

November 2016



"HIDDEN HIGHLIGHTS"

The Official Publication of Hidden Valley Ranch
Property Owners' Association, Inc. (HVRPOA)
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GENERAL INFORMATION

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Office Hours: Weekdays 9:00 - 11:00 a.m.
Clubhouse Hours: 7:00 a.m. to 10:00 p.m.
Activity Center: 7:00 a.m. to 10:00 p.m.
Exercise Room: Open 24/7

2016 BOARD MEMBERS

President: Steve Freilingner

Vice-President: Vern Drescher

Directors: Mary Crawford

Elaine Kekstadt

Jim Moore

Rick Radl

Mike Yost

Secretary: Judie Gustafson

Treasurer: Gayle Constable

A list of Committee Chairpersons (such as for Architecture, Maintenance, Dance, etc) is posted online and on the bulletin board across from the front office counter.

Hidden Highlights Editor: John Constable
Submissions: HVRPOA.com to attention of the Editor. Deadline: 20th of each month.

President's Message

Welcome back to all Winter Texans. I hope everyone's travels were safe and uneventful! I would also like to welcome all new HVR Property Owners.

Thank You to all our Full-Time residents for the great job you've done keeping our park running smoothly this summer as well as keeping everything as nice as it is upon everyone's return.

Lastly, enjoy South Texas! Great people. Good climate. It doesn't get any better than this!

Steve Freilingner
President, HVRPOA

Nov 11 9:30a (Open) Board Meeting

Members can raise any concerns or questions they might have during the open mike session.

Nov 12 9a Membership Meeting

Happy Thanksgiving, Y'all

*May your troubles be less
And your blessings be more
And nothing but happiness
Pass through your door.*

NEEDED: 2 hours of your time!

Volunteers are needed to work in the HVR office for a two-hour weekday shift (9-11) You can volunteer one day (or more!) per week, but **even one day a month would be greatly appreciated!**

Tasks include selling trash bags, making photocopies, answering questions and performing other vital "office" tasks for the park. New volunteers will receive assisted training from more experienced staff.

For more information contact Linda Kling (956-607-7222) or Karen Eck (956-432-9215) or come to the next **OFFICE STAFF MEETING:** Thursday, November 17 at 4pm in the Clubhouse

GOOD THINGS COME TO THOSE WHO WAIT:

..... **TEXAS HOLD'EM** will resume Sun Nov 6th in room A1, if there are enough players. Buy-ins start at 5 pm, and play starts promptly at 5:30 pm. (H. Wissinger)

..... **BINGO** will resume Wed Nov 23rd at 7 pm in the Clubhouse. (R. Anfinson)

..... **YAHOO** will resume Thurs Dec 1st at 1 pm in the Clubhouse (J. West)

..... **MUSIC JAMS** will resume Dec 2. Look for more info in Dec newsletter. (L. Dodd)

..... Free **CREATIVE QUILTING CLASSES** start on Dec 7th. Info on projects and required materials are posted in back hall of Clubhouse, or contact me. Look for more info in Dec newsletter. Karen Eck (956-432-9215).

..... HVR **WEEKLY ENTERTAINMENT** will resume in January. Look in January's newsletter for more details about our great line-up, but you can get a sneak-peak at the posted schedule n the Clubhouse. (L. Dodd)

FEED THE BIRDS, NOT THE RODENTS

Birds! While some HVR residents prefer to enjoy them from a distance (meaning not in the Park), others encourage birds to their lots with feeders. That's their right, of course, but those feeders can sometimes attract rodents – which is something nobody wants!.

Here are some ideas to curb this problem:

- Buy quality birdseed. Cheaper mixes contain a lot of junk filler (like safflower seeds) that almost no bird eats. These ingredients can pile up and attract mice.
- The jays are particularly noted for turving everything out of a feeder to get to select peanuts and black-oil sunflower seeds. You can limit their spillage by buying this specific feed and using a separate feeder. This lures them away from the other smaller feeders.
- To reduce further spillage, buy a nyger seed feeder, even if you don't intend to buy that expensive feed. Its long tube has very small feeding holes to discourage larger birds.
- Try to control the daily amount of seed in your feeders so there is none left by dusk.
- Don't refill your feeders if there is a lot of spillage on the ground. That's just more invitations to rodents. It never hurts to let the feeders stay empty for a day or two so the birds will clean up the ground. No, they won't abandon you or your feeder!



We can continue to enjoy watching the many different types of birds at our feeders without attracting rodents. We may just have to change our ways of doing it a bit.

LETTERS / E-MAILS / COMMENTS

Letters for publication in *Hidden Highlights* must be signed, but names can be withheld upon request.

Editor reserves the right to correct spelling & grammar, and/or condense wording to fit into the available space.

.... on Hall improvements:

Thank you to all members who donated items this summer towards improving the look of our Clubhouse. We now have valences over the front windows, a repainted wall in the Internet lounge, and new wood containers for trash/drink containers – 6 in all. WOW, and on rollers yet!

What a great addition to the look of our hall and all this (and even more) was provided with DONATED money and time..

There's always more that can be done, so we are open for other donations which go 100% to the hall beautification projects. (M. Ford)

... on a successful surgery:

I just wanted to share with all of our HVR friends that Jim (Ong) had a very successful heart valve replacement on Oct 12th, just after celebrating our 68th anniversary in Hawaii with family and friends. Interestingly, Jim's room number at Baylor Heart Hospital was 323, which is our HVR lot number! (P. Ong)

... on Boswell Update:

(For those away who do not know, Curt & Bettye Boswell were hit in a head-on collision in mid-Oct.)

They are recovering slowly but steadily from their severe injuries. Bettye has a broken sternum and cracked ribs. Curt required two rods in his leg to replace the crushed bones.

While in a lot of pain, they both remain in an upbeat frame of mind, and thank everyone for their continued prayers.

.... On Waterpark Update:

John, it would be nice to have an update on the school's progress on the Natatorium and any improvements to Western Road. I realize locals know what's happening but we who haven't returned yet would like updates. Thanks for all you do. (C. Spear).

It (and several other buildings) are taking shape. It's going to happen, folks! Workers and equipment are busy over the entire property, aiming for a 2017 opening. Western Rd is very nicely paved (but no wider yet) on that stretch.

ON SEALING A DEAL

How to do it.....

Earl Tupper (1903-1983), a one-time Dupont chemical plant employee, invented the unique air-tight seal found on Tupperware Containers. He modeled the design after an inverted lid of a paint can. Tupper's ingenious seal gave new life to left-overs, and soon consumers everywhere "locked in freshness".

Tupper had invented the type of plastic eventually used in the containers in 1938, but it would be ten years later when the patented lid was introduced.

Tupper **sold out in a very lucrative deal** to Rexall (Drugs) in 1958.

Tupperware today is sold world-wide in over 100 countries. The top leading country for sales (\$200 million) in 2015 was Indonesia.

Amazingly enough, there's a Tupperware party starting once every three seconds somewhere in the world, and nearly 82 million people attend one every year!

... And How NOT to do it...

In the mid-nineteenth century, without the storage devices we take for granted today, fresh food spoiled quickly. Milk from a cow spoiled within an hour or two, chicken had to be eaten on the day it was plucked, and fresh meat was seldom safe after a day or two.

In 1859, John Landis Mason patented a threaded glass jar with a metal screw-on lid. This provided a perfect seal and made it possible to preserve all kinds of foods that would have previously spoiled. The Mason jar became a huge hit everywhere, though Mason himself scarcely benefited from it.

He had **sold his patent rights to it for a modest sum**, so that he could turn his attention to other inventions he assumed would make him richer. The modest sales of his inventive folding life raft, and humidifier, and self-draining soap dish did not exactly sustain a living for him, and he died alone and penniless in a New York tenement house in 1902.

In summary, Tupper's deal was very well "sealed", but as for Mason's?

Well, he got "screwed"!

HVR 20th YEAR CELEBRATIONS

January of 1997 saw many people buying lots in an open field that eventually became the HVR Park as we know it today.

We have established a beautiful Park over two decades, and we want to look back at both its beginnings and its achievements over the last twenty years.

Celebration events are being planned for January, and that includes a photograph display on one of those days.

Anyone with early pictures of the Park are being asked to bring those photos with them when they return to HVR to be shared at a later date in January.

It should be fun to “look back”!

FALL/WINTER YARD CARE

Residents are reminded that **all lots** should continue to be cleaned of weeds, palm tree fronds, and citrus fruit rotting on the ground, to deter bugs and rodents (mice and rats) which in turn attract snakes.

Please **make arrangements** with someone to check on and maintain your yard clean-up during our peak citrus season.

Let's keep our Park looking nice for neighbors as well as potential new buyers.

Reminder about SPEEDING

The Park streets are actually county roads with posted **speed limits of 15 mph**. Everyone should obey this limit with all types of vehicles. This includes bikes and golf carts!

Members are again reminded not to let their under-aged grandkids drive their golf carts when visiting.

CRAFTER'S CORNER NEWS

Grab whatever project you're working on and come join the other crafters every Tuesday 12:30 – 2:30 in the back of the main hall. Check out this year's schedule of craft classes posted on the bulletin board area and see what might be of interest to you. If you have any questions, call Judy Hamilton (584-6727)

J'ever notice....

... listening to politicians, you often experience ***Deja Moo***? That's the feeling that you've heard all that bull before.

“NON-ELECTION” RESULTS?

When elections are called (anywhere in the World), there are inevitable claims of election irregularities, no matter whether about real problems or perceived ones. History shows us that this is nothing new, and has persisted over the centuries on both sides of the Atlantic.

Here are two eighteenth century blatantly real examples of overseas voting “irregularities” that have been recorded in history.

You can decide for yourself whether to laugh or cry!

Scottish Rotten Boroughs:

“Rotten” boroughs were those where a member of Parliament could be elected by a small number of people. In Bute, Scotland, just one resident out of the 14 thousand had the right to vote. He obviously elected himself.

English Pocket Boroughs:

“Pocket” boroughs were constituencies that had no inhabitants at all but nevertheless retained a seat in Parliament. These pocket boroughs could be sold or given away (to an unemployable son, say) by the person who controlled it. The most infamous pocket borough was Dunwich, a coastal town in Suffolk that had once been a great port – the third largest in England – but was washed into the sea during a storm in 1286. Despite its conspicuous nonexistence, Dunwich continued to be represented in Parliament by a succession of privileged nonentities until 1832. That's 546 years after the borough clearly ceased to exist!

Watch it! Wash it first!

DID YOU KNOW? Bell peppers are the most heavily pesticide-sprayed produce that is commercially grown. Be sure to wash them thoroughly before consuming.

HEALTH TALK:

POWER NAP FOR BETTER MEMORY

(portions of an interesting Dr. Oz article)

President J.F. Kennedy did it. Winston Churchill and Lyndon Johnson planned it for a specific time daily. We're talking about The Power Nap.

The National Sleep Foundation has long advocated the benefits of the 10-minute nap (less stress, more energy and focus), but now they say one 20-to-30 minute nap daily will do even more to improve your mental and physical alertness without interfering with night-time sleep.

(Naps of 60 minutes or longer per day are NOT good for you, they claim. They're associated with a 50 percent increased risk for Type 2 diabetes.)

One recent study claims that **a short daytime nap could improve your short-term memory fivefold**. A better structured earlier study had found that after three months, half-hour nappers retained much more of what they learned than their control group.

The point is, done correctly, an afternoon siesta (the word comes from the Roman word *sexta* or "sixth hour") is much better for your health than, say, gulping down an energy drink. Find a place to rest for 10, 20 or at most 30 minutes a day. Use eyeshades to block out light, set an alarm, and get recharged. Doing it at the same time every day helps stabilize your circadian rhythms.

Fun Fact: Power-napper Salvador Dali would close his eyes with a key in his hand. When he was so asleep that the key hit the floor, it would wake him up and he would start painting again, often portraying time as clock faces draped over tree branches.

QUIZ:

Thanksgiving Day ranks as the # 1 day of the year when Americans eat the most food.

Christmas Day ranks as # 3.

So, what day ranks as # 2 ?

(Think about it before turning to page 6)

FUNDRAISER:

OUT OF THE ORDINARY RECIPE BOOKLET

These recipe booklets are being sold as a fundraiser towards upgrading the kitchen counters in the Main Hall. They will soon be **available at the front desk**. A financial donation of at least \$8 is suggested.

Excerpt from its introduction:

When I was handed a huge folder bulging with recipes {collected several years ago from HVR members} and asked to type them up into a booklet, I immediately realized there were far too many recipes to fit into a reasonable-sized recipe booklet.

I also realized that, for many of us with limited work spaces (and, yes, limited energy), we don't need or want any complicated labor-intensive recipes requiring unusual ingredients. At our ages, we're looking for quick "meals for one or two" or for something to bring to a luncheon or a potluck. Simple to fix, but something different for a change!

That now gave me a strategy for selecting recipes: Choose ones that are easy to follow.. that use common ingredients,,, that are quick to prepare... that are tasty to eat... that are ideal for potlucks. But, recipes with a little different combination of ingredients from the usual versionsrecipes a little **OUT OF THE ORDINARY**.

- Compiler: John Constable

There are recipes for appetizers, salads, finger sandwiches, main dishes, and 36 desserts (We in this Park DO love our desserts!) The 111 recipes are geared for minimal preparation, using relatively common on-hand ingredients, short cooking times, quick clean-ups and, above all, are geared to serving up something both tasty and different:

You'll sure to find new favorites in this book, like meatloaf in a mug, sun-drenched cod, apricot ham fingers, diabetic's carrot cake, pumpkin cheesecake, and slow cooker pizza casserole, to name a few goodies a little **OUT OF THE ORDINARY**.

Santa says they would make great Christmas gifts for neighbors, or to mail to relatives and friends up North.

Sign up now in the Clubhouse for one (or more) copies. Printing will begin mid-November.

Re: Quiz from page 5

No, it's not Easter. Try one more guess.
Final Answer on bottom of page 8

HVR PARK-WIDE YARD SALE

Saturday morning Nov 19th

Since there's no Craft Show this month, why don't y'all use this opportunity to haul all your unwanted stuff - and you just KNOW you have lots! —out to the curb and have your own yard sale. Keep your money, or donate it to the Clubhouse Beautification Projects.

:

ANDY Lander's Advice for Men

Dear Andy: Unlike my mechanically-minded buddies, I seem to fumble at everything I do. Nothing I do seems to turn out right. Any suggestions for men like me?

Andy, here: Men, if at first you don't succeed, do like the rest of us do: pretend that's not what you were trying to do in the first place. Also, if at first you don't succeed when you try something new, do not try skydiving.

Dear Andy: My wife says I never listen to her. (At least I think that's what she says.) I just don't understand her. Are there instructions for understanding women?

Andy, here: First, there are three kinds of men who don't understand women: young men, old men, and middle-aged men. Secondly, we men should stop saying women should come with instructions. What good would THAT do? We're men. Who would read them???

Dear Andy: My doctor warned me that I have to watch my drinking. What do you suggest?

Andy, here: Men, when that happens, find a bar with a mirror.

Andy here, signing off now, reminding you men out there that there are no excuses for laziness..... but I'll keep looking for you!

..... Well, maybe starting tomorrow.

MAKING YOU BOO-TIFUL ?

It was once believed that eating pumpkins (or rubbing them on your skin) could help fade away freckles.

Nov 8th is Election Day

.....and in case you missed it from her Oct 17th newspaper column:

Dear Abby:

My husband believes that not voting in the upcoming presidential election is making a statement because he can't tolerate any of the candidates. He believes that not voting is telling the political parties to offer more acceptable candidates.

I believe that not voting makes no statement AT ALL because many of those who don't vote really don't care, and THAT is the message that is received. Voting is a right that should be exercised. To vote is to make a statement. Do you think he is making his feelings known by not voting? Signed: NOT VOTING

Dear NOT VOTING:

No, I do not. Your husband seems to have forgotten **how fortunate we are to live in a country where people CAN vote**. In many countries, that's not the case. The most important thing citizens can do is educate themselves about the candidates and the issues and then cast their ballot. The higher the turnout, the more reflective the outcome is of the wishes of the people.

(Editor's two-cent input: I might add, putting all my newsletter election jokes aside, that I think to not vote is also an insult to our Veterans – both living and dead – who risked their lives to maintain that freedom. I've said this before: Seeing the MIA flags that fly in certain lots throughout HVR is a further reminder that this "freedom" to vote was not free at all. Some of our Park families paid a huge cost indeed.)

Get out and VOTE!

INFO FOR NEW OWNERS, RENTERS, &

Welcome to HVR
“the best Park in the Valley”
(but you know that)

GET REGISTERED

If you have purchased a new lot or are renting one (for ANY length of time), please stop by the office to complete the necessary forms required to update our database.

Also, please bring proof of age (ie, driver's license). HVR is a registered 55+ senior housing community and is legally required to maintain adequate records regarding our residents.

THINKING OF RENOVATING?

New Park owners (and anyone else) wishing to make exterior changes to their HVR property (such as erecting or expanding any type of awning, deck, enclosure, handicap ramps, shed or casita, or having any amount of concrete poured) are reminded that they need to **first seek approval** of their plans from the HVR Architectural Committee, then obtain proper permits from the County, and show these permits to the HVR Committee BEFORE proceeding with any changes. Post your permit.

Packets which set out Park and County rules and regulations, and answers commonly-asked questions, is available at the Office.

The **Architectural Committee meets every Thursday** at 9a in the Internet Lounge near the Office, and they will readily answer your concerns and/or assist with the paperwork.

HVR'S OWN PASTOR

The Park's new Pastor, Cliff Stewart, is available for counseling at his rental place (lot 27) or by phone 970-302-7033.

REMINDERS FOR THE REST OF US

HEART RANGERS

HVR is the ONLY Park in the Valley to offer the following vital services to anyone in the Park, whether Owners, Renters, or Guests:

- Apply CPR if necessary
- Assist the ambulance in finding your lot
- Assist in gathering your meds & File of Life
- Assist in locking up your house
- Drive the spouse to the hospital, if needed
- Pet sit, pending other arrangements
- Call family or a neighbor at your request

Basically, we assist in any way you wish.

In case of Emergency:

1. Dial 956-213-3002, and when the message prompter ends, enter your lot number (NOT your address!).
2. Hang up and dial 911. Tell them you live in Hidden Valley Ranch at the end of Western Road in Palmview. Tell them your street, your house number, and lot number.

Put the Heart Rangers emergency number in your cell phone NOW

HVR'S Notary Publics

Lila Helm (507)377-2008
7609 Par

Sallie Remington (509)539-3510
2500 Fairway Ct.

Most commonly requested services:

- Warranty deeds
- Title transfers
- Affidavits
- Rental agreements
- Medicare enrollment

No service fees, but photo ID is required.

Suggested Dinner Menu circa 1850s

Thanksgiving is coming, you say, and you don't quite know what to fix for your guests? Well, if you're thinking of doing either of these meals, you need to start "hunting" for some of those items now!

In 1851, a popular book by Lady Maria Clutterbuck (who was actually Mrs. Charles Dickens) suggested the following **dinner menu for six**:

carrot soup, turbot (fish) with shrimp sauce, lobster patties, stewed kidneys, roast saddle of lamb, boiled turkey, knuckle of ham, mashed potatoes, stewed onions, macaroni, cabinet pudding, and blanc mange with cream.

A Mrs. Beeton, the "Martha Stewart" of 1859, further proved that gargantuan portions were still routine in those days by offering in her book this menu **"for a small dinner party of six"**:

turtle soup, fillets of turbot in cream, fried sole with anchovy sauce, roasted fowls, rabbits, (notice the "s" on those last two), veal, stewed rump of beef, boiled ham, a platter of roasted pigeons or larks; and, to finish, rhubarb tartlets, meringues, clear jelly with cream, rice pudding, and soufflé.

Grab a cup and dig for BERRIED TREASURE

Strawberries offer nearly twice your required daily dose of vitamin C.

Raspberries contain anthocyanins, which boost insulin production and lower your blood-sugar levels.

Blueberries improve memory and balance. You might remember where you left your keys and you won't topple over trying to pick them up.

All fresh berries are nuggets of fiber, and contain live enzymes that will improve digestion,

That's all Berry Good News, indeed!

A "GRIM(M)" Fairy Tale?

"Mommy, why do fairy tales always start with the words, "Once upon a time.."?"

"Not all of them, darling. Some begin with "After I'm elected..."

(attributed to the late Jack Cruise, comedian)

WEIRD AND "EVEN WEIRDER" NEWS

North Americans consume more dairy products than anyone else in the world. Sadly, North Americans also have the highest rate of osteoporosis. How can that be? Don't experts say calcium from dairy products prevents this thinning of the bones?

It's because we also consume more "calcium-robbers" than anyone else on Earth. Calcium leachers like caffeine, sugar, soft drinks, alcohol, smoking, stress and inactivity!

Amazingly, poor dietary and lifestyle choices have more to do with the calcium deficiency in our bodies than with not taking enough calcium. So, even before we start boning up on calcium supplements or eating more yogurt, **we need to first start repairing the calcium leaks**: Eliminate (or at least cut back on) the calcium leachers mentioned above, get some exercise and choose real nutrient-filled foods more often.

"Even weirder" news: Who knew??

Milk and other dairy products are not the only calcium-rich foods that give your bones a boost. So, moo-oove over, Elsie Cow, because while onions may bring a tear to your eye, it seems they might also bring you stronger and healthier bones. Oh, for crying out loud!

The super-brainy folks over at the Journal of Agriculture and Food Chemistry have apparently identified a compound in onions that inhibits the activity of osteoclasts. That's science speak for "cells that break down bone". When animals in the study were given this onion compound, bone breakdown was inhibited.

This is great news for women, who are more at risk than men for osteoporosis. The drug typically prescribed to prevent excessive bone loss, Fosamax, has negative side effects like acid reflux and esophageal ulcers. Negative side effects of eating onions: onion breath!

As a bonus, onion's sulphur compounds are potential liver detoxifiers, and onions contain loads of age-defying antioxidants, too!

More reasons to cry for joy!

Answer to Quiz from page 5

It's Super Bowl Sunday. Pass me those wings!

Here and There Around TOWN

With Barb Frantz

11/3: Pharrmers' Market - in front of the RGV Food Bank located at 724 N. Cage Blvd. PHARR. 9-noon. Info: (956) 682-8101

11/3 to 11/14: PSJA Southwest Theatre presents Disney's "Mulan" at 300 E. El Rancho Blanco Rd, Pharr, call (956) 354-2241 for information and tickets. Show times 2 pm on 11/6 and 11/13. All other dates 7pm.

11/4: Music After Hours Arts and Crafts Festival from 6-10 pm at Archer Park located at 101 N. Broadway St., McAllen. Great live music and vendors. Info: (956) 682-2871.

11/4 to 11/6: Mexican Artisan Expo at McAllen Creative Incubator located at 601 N. Main St. McAllen. 70 artisans from states in Mexico and Central America with clothing, crafts and candies just to mention a few. Hours: 11/1 noon to 9pm; 11/5 9am to 7pm; and 11/6 10 am to 6pm. Call Luis Cantu at (956) 682-2871 for more info.

11/5: Armed Forces Veterans Golf Tournament at the Shary Golf Course located at 1900 N. Mayberry Road, Mission. - Catholic War Veterans Post 1065 in Mission will be hosting the golf tournament OPEN TO THE PUBLIC. It will be a 3-man team, hole-in-one prize (car donated by Bert Ogden), door prizes, raffle, food and more. Contact Shary Pro Shop at (956) 580-8770 for more details.

11/5: Jackson Street Market Days - 1st Saturday of each month. Shop for treasures at an old fashioned, open-air street market featuring antiques, collectibles, plants, fresh produce, live music, and more. The market is located between 4th & Commerce, Harlingen and open 9 am to 4 pm.

11/5 to 11/6: Open Water Festival at South Padre Island will feature a military veterans event, one mile race, 5k race and a kid's sprint. Ages 9-89 are welcome. Info: (956) 761-6433.

11/6: 23rd Annual World Shrimp Cook-off at Port Isabel, Texas at Sutherlands located at Highway 100 & 48. 10 am - 6 pm. For Info: call (956) 943-4823 or (956) 943-2262 or visit www.portisabelchamber.com

11/6: Free 7:30pm Chamber Music Concert Series by Viol Consort at McAllen Creative Incubator, 601 N. Main St. McAllen. Info: sarahytcviolin@gmail.com.

11/12: Veterans Parade in Pharr at 4:30pm. Begins at intersection of Cage Blvd. and Polk Ave. Continuing to PSJA Stadium at 600 E. Kelly. Fire works begin at 7 pm on Fir St. adjacent to Liberty Middle School.. For more information, call (956) 402-4332.

11/12 and 11/13: Fall Mariachi & Folklore at LAJOYA HIGH SCHOOL, 604 Coyote Dr. LaJoya. Program entitled "3 schools one voice". Show times 11/12 at 2pm & 7pm and 11/13 at 2pm. For tickets call (956) 323-2896.

11/16 to 11/20: Classic Greek play "Antigone" by Sophocles. Mainstage UTRGV Albert Jeffries Theatre at 1201 W. University Dr. Edinburg (Corner of University Drive and Sugar Road) Call (956) 665-3581 UTRGV Box Office for tickets, show times, and more information.

11/17 to 11/20: "Jungle Book" production by South Texas College Info: (956) 872-2301

HEADS UP NOTICE: Book tickets early!

Dec 6: Tony Bennett coming to the new McAllen Performing Arts Center – for more info, go to www.LiveinMcAllen.com

Here and There around TEXAS

with Barb Frantz

11/3 to 11/6: - World's Oldest & Largest Flea Market in Canton from sun up to sun down. Info: www.firstmindaycanton.com or (903) 567-6556.

11/12: Fall Jamaica at Rio Grande City, The Immaculate Conception School's annual event is free to the public. Info: (956) 487- 2558

11/18 to 11/20 - Ranch Hand Weekend at King Ranch, Kingsville. Info: (361) 592-8055

11/18 to 11/20: " Perfect Arrangement" comedy based on the 1950's. Camille Play-house at 1 Dean Porter Park Brownsville. Info: (956)542- 8900 or go to www.camilleplayhouse.net.

11/25 through 1/1/1 Holiday Lighted Village Dean Porter Park 501 E. Ringgold St. Brownsville. Admission is free. Hours: 9 am- 10pm (9-11pm on Sat & Sun). Nights are best for viewing the massive displays. Info: www.holidayvillage.cob.us

11/26: Market Days at Killeen, Tx. For more Info: (254) 501-8889 or www.killeentexas.gov/arts.

On-going Events:

Mercedes, Texas - **Rio Grande Valley Premium Outlets** - visit during Veterans Day Weekend and enjoy additional savings. Hours: Mon. - Sat. 10-9; Sun. 11-7 Info: (956) 565-3910

Kingsville, Texas - **King Ranch Museum** at 405 N. 6th Street. Mon-Sat.10-4; Sun 1-5. Info: 595-1881.or www.king-ranch.com/museum.html

Kingsville, Texas – **King Ranch guided tours** by the visitors center at 2295 W. Hwy 141. Info: call (361) 592-8055 or go to www.King-ranch.com/guidedtours.html

Kingsville Naval Air Station Info: (361)516-6375 or www.CNIC.Navy.mil/Kingsville

TEA TIME

Ask for tea at a restaurant here in the RG Valley, and you're likely to be served cold sweetened (overly sweet, in my opinion) green tea. But in the more northerly parts of the USA and in Canada – and especially in England – hot tea (steeped just right) is expected. An accompanying crumpet or sweet of some sort wouldn't be declined, either.

But when did this British indulgence really become popular?

With the removal of the British tea tax there in the early 1700s, and the subsequent huge increase in the quantities of cheaper tea now imported into Great Britain, its wide acceptance flourished immediately.

Tea was the first beverage to belong to no class, and was slurped by laborers as often as it was sipped daintily by ladies. It was also the first beverage to have its own ritual slot in the day: teatime, as it were.

Not everyone got the hang of tea immediately, though. The poet Robert Southey related the story of a lady in the country who received a pound of tea as a gift from a city friend when it was still a novelty. Uncertain how to prepare it, she boiled it up in a pot, drained off the brown water, and spread the leaves on toast with butter and salt. She served it to her luncheon friends, who nibbled it gamely and declared it interesting but not quite to their taste.

Raise your hand if you remember those 1960's Red Rose tea commercials with the chimpanzees "playing" band instruments and "singing": "Eeeeeee-iiiiiii-ooos

Red red red red Rose...."

(Perhaps that was just a localized Canadian thing only.)

"They've come out with a Prince Charles tea pot. Apparently it never reigns, but it pours."

(Abbie Bowman)

TEE TIME

"He has a golf swing like an octopus falling out of a tree." (David Feherty)

"Golf is the only game in the world in which a precise knowledge of the rules can earn you a reputation for bad sportsmanship." (Patrick Campbell)

"If I was asked to rewrite the rules of golf, I'd add just one new one: Players may be allowed to tackle their opponents." (David Feherty)

"It is now not generally believed that golf originated in Scotland. No Scotsman would invent a game in which it was possible to lose a ball." (Des MacHale)

Hopeless golfer to caddy: "I'd move heaven and earth to break ninety."

Caddy: "Try heaven. You've moved enough earth already." (Terry Wogan)

"He swings like a toilet door on a trawler on rough seas." (David Feherty)

"His backswing off the first tee reminds me of an elderly lady of dubious morals trying to struggle out of a dress too tight around the shoulders." (Patrick Campbell)

"He hooked left and wide of the hole with the greatest of precision." (Des Lynam)

"He had more Misses in that match than Henry VIII." (Bill O'Herliby)

"Golf without bunkers and hazards would be tame and monotonous. So would life!" (B. C. Forbes)

GET CRACKIN'

At the crack of dawn, eat protein!

A Louisiana State University study showed that when people had eggs for breakfast, they ate 264 fewer calories throughout the rest of the day compared to eating, say, a bagel or toast.

That's because protein is more filling than refined carbohydrates and it keeps blood sugar steadier, too. You'll feel "fuller" all day!

This month's Feature Article:

On (humorously) becoming Canadian

Pending the outcome of the upcoming US Presidential election, several famous celebrities have said that they might leave the country. Jon Stewart, Cher, Justin Bieber, and Whoopi Goldberg (to name a few) have all hinted that they would move to Canada. That got me thinking: Should any HVR members also feel so inclined, then I feel it is my duty as a Canadian to help "Canadian-ize" you.

First, don't worry about not understanding the metric system. Just know that Canada has a lot of remoteness between one city and the next, so any kilometer distance posted on a road sign can simply be interpreted as **FAR**, larger numbers as **REALLY FAR**, and four-digit numbers as **"DON'T EVEN THINK OF ASKING IF WE'RE THERE YET!"**

Never mind trying to convert those Celsius temperatures, either. Canada has basically only four temperatures: **COLD**, **COLDER**, **THAWING**, and **PLEASANT**. Be warned you will likely experience all four conditions every month.

Worried about the French language barrier? Don't be. Only 30 % of Canada is French, and 90 % of those people live in Quebec, so ***jus'que* avoid le province!**

However, because of the remoteness elsewhere in Canada, you do need to be aware that "English-speaking" inhabitants of those areas often have a **localized language** all their own. So, to help you have "a say" with those folk using their jargon, here's a start:

A say: A conversation. "Me and th' neighbor had a say this mornin'." Usually friendly words.

Barmp: You didn't toot, beep, or blow your car horn back there; you barmped it.

Batch: How cookies, biscuits, and home-made wines are measured. "I whomped up two batches of cookies for the Social."

Beef to the heel: Pretty hefty. Well, at the very least, she's hefty.

Bootin 'er: In a rush. "I was bootin 'er to the store to get there a-fore it closed."

By 'n By: A week, a month, ten years, maybe never. "I'll repay you by 'n by."

Clear cut: Area of deforested land where even the deer will pack a lunch before crossing.

Cutter loose: A request to fiddle faster. Could also refer to that odorous thing we all do!

Diddly squat: The amount of work done when the boss isn't around. Alternately, what our Canadian dollar has been worth lately compared to the American dollar.

Doozie: A bad storm. "That's a real doozie a-blowin' out there."

Eh: used for emphasis at the end of every sentence, eh? It means OK, as in "I'll help you, eh!" Alternately, it's asking you to agree. "Nice day, eh?"

Canadian Folk song: A very long song sung slightly off-key and with a mumble here and there to replace forgotten words, accompanied by a guitar with one or two broken strings.

Foreplay: minimum number required for some card games. "Let's get a foreplay for Bridge."

Giverago: Try it. "I can't seem to loosen this jar lid. Here, you giverago, eh?"

I gotta mind to: Thinking about it. Might do something. Probably won't.

Jig 'n a hop: Not too far down the road. The return trip, though, is a hop, skip, and a jump.

Lemme tell 'ya: Phrase that precedes a lie. "This is the truth. Well, more or less. That is, as far as I know. It's what I heard, anyway. OK, it may not be true, but I sure do remember it well."

Night crawler: Last guy to leave the tavern.

No oil painting: Ugly. A face only a mother could love. "She's no oil painting, but she's got a big heart." See: Beef to the heel

Packer in: Quit; call it a day. "Let's packer in, and go chow down on some pladers."

Pladers: a plate of potatoes. Those greasy fries smothered with cheese curd and gravy; called poutine. Makes the fries soggy so that you can actually hear your arteries clogging up.

Prid'near: Almost; very near "I'm prid'near done washing the truck."

Puttering: Doing a little bit of everything, and not too much of anything. "I puttered around all morning and still got nothing done! Imagine that, eh?"

Rassle: wrestle. "I'll arm-rassle you for that last donut from Tim Horton's (the Cdn Starbucks)"

Right atter: Busy; not just puttering. "I went right atter cleaning the garage out."

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Continued from page 11:

Ski-doo; Generic term used for that one specific brand of snowmobile as well as for each and every other make. Winter toys for big boys. "There's a doozie coming tonight, so I got a mind to go ski-dooing tomorrow."

Slower'n cold molasses: Designated rate of Canadian government bureaucracy.

Some: Really, truly, completely, very. "That pie was some good". Extend the word if it was exceptional. "That was saah-ummmmm good"

Spittin' dust: Thirsty.

Tuffern shoe leather: An overcooked moose steak. Same result even if it's not overcooked.

Use'll: Canadian for "y'all". "Use'll prid'near see what I have to say when the time comes!"

Wed: Past tense of weed. "I wed the garden today, then I yarded the weeds to the compost bin."

Willie-wags: overgrown weedy area. "Lemme tell 'ya, I prid'near tripped bootin'er through the willie-wags, rassling with that brush out there. They're some thick, eh?"

Yabbut: Yes, but. "You promised." "Yabbut....."

Zed: Last letter of the Canadian alphabet. Words zat begin wiff za letter zed seem to become more plentiful wiff zamount of alcohol consumed, and zat's za truth.

There you have it. Welcome to Canada! Just remember to leave your pennies and guns at home. Canada has no use for either.

Personal note to Justin Bieber:

Canada does NOT want you back!

Disclaimer:

OK, just so everyone is clear, the vast majority of Canadians DO NOT talk like this. Sure, I've heard some people use a few of these sayings now and then (including some Americans in this very Park), but this feature article was compiled purely for fun by my warped sense of humor (and as a result of a few sleepless summer nights).

Overheard in the Clubhouse: "I'm not 74. I'm 59.95 plus shipping and handling."

The Last Word (Editorial)....

WHINING OVER WINE

One of the shopping items that went into my grocery cart upon my return to RGV was a box of my favorite wine: Franzia Crisp White.

I enjoy a little glass of it from time to time while relaxing on my deck, (although preparing articles for these monthly newsletters has considerably reduced my amount of relaxation time there, but then that was my choice).

Even with the "ouch factor" of the money exchange figured in (having had to pay \$1.37 Cdn for every \$1 Amer. before leaving), the \$10.97 Texas price far undercuts the \$68.70 price for the same wine back home. You see, our wine, like booze, cigarettes, fuel, property and incomes, are all heavily taxed to help pay for our "free" Canadian health system envied by the USA (but, face it, that money has to come from SOMEWHERE. But I digress...)

I am at least glad that I do not have expensive tastes for glass-bottled wines, with all its inherent problems. Consider these:

In 1985, Malcolm Forbes, the American publisher, paid \$156,450 for a bottle of Chateau Lafite 1787, apparently only valuable if left unopened. So, Forbes put it on display in a special glass case. Unfortunately, the spotlights that artfully lit the precious bottle eventually caused the ancient cork to shrink and it fell with a silent 156,450 dollar splash into the bottle.

Even worse was the fate of an eighteenth-century Chateau Margaux reputed to have been once owned by Thomas Jefferson and valued, very precisely, at \$519,750. While showing off his new acquisition at a New York restaurant in 1969, William Sokolin, a wine merchant, accidentally knocked the bottle against the side of a serving cart and it broke.

In an instant the world's most expensive bottle of wine was converted into the world's most expensive carpet stain. If it was any consolation to Sokolin, the restaurant manager dipped a finger in the spilled wine and declared that it was no longer drinkable anyway.

I'm pretty sure the "aged" wine I purchased is still drinkable. I think July 2016 was a good month, eh?

Cheers!

John C. (Editor)