed a tablecloth from the dining room, ordered a beautiful bouquet of flowers, and arranged for nine corridor residents to eat dinner together in the dining room. Gloria and co-organizer Georgiana Panton provided the food, wine, and soft drinks. (Pictured from the left are: Georgiana Panton, Gloria Herkowitz, Audrey Szembrot, Shirley Jordan, Jake Nolfo, Lois Wilson, Eileen Nolfo, Lorraine Carpenter, Mary Foran and Fred Silva,)



Photograph by Karl Gohlke

For future food events, we have learned that Mazzone Hospitality will cater outside the dining room and deliver food to an Avila social event site. If interested in catered food, place your order with Executive Chef Ryan Quillinan in the morning at least two weeks prior to the event. His Avila extension is x 444.

GPS: HOW IT WORKS

By John Wagner

The last issue of *News and Views* contained an article on Global Positioning Systems (GPS). It was an overview of the history of GPS and a description of its current configuration. What it did not contain was an explanation of how GPS works; (i.e., how your car's GPS receiver could convert satellite signals into a map showing your locations).

This article will attempt to do that in two steps. The first step explains how satellite radio signals can be used to determine the latitude and longitude of a GPS receiver. The second step explains how a computer model helps to convert the latitude and longitude of the GPS receiver into its position on a local road map.

The basic concept underlying GPS is called "trilateration." The two dimensional version can be seen on a map. Suppose I am told that I am 80 miles from Albany. If I draw a circle around Albany with a radius equivalent to 80 miles, then I know I am somewhere on that circle. If I am also 180 miles from Boston, I can draw a second circle around Boston. To be on both circles, I must be at one of the two places where the overlapping circles intersect. I need my distance from a third city to determine which intersection is my actual location.

With GPS, a signal from a satellite determines its range or distance from my receiver. Thus I know I am located somewhere on the surface of a sphere of an appropriate radius that is centered on this first satellite. The signal from a second satellite adds a second sphere centered on that satellite. The two spheres intersect in a circle centered on and normal to the line between the two satellites. The signal from a third satellite generates another sphere and a second circle. As in the case with the map, the two circles will intersect in two places and the distance from a fourth satellite is needed to identify the intersection where the receiver is located.

To implement this approach, it was necessary to devise a way for a receiver to determine the range to a satellite from a simple pulsed radio signal. To do so, the following scheme was developed. Each satellite was given its own unique frequency for its radio transmission. Then all the clocks in the system were synchronized. Finally, a schedule was created to organize the timing of the satellite's pulsed signal. Each satellite was assigned a time slot in a repetitive cycle of transmissions. A receiver could identify a given satellite by the frequency of its pulsed radio signal and so could know the time when that pulse was sent. Measuring the time of arrival of that pulse, the receiver could determine its time of flight. When that is scaled by the speed of light, this becomes the range to that satellite. The accuracy of these range measurements is critically dependent on the stability of the clocks; hence the use of atomic clocks.

A mathematical implementation of the above procedure to locate the GPS receiver yields the position in a geocentric coordinate system, namely, its latitude, longitude, and range to the center of Earth. These coordinates need to be converted to an XY point on a road map. Such conversion can be accomplished using a 3D computer model of the surface of Earth. The World Geodetic¹ System (WGS) is such a model. The WGS model was first developed in 1960 and has since undergone several refinements. The last major revision was made in 1984 and the current GPS uses WGS-84 in its computation.

The creation of such a model in a geocentric coordinate system begins with a sphere of proper diameter and with a surface that is flattened at the poles. Using satellite data, the surface can be mathematically modified to better represent Earth's actual surface. Benchmarks are then added to the modified surface to assure the proper position and orientation of maps of local areas made using standard surveying techniques. These local maps are then laid on the surface of the modified sphere.

Now the latitude and longitude of the GPS receiver determine a unique line radiating from Earth's center. This line pierces the mosaic of surface maps in one of the local maps. Using this map, the GPS display can then show your car on White Pine Drive just past the entrance to the Lodge. The computations needed to calculate the receiver's position are quite complex and the bulk of the computations are done at the local cell phone network. These networks will be the subject of a future article.



¹ Geodetics (also known as geodesy) is a science that focuses on three properties of the Earth: its shape, its orientation in space, and its gravitational field.

HAPPY BIRTHDAY

By Sally Tiller

*Happy Birthday, Sid
You really look fine
The same as you did
At ninety-nine
Now you have reached
The big one oh oh
So a little slower
You must go
Hiking and long walks
Have become a chore
So these are things
You do no more
Bridge and Poker
Are still your game
For those your enthusiasm
Remains the same*

*All chairs must have arms
To help you get up
Because without arms
You could really be stuck
Although you still
Are a really good talker
To get around
You need the help of a walker
But even though
You experience the above
One thing you must know
That we give you our love
So today as you go
On your way
Again we wish you
A very Happy 100th Birthday*



Photograph by Max Tiller