

# ABOUT TOWN

HEAR Y'ALL!

Club Meetings and Other Points of Interest

Free listing for service clubs' and charitable organizations schedules and special events open to the public. Send information to About Town, 1313 Central Terrace, Lake Worth, FL 33460, fax 561-585-5434 or email [luheraldje@gmail.com](mailto:luheraldje@gmail.com). Please keep it brief. We reserve the right to edit and/or reject any announcement deemed not appropriate for this column.

## UPCOMING EVENTS .....

**Due to the Coronavirus all upcoming events have been cancelled until further notice**

ongoing events .....

**BINGO: AT AMERICAN FINNISH CLUB** every Sunday at 1:30 p.m. Free coffee. 908 Lehto Lane, off Melaleuca Lane, between Kirk Road and Military Trail. Everyone welcome!

**CRESTHAVEN STAMP CLUB** meets 1-3 p.m. the 2nd and 4th Tuesdays of every month at Barkley Activity Center, 2605 Barkley Dr. West, West Palm Beach (north side of Cresthaven Blvd. just west of Military Trail). Everyone welcome, from the just curious to the advanced specialist. Join the fun of stamp collecting. For additional information call Robert Burr at 561-267-1903.

**THE TOWN & COUNTRY GARDEN CLUB OF LAKE WORTH**, a non-profit whose mission is to promote an interest in gardens, their design and management, and to cooperate in the protection of wildflowers, birds, native trees and shrubs, to encourage civic planning and to fund and award scholarships, meets the second Monday of every month October through April, 11:30 a.m. to 1:30 p.m. at the First Congregational Church, 1415 North K St., Lake Worth Beach. Meetings include lunch and guest speaker. There are several organized field trips throughout the season. New members welcomed. Annual dues are \$30. For more information about the club contact Erin Allen at 561-312-5925 or [erinallen.realtor@gmail.com](mailto:erinallen.realtor@gmail.com).

**LAKE WORTH KIWANIS** meets every Tuesday, 8 a.m. at Toojays, 419 Lake Avenue in downtown Lake Worth Beach. Come and see what Kiwanis is all about. Everyone is welcome.

**THE FRATERNAL ORDER OF EAGLES (FOE)**, located at 2102 Lake Worth Road, Lake Worth, is open to the general public for Sunday morning breakfast. Breakfast is served from 9-11:30 a.m. Everyone welcome.

**CASUARINA WOMAN'S CLUB** meets the second (general meeting) and fourth (crafts) Sunday of each month at 1 p.m. Maddock Park (portable). Public welcome. Contact President Christine at 561-596-1896 or [dragonwing58@yahoo.com](mailto:dragonwing58@yahoo.com).

**LAKE WORTH ROTARY CLUB** meeting every Wednesday at Brogues Down Under, 621 Lake Ave., downtown Lake Worth. 12 Noon. Come visit, become a member!

**DAUGHTERS OF THE AMERICAN REVOLUTION OF LAKE WORTH** - For meetings and times contact Judy at 876-9520 or [smileson@aol.com](mailto:smileson@aol.com).

**LAKE WORTH LIONS CLUB** is the oldest civic club in the area. They meet every first and third Tuesday of the month at the Braille Club, 4801 S. Dixie Highway, West Palm Beach. For more information call 561-582-6126.

**LAKE WORTH WEST DEMOCRATIC CLUB** meets the third Tuesday of the month at 6:30 p.m. at the Greenacres Community Center, 501 Swain Blvd. Refreshments served. For more information call Bob Kleinberg, 561-304-0293.

**AMERICAN LEGION VOGEL-LEE POST 47**, 2315 N. Dixie Hwy, Lake Worth. 561-582-4616. Herm Apol, Commander. Regular meeting on the third Wednesday of the month at 7 p.m. Free one year's membership to new signups. All veterans welcome. Bingo every Thursday at 6:30 p.m. Free card on your birthday. Karaoke Friday, Saturday, Sunday evenings. Cool Change Band monthly.

**VFW POST 4360** - 222 Cypress Ln., Palm Springs. Bingo every Tuesday at 6:30 p.m. Food served at 5 p.m. All new cash prizes. Free Bingo sheet for your Birthday week, free Bingo sheet for first timers. Dinner every Friday 6 p.m. Karaoke every Friday 7 p.m. Bar Bingo every Sunday 5 p.m.

## STAMP COLLECTING

WITH DAN MADDALINO

Semi-postal stamps (Scott identified as "B") have been issued around the world for more than 100 years.

However, in the US these did not appear until 1998. "B" stamps have been issued to raise funds for causes ranging from charity to political. A collection of semi-postal stamps can make a fascination addition to your albums.

On December 2, 2019 the USPS released its seventh semi-postal (Sc B7), bringing attention to, and raising funds for, those suffering from Post-Traumatic Stress Disorder (PTSD).

Officially the "Healing PTSD" stamp issued in panes of 20 without selvedge inscription, depicts a green plant sprouting from the ground.

The Healing PTSD stamp sells for 10c above the 55c First Class rate, with the dime surcharge going to the Veteran Affairs National Center for PTSD. Well worth our investment.

The B7 PTSD stamp joins B1 (1998) Breast Cancer Research, B2 (2002) Heroes of 2001, B3 (2003) Stop Family Violence, B4 (2011) Save Vanishing Species, B5 (2014) Breast Cancer Awareness (reissue of the 1998 type), and B6 (2017) Alzheimer's. Money raised by these semi-postal stamps has totaled more than \$100 million.

Currently, only the B5 Breast Cancer Awareness and this new B7 PTSD remain on sale through the USPS. All these stamps are, however, available from stamp dealers and online auction services. Local stamp clubs and regional stamp shows are a fantastic source for these stamps, and at a much lower price than through the mail or online.

Help this cause by buying, using, and collecting the Healing PTSD semi-postal.

*William A. Evans*

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## Obituaries

**Meckstrath, Anna**, 89, of Lake Clarke Shores.

**Osit, Rene**, 95, of Greenacres.

**Wagner, Barbara**, of Lake Worth.

**Wintermute, Vern R.**, 89, of Hypoluxo.

**Worrell, Lorna T.**, 80, of Lake Worth.

# New Ideas At Being Home

By Helen Vogt Greene

The days are for some, both young and old, longer and more challenging. The Coronavirus has changed the world. We are dealing with our new days differently. We are learning from each other. For some of us, we can not imagine educating and keeping our children 'entertained' hour after hour. Today, old ideas for learning are becoming new, and new ideas are becoming like maps to explore for new treasures of creative ideas.

Carol Lewis is a trained, professional Florida Licensed Family Marriage and Family Therapist. She has provided the 'roadmaps' to a better life for countless families. According to Lewis, working together is a good beginning. One of Lewis' major computer sources in dealing with the COVID-19, is the Mental Health American at [mhanational.org](http://mhanational.org). This computer service provides a wealth of information for young and old.

One of the best places to start, even if we are alone or with others, is with our health. It is important that we practice preventative measures. You have heard them before: Avoid contact with people, wash your hands often, if you are sick, see the doctor and stay home.

The larger the members living together, the more important a comfortable, flexible routine is needed. For those of us that are older, we are somewhat 'sot' in our ways. Reading a new book, writing a long overdue letter, calling a friend and exploring the computer, will fill the days. Contact with positive people is important.

You do not need to be old to be creative: Knitting, sewing, crossword puzzles, listening to up-

lifting music are all good things and you now have time to explore them. Only if you must, clean out that junk drawer that has been haunting you.

It is difficult to imagine being parents with children of different ages. One family of five re-invented their 'family conferences' time. The smart parents made it a 'fun' time. Since it was held on Sunday, it was called 'Soup Bowl Sundae.' Everyone had their favorite sundae with extra toppings and chocolate chip cookies.

This family, and every family is different, talked about 'everything'. Fears and concerns were discussed with love and understanding. This time together identified just what was needed: Schoolwork hours with new computer skills, playtime, TV time, rest time for everyone, especially Mom. They made some rules they could live with. "When it was nap time (quiet time), it was nap time (quiet time) for everyone.

One smart idea was to make an inventory..write it down. Where are those old games, art supplies? What needs to be purchased? A new idea for the kids was, as part of Math, a checking account and lots of pictures. And, don't forget the food!

Let's face it! This is one family. Lake Worth Beach has hundreds. Don't forget to share your ideas. Your idea of having a 'Kitchen Band' might be just what one family needs to get through a real tough day. Gosh! The next door neighbors might join the "music."

With love, prayers and a new idea... here's to us.....ALL!

Do you have an idea? We would love to hear from you. Our address is [lakeworthheraldje@gmail.com](mailto:lakeworthheraldje@gmail.com).