

PALM GREENS PULSE

DECEMBER 2021

DELRAY BEACH, FLORIDA

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Women's Club of Palm Greens
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FUNDRAISER/CHINESE AUCTION
FRIDAY, NOVEMBER 5, 2021 (7:00 - 9:00 P.M.)
Poolside at The Clubhouse

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Palm Greens Pulse

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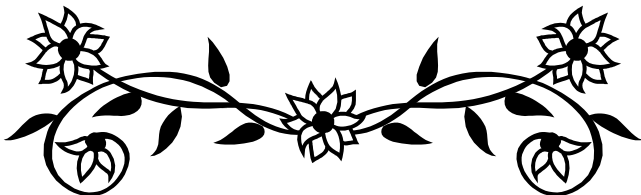
Mel Clapman

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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

Please address all correspondence to: The Palm Greens Pulse – 5801 Via Delray – Delray Beach FL 33484. We request all articles be sent to The Pulse via email – unitowners5801@gmail.com.

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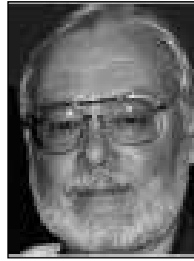
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CONDO 1

by Paul Milowe



The Condo 1 Board hopes all residents had a safe and healthy Thanksgiving. We wish you all a very happy holiday season as well.

The Pandemic has caused a lot of stress for us all. There is room for optimism as the number of cases are dropping in the US and Florida. It is still very important to social distance, wear a mask, and wash your hands.

Booster shots are available at many locations. If you need information about the availability of public vaccination sites, please contact your healthcare provider or Palm Beach County at the following email: chd50feedback@flhealth.gov. Another site for info is: palmbeach.floridahealth.gov or floridahealthcovid19.gov

For all our new residents, the maintenance of our beautiful property is on schedule. Lawn mowing, shrub trimming, painting, roof replacement, etc., will happen according to this schedule. Please be patient. Contact the Condo Office if you have questions about this schedule and ask for our Property Manager Doug. He is working hard to maintain our community and is in the process of installing new plantings for your enjoyment.

The work on the land development of our golf course is on schedule to start soon. After this, work on the new clubhouse should commence in the first quarter of 2022.

We have a January 21, 2022 Annual Board Meeting. The election of the New HOA Board will follow. If you feel that you have qualifications that would benefit our community, please send in your resume by Wednesday December 8, 2021 at 4 PM. Resumes need to be submitted to our Secretary Peter J. Wentzler.

The New Rules and Regulations have been completed. They will be distributed to all unit owners who will need to sign for them. If you are not in residence, please have your renter or house sitter sign for you. If you do not get a copy, please contact the Condo-1 Office.

Our Website – palmgreenscondo1.com - has information that you can view at your leisure. Channel 63 is our community channel for all events. If you have any questions, don't hesitate to call the office and we will get back to you with the answers

Again, have a great enjoyable holiday season.

CONDO 2

by Rob Thom

The year is rapidly drawing to a close, the snowbirds are returning, and with the lifting of travel restrictions we will see our international friends returning to Palm Greens.

During the last Board meetings some questions were asked about our website. The URL is <https://number2-palmgreens.connectresident.com>. If you don't have an account set up, go to the website, hit the **Login** button and then you will see a link **Create Account**. The site offers information such as:

- Account Information that includes a link to ClickPay a fast and easy way to make your maintenance and other association payments

- Association Contracts
- Association Documents
- Association Forms
- Board Meeting Minutes

- Association Financial Reports including Monthly Residents Reports and Annual Reports

- Create Work Order and View your work order

We encourage all unit owners to create an account and utilize the many online resources available.

The annual meeting will take place on January 27, 2022 at 10am. Meet the candidates night will be January 12, 2022 at 6pm.

The Board would like to encourage everyone to register for, and use, **Electronic Voting** via Becker Ballot. This not only makes voting easy for the unit owner but also eliminates the need to hand count ballots and the need to mail the election documents which saves money for the association. One other feature of Becker Ballot that the Board would like to utilize is the ability to conduct surveys. With only about 20% of the unit owners signed up, we'd sure like to have a larger population weigh in on the surveys. One possible survey question might be *"Would you be willing to increase your monthly assessment by \$14 to hire the same landscaper as Condo One?"* **To sign up, the office has the document or you can find the document called Electronic Voting Package on our portal under community news.**

The office has received comments and concerns regarding speeding on Palm Greens Way, Palm Greens Lane and Princess Palm to the curve in Sugar Palm. Our speed limit is **20 MPH** and if you are applying your brakes to go around any of the curves on these roads **YOU ARE GOING TOO FAST!**

The holiday season is upon us, and the Palm Greens 2 Board would like to wish everyone a Happy Holiday Season and a Healthy and Happy 2022.

RECREATION BOARD

by Andrea Wagner



The Recreation Association continues to meet on zoom every week to discuss all the daily responsibilities and ongoing duties involving the Palm Greens Community. We have been reviewing the Association's contracts (pool, landscaping, maintenance, security, etc.) to get the best services for the best price.

To reiterate: The Recreation Association's responsibility is limited to the main pool, clubhouse facilities, tennis courts, and shuffleboard. Any building, neighbor or condo issues should be directed to your Condo Association. Contact the clubs directly for club events. Our clubhouse and tennis courts are for residents only and locked for security. You must use your Medco key for access. Recreation questions or inquiries can be directed to Charles Medina in our recreation office.

There is an application that can be picked up in the office for any resident or clubs that wish to reserve any of the facilities for private events.

If you have guests for tennis or the pool, be sure to have them fill out a waiver (one-time) which can be picked up, and dropped off, outside the clubhouse.

We are thrilled that our social clubs have started their events up again. Our staff has been working with them to promote their events and make sure the facilities are ready.

Some highlights:

- We have a calendar on the palmgreens.org website that lists all the events scheduled.
- The tennis season is in full swing again and the courts have new surfaces.
- Painting and landscaping has been done around the café, pool and tennis courts.
- We have ordered outdoor carpet for the clubs to begin Zumba and yoga outside.
- Chairs at the pool have been restrung.
- Our Skinny Cheff continues to offer specials and new items to the café menu. For those who missed it, the Halloween BBQ was terrific! We enjoyed BBQ chicken, hamburgers, hot dogs, pulled pork, mac and cheese, many salads and more.

To clarify, the café is OPEN to non-residents for takeout only, to be picked up by the tennis entry gate. We hope that you will patronize our café and take advantage of all the exciting menu offerings. As the year comes to a close, it has been my pleasure and privilege to be on the board and we have hopefully made a difference to better the community. I wish you all a Happy Healthy New Year and may next year be even brighter!

FROM THE MANAGING EDITOR

by Mel Clapman



I hope you all appreciate the challenge of putting together a community newspaper when we have nothing much to write about.

A big thank you to the writers of our **Condo One and Two, the Rec Board, The Alliance of Delray Residential Association, The Book Club, Tennis Social Club, Men's Club, Women's Club, Tennis Committee, Tennis Pro** and anyone we might have missed.

I'm still dealing with some medical issues which have confined me to home and a walker, so I am not as out and about as I'd like to be. Still, there are activities to occupy your day.

The café is open Tuesday through Sunday and will probably start a seven-day schedule once we get into the season. We spent Thanksgiving home this year and used the Café's Holiday menu special. It was a winner!

I got to see the Chinese Auction on November 7. It was a delightful event, held by the pool, and was well attended. The Women's Club reported they made a significant contribution of \$1240 to Eat Better-Live Better, a non-profit organization focused on improving child health. A win-win for all.

We did have a Veteran's Day Ceremony on November 11, in front of the clubhouse. The event featured guest speaker Debbie Arasi who spoke about Southeast Florida Honor Flights. This program honors veterans from all U.S. Armed Forces by offering them an all-day tour of Washington DC – including the war monuments – GRATIS! To find out more about this organization, go to www.honorflightsefl.org. You will be very impressed with their work.

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



We send our Palm Greens Community good wishes for a joyous holiday season and a very happy, healthy, 2022!

Again, since so many new people have moved to Palm Greens, we would like to tell you about the **Alliance Mission Statement**.

Our Mission is to provide the neighborhood Associations of Delray Beach with a non-partisan, unified front and voice to federal, state and county elected officials for the betterment of its citizens. We cooperate with these officials to build a community that will serve the best interests of all residents. Areas such as traffic control, road building, traffic lights, healthcare, commercial and residential development, emergency medical services are just a few of the important subjects that the Alliance pursues with government agencies and officials.

Each month from October to April, as your representative from Palm Greens, I will report on the meetings of the Alliance. Hope that this is helpful and you are welcome to attend any meeting!

Lori Vinikoor, opened the meeting by announcing that she is now the President of the Delray Alliance and Bob Shulbaum, past President, is now the Chairman of the Board. Lori also welcomed two new communities, "Dakota" and "Eagle Point" to membership in the Alliance. Lori also provided us with information concerning new development along the Atlantic Avenue corridor including the following: a proposed Public Storage facility at the southeast corner of Atlantic Avenue, a new Dunkin Donut at the corner of Atlantic Avenue and Legends Way (old DD will be razed and replaced by a smaller restaurant with one lane of drive-through); and proposed storage, fueling station and car wash at the site of The Big Apple Bazaar located on Atlantic Avenue between Military Trail and Sims Road.

Captain Rob Sandt of the PBC Sheriff's Office reported that there has been a 5% increase in traffic in our area. He urged everyone to be patient when driving, and to please LOCK car doors and to hide valuables out of sight. As Holiday Season arrives, thieves are trolling cars looking for easy access! He then introduced the

THE FOUR SEASONS CLUB

by Eleanor Horowitz



December is here which means Winter has arrived in Florida. Our neighbors have been arriving and everyone is looking for activities to fill the hours at Palm Greens. There are still no events in the Clubhouse due to Covid 19. Four Seasons Club continues to be careful and so many of our activities are being held outdoors (weather permitting).

On Thursday evening, January 6, 2022, we will all enjoy the much-anticipated Hawaiian Luau. This will be held at poolside and will feature Dinner and entertainment by the fabulous Aloha Island Dancers. This is definitely a Hawaiian shirt night!!!!

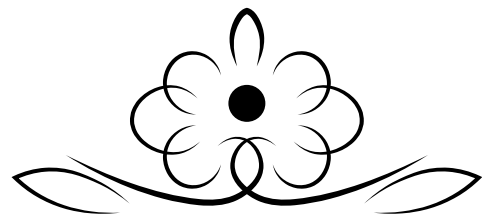
Saturday night, February 12, is our own tribute to the "Age Of Aquarius-our Peace, Food and Love Fest". Dance music will be by one of our favorite musical groups-CRUZIN. What a great night to wear your tied-dyed shirts and 80's outfits!!!

Later on in the season, March 10, will be our Country/Western night with square and line dancing and on April 3 will be our spectacular and delicious Brunch. You never know who will be our surprise entertainer for this one!!

Our season does not end when the snowbirds go back North. Many more events are being planned throughout the year for your entertainment. It is now time to pay membership dues of \$15 per person for the year January 1 through December 31st of 2022 as many events can be for members only. Fill out a membership form obtained from the Clubhouse lobby and place it with your check in the FOUR SEASONS box outside of Condo 1 & 2 offices.

To check on these events and to make reservations please check out the Four Seasons Club website at palmgreens.org, Channel 63 and our fliers in Clubhouse lobby.

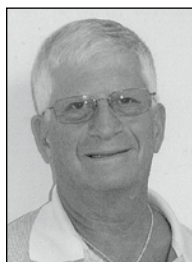
The Four Seasons Club and its members wish everyone a Happy and Healthy Holiday season!!!!



(continued on page 14)

MEN'S CLUB

by Peter Dreifus



Although we don't plan to have any meetings until the pandemic is pretty much over with, we are still in existence and ready to go. Our new President is Herman Rosenbaum. Our Vice President is David Saffer and I am the Secretary. Financials will be handled by Herman and myself. We have money in the bank and are ready to go.

We welcome new members, and you can sign up at our first breakfast meeting when we get back going. Our dues are still \$15 a year and the cost of breakfast will be determined at the time of our restart.

If you have any questions or suggestions, I can be contacted at 561-499-9586. Although we have a great source of programs, we are willing to discuss any ideas you may have. The programs we currently use are at no cost to the club.

TENNIS COMMITTEE

by Mark Melnick



The Tennis Committee hopes everyone has recovered from their tasty Thanksgiving meals.

This year we have much to be thankful for. Our courts are open for play, the rotation program is getting back to normal, and the Inter-Condo team competition is scheduled to begin in January.

Hopefully everyone is getting reacquainted with friends who weren't here last winter as well as meeting our new neighbors who have joined our program.

Even though things have improved since last season, please remember that Covid still exists. Most of us are vaccinated but still at risk for infection. Continue to practice safe interactions. Social distancing and hand washing are our two best ways of preventing illness on the courts. There are still hand sanitizers located at the courts and in the tennis office, as well as throughout the recreation area. Please continue to sanitize your hands upon entering and leaving the courts.

For those of you who are new to Palm Greens, you are welcome to join our rotation program. Please email the tennis committee at ttnscenter@gmail.com to be put on our mailing list or ask questions. Stop down to the tennis office next to the pool and introduce yourself.

Our Rotation program is on Mondays, Wednesdays, and Fridays with 90-minute sessions beginning at 7:45am. Rotation players are placed into matches with players of similar ability on a rotating basis. It's a great way to meet new people as well as improve your skills. The games are casual and friendly.

On Tuesdays there is open play, but courts can be reserved by signing up in the tennis office. Thursday and Saturday mornings also have open play until team practices begin. Open play is available any time after rotation or team activities as well as when there are available courts. Evening play is available on courts 1, 2, and 3. The light switch is between court 1 and the tennis office. Please make sure you shut the lights when you finish your play.

The ball machine is available to anyone who has received instruction from our Ball Machine Coordinator, Mike Fallon. The ball machine can be used most afternoons and all day on Sunday on Court 1. Check in the tennis office for more info.

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SAME TIME, NEXT YEAR: A ROMANTIC BY BERNARD SLAD	APR. 29 - MAY 15, 2022

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WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



The snowbirds are arriving, and the Canadian borders are open. It is nice to see everyone back and smiling. Happy to see our membership is going well. As old and new members are joining, we would like some feedback going forward. If you have any ideas for the next calendar year, please do not hesitate to email your thoughts to Steffi or Roberta. We would love to have your input, stefficarmel@gmail.com or ram07726@aol.com. We want to know what you want and expect from your Women's Club which includes classes, events, trips and whatever else you can come up with. If you have any questions about membership, please email Jo Krokus at jokrokus@gmail.com.

Our next event is the Wine & Cheese Mystery Night on December 10th Poolside. This looks like a fun event for all. We are hoping that we can continue our slated Club calendar events with fingers crossed.

Wishing everyone the happiest of holidays. May the new year bring us love, health and peace for all.

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



The secret to improve your doubles game - play with a weaker partner. Most doubles players try everything possible to avoid playing with a weaker partner, especially when they're playing against a strong team. If we lived in a perfect world we could always play with our favorite and best partner, but we all know invariably something gets in the way of that happening. Sometimes, we just have to play with whoever is available and sometimes that person is weaker than we are. I embrace playing with a weaker partner, especially in practice matches. I find the benefits to be many and the downsides to be few. Here are my reasons. Our goal is to help you enjoy and gain from all your match experiences, not just the perfect ones. Most of the athletes we idolize are people who take others (teammates) and elevate them to a championship level. Michael Jordan did not have 10 all Stars with him nor did Kobe Bryant. Tom Brady can make anyone look good on the field, even players playing new positions. The next time you play with a weaker doubles partner, see if you can play your best tennis by stepping up at big moments. Did Michael Jordan make a weaker player take the game winning shot? Never. Obviously in tennis you can't take all the shots, but you will have a chance to neutralize any weaknesses your partner has. If your partner is missing returns you don't miss any. If you do not lose a point on your returns your partner only needs one time to break. You're making them do a reasonable share of the work. If they're struggling to hold serve, be more aggressive at the net to help them and make sure you always hold serve. Allow yourself to raise your level of play to where it needs to be. The biggest thing that limits your play isn't your shots it's your thoughts. Understand, accept and embrace the challenge and face it head on with excitement and enthusiasm. You are going to get a chance today to show your best because you must. Every match and practice up to this point have prepared you for this match. Go for it. The other way great athletes succeed regardless of their partners is that they create a safe environment for them to play their best. There are several key things you need to help get everything you can out of a weaker partner or any partner for that matter. Be excited about playing with them. Let them feel it. Show them your support

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HE SAID...SHE SAID

by Joan Engleman

Sue and Jim Ford – Married October 19, 1968 -3 sons, 1 daughter, 8 grandchildren, 2 great grandchildren



She Said – I was born and raised in Staten Island, NY. I graduated from Curtis High School and was a cheerleader and member of the swim team. I won the NY City Championship in freestyle in my junior and senior year.

He Said – I was born and raised in Staten Island and went to Curtis High School, where I played on the golf team. In our senior year we won the PSAL City Championship in golf.

HS – When I was 27, my mother and I bought a house in the Lake George area of the Adirondacks. I invited a cousin to spend a weekend with us during the summer and she brought her best friend, Sue, with her. My first impression was that Sue was really cute.

SS – I thought he was very good looking. He owned his own home. He just bought a new car and was an operating engineer in Local 5. I said, “He’s a keeper”!

HS – Our first date was that Saturday night. I took her for dinner and dancing at an Inn. Our first dance was to a Glenn Campbell song, “By the Time I Get to Phoenix”.

SS – We chose that song for our first dance at our wedding. He was not a great dancer (still isn’t). We continued to date through that summer...fell in love and got married.

HS – I introduced Sue to my Mom’s brother, Monsignor Leo Madden. He was the patriarch of the family.

SS – We got married in Uncle Leo’s church, Our Lady of Fatima in Scarsdale, NY and our reception was at the Scarsdale Country Club.

HS – On our honeymoon, we drove to Vermont, played golf and then visited Montreal.

SS – Once we got back to Staten Island, we rented a

2-bedroom apartment for \$200 a month. We lived there for 3 years.

HS – In 1971, we bought a house in Staten Island for \$37,500, and lived there for 37 years. One winter we visited our friends, Pete and Sue Vitale who live in Palm Greens. I played golf and Sue played tennis. We just loved it here.

SS – We have rented here for 10 years as snowbirds and I’m still playing tennis. Jim loves his golf.

HS – When Sue isn’t playing tennis, her favorite pastime is shopping at Bealls Outlet Store. On Mondays it’s Seniors Discount Day. She loves the bargain prices and buys most of my golf clothes there.

SS – I always come home from Bealls with a little something I found for myself.

HS – I play golf at least twice a week, sometimes more. I read a lot and walk every day. I do like to go out to dinner occasionally, although Sue is a good cook.

SS – I have to give a shout out to the Tennis Committee who did a wonderful job bringing back a great rotation program this year. We have over 50 tennis players on all levels that play 4 times a week. I’m lucky to be able to play more than that. I love our tennis family.

HS – When we leave here we head up to our home in the Adirondacks. We started something new last summer, which opened up a new chapter in our lives. We are “Camp Keepers” on our 80 acres of land. It’s called “Glamping or glamorous camping” and you can find out about it on our website, TentBR.com, search “Black Hole in New York”. We are booked from Memorial Day to Columbus Day and I can report that families escaping Covid lockdown found solace in the beautiful Adirondacks. We look forward to another great summer in 2022.

BOOK CLUB

by Joan Zimmer

Welcome back snowbirds! Get out your glasses and start reading. The next book selection for your PG Book Club is scheduled for Wednesday, December 15th on Zoom at 7 PM. The title is THE LAST GREEN VALLEY by Mark Sullivan. He is the author of BENEATH A SCARLET SKY, which we all loved so much. THE LAST GREEN VALLEY is the story of the Martel family, whose attempt to escape to the West near the end of WWII is an anguished tale of courage and faith.

All are welcome. Email me at jpzimmer60@msn.com to add your name to the Zoom list!

See you soon.

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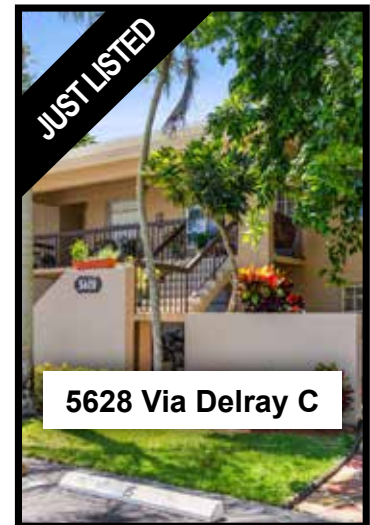


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WHAT TO BE AWARE OF THIS WINTER DEALING WITH THE CORONAVIRUS

The high, high crests of delta transmission are subsiding in some parts of the country, as they have in countries where delta took off before it did in the U.S.

Some health experts say that by the end of November, the delta wave will have waned and new cases will be down “at quite a low level.” How low? Down to where the country was in late June and early July, before delta took off. At that point the country was reporting somewhere between 7,500 to 15,000 new cases most days.

It sounds very optimistic, doesn't it? We're probably going to stay there, because there is quite a bit of immunity in the population. That heartening prediction comes with a big but. That assumes that no new variant comes in. Because if you get a new variant that either has a higher transmissible rate or immune escape potential, then we will see resurgence.

Late November coincides with Thanksgiving, America's favorite week for cross-country travel. Last year, Thanksgiving and Christmas turbo-charged COVID spread. But there is a strong chance that transmission levels can remain low if large family gatherings occur across the nation this year.

A group of health leaders feel that it will become a seasonal respiratory disease, but it will be the worst of our seasonal respiratory diseases. They say that something that circulates at three times the level of flu and has a similar infection fatality rate to flu possibly causes three times flu's deaths every year.”

Other health people voiced some optimism. Many of us may be fed up with COVID restrictions, but we have learned that respiratory illnesses don't have to be inevitable features of winter. In the face of surges of virus, we are finding more ways to protect ourselves. Getting vaccinated is of primary importance. And, of course, always consult your primary physician.





ALLIANCE OF DELRAY... *(continued from page 5)*

handlers of the canine unit, with their dogs. The dogs provide many benefits to victims of domestic violence and other crimes. They provide a welcome distraction to chaotic situations arising in the home. It has been shown that when children have an opportunity to read to the attentive, non-judgement dogs in a program called Read Along, their reading levels have increased. The therapy dogs are helpful at accidents and are trained to sit in a witness box at trial to calm the testifier!

PBC School Board member Karen Brill informed the group that Mike Burke was made the permanent Superintendent of PBC Schools. Because of lower numbers in the transmission of Covid 19, a policy of optional masking has been implemented in the schools. Ms. Brill also described some of the school board meetings lately, at which the public scream and threaten the board members!

Members of the Palm Beach County Fire Rescue (PBCFR) team were introduced including Fire Chief Reggie Duren. PBFR's Community Education Director discussed the change from battery operated house fire alarms to alarms that do not require changing the batteries. The audience was cautioned on careless cooking which is responsible for the majority of home

fires. Pots left burning on the stove or using the oven for storage of household items are two contributing factors. Please store your clothing and shoes elsewhere! No Joke. When cooking, if you leave the kitchen, keep a spoon in hand as a reminder that something is on the stove cooking.

Doug McGlynn, Department Chief of Operations, stated that all PBCFR trucks are fully staffed. The department has implemented Fire Cadet Programs for teenagers, 14 to 17, next generation of fire rescue.

Division Chief of Operations, Jose Gonzalez discussed the Urban Search and Rescue department which conducts searches for hazardous materials and the rescue situations which arise.


Medical Services Chief Charles Coyle reported that South County Civic Center alone provided hundreds of thousands of Covid tests and vaccines to the public. They also provided the vaccine to homebound residents, as well as conducting contact tracings. He then introduced Fire Rescue Lieutenant Jose Santos who recounted his almost fatal experience with Covid 19 and his amazing recovery!

Our next meeting will be on December 2, 2021,


(continued on page 16)

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APPETIZERS



LOBSTAH ROLLS



New England Clam Chowdah
Rhode Island Clam Chowdah
Manhattan Clam Chowdah
Boston Fish Chowdah
Stuffed Quahog
Clam Cakes
Crab Cakes
Fried Clams (full belly)
Fried Scallop
Fried Shrimp

The New England
(light mayo, light celery)
The Connecticut
(served warm w/ drawn butter)
The Maryland
(Old Bay, light mayo & light celery)
The California
(BLT w/ avocado spread)
The Bisque
(served warm w/ our bisque)
La Garlic
(served warm w/ our garlic sauce)

SANDWICHES



DEEP FRIED PLATTERS



Fried Clam Roll (full belly)
Fried Scallop Roll
Crab Cake Sandwich
(w/ house made remoulade sauce)
Fried Fish Sandwich
(w/ house made tartar sauce)

Fish N' Chips
Clam Platter (full belly)
Scallop Platter
Shrimp Platter
Combo Platter
(Clams, Scallops)
Fisherman's Platter
(Fish, Clams, Scallops, Shrimp)

All sandwiches served with cole slaw or your choice
of potato, cucumber or macaroni salad.
Substitute French fries \$1.00
Onion rings \$1.00 or
Sweet Potato Fries \$1.49

All platters served with French fries and cole slaw
or your choice of potato, cucumber or macaroni salad.
Substitute Onion rings for French fries \$1.25
Substitute Sweet Potato Fries \$1.75

Clam Cakes n' Chowdah

Crab Cakes n' Chowdah

BRIGHTON'S SEAFOOD NIGHTS 14587 S. MILITARY TR. DELRAY BEACH (561) 270-1771

ALLIANCE OF DELRAY... (continued from page 14)

at the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami. Bagels & Coffee will be back at the next Alliance meeting. Palm Beach County Planning, Zoning, & Building (PZ&B) Executive Director, Ramsay Bulkeley Esq., be leading the program with update in PZ&B. Bring your questions for a Q & A with PZ&B.

Doors will open at 9AM when refreshments are served. The meeting begins at 9:30 and always concludes by 11:30. All are invited to attend.

Hope to see you there.

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TENNIS COMMITTEE... (continued from page 6)

Jim Boardman, our Pro, is back and is very busy on the courts. He has been evaluating new players as they sign up, as well as supervising the courts. If you want to improve your skills, consider signing up for a series of lessons with him. At \$179 for a series of 6 lessons, this is a very reasonable way to up the level of your game. He also offers single lessons for those not wanting a series, as well as doubles strategy sessions. Information about Jim's services are posted at the tennis office. Beginners looking to move into our rotation program as well as seasoned players can benefit from his skill and knowledge.

Weekly free clinics are beginning. They will be held on Tuesday and Friday at 11:30am on court 1. Currently, Tuesday clinics are for players new to Palm Greens and our program as well as beginners. Friday is an intermediate clinic. Jim may shift players to a different clinic based on skill and numbers of players. Please check the tennis office for a schedule of these clinics. Times and days will also be sent out by email so make sure you are on our email list. Information about our events will be posted the same way.

The Tennis Committee wishes everyone a Happy and Healthy Holiday Season and hopes to see you all on the courts as often as possible.

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TIPS FROM OUR TENNIS PRO... *(continued from page 7)*

as often as you can. Be positive but not condescending, people can smell it when you're pandering to them. It's okay you double faulted three times this game, just get your serve in. Make them understand in subtle ways that you'll be accountable for the results. They're not getting blamed no matter how it turns out. Use bunker mentality - we're all we have and we're in this together. Finally, as a person who has played doubles for many years, I will tell you categorically that if you follow these steps with any doubles partner you will be a player everyone gravitates towards, and one who gets the most out of every partner and every match.

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THE HEALTH ROOM

by Mel Clapman

Flu season is here again, and those virus infections will overlap with the ongoing COVID-19 pandemic, creating the possibility of a "twindemic" of two distinct, dangerous illnesses that cause (among other things) respiratory distress, hospitalizations and death for millions of people. Nationwide lockdowns that kept people distanced, mixed with the annual flu shot, largely helped dodge the double blast of infections last year. But this year, things are different. Many other viruses, like RSV and rhinovirus, are coming back. And the flu likely will follow as a steep rise in coronavirus infection.

While the US saw last winter, a spread of influenza that was uncommonly light, this year could return to the typical pattern, in which millions of people in the US catch the influenza virus. With COVID-19 vaccines and booster shots now authorized – even mix-and-match shots-- intermingling is expected. (And, according to the Centers for Disease Control and Prevention, are on the way.) And with that, a possible increase in the flu, alongside new waves of delta variant COVID infections at a time when peoples' stance on masking and social distancing have become political issues, not just public health concerns.

As with the COVID-19 vaccines, the flu shot is not 100% effective in guarding against infection. But like the coronavirus shots, the flu vaccine can blunt the severity of the virus if you do catch it. The CDC said getting vaccinated for flu can reduce the risk of having to go to the doctor 40% to 60%.

And don't worry about more serious side effects with a four-part flu vaccine: Whether the vaccine is made using three components or four, the side effects should be the same.

Expect to book an appointment to get your flu shot

If you're used to walking up to your local pharmacy, hospital or clinic to get a flu shot whenever it's most convenient to you, you may find this year that you have to schedule an appointment instead.

Signs in a local pharmacy instruct customers to make an appointment for both flu and COVID vaccinations online.

It's safe to get your COVID and flu shots simultaneously.

The COVID pandemic continues to cause infection,

(continued on page 19)

THE HEALTH ROOM... *(continued from page 18)*

hospitalization and death, with hospitals in the hardest-hit areas once again at the limit of their ability to treat patients. But the flu shot should be as easy to get as the COVID-19 vaccination.

In fact, the CDC has said it's safe to get a flu shot and COVID vaccination in the same sitting. (Vaccine-maker Moderna said it's working on a combination COVID-19/flu vaccine, but that combo won't be available this year.)

For more information on vaccines, consult your primary physician.

NOBODY ASKED ME BUT...

by Mel Clapman

...Why do people dining out sit down and immediately open their I-Phones?

...Why do we use the kitchen table to open new packages?

...When will Florida stop renewing 6-year drivers licenses to people who are 99 years old?

...Only two things make a restaurant waiter civil: a big tip or bad business.

...The most ardent sports fans are those who see the event on television

JIGSAW PUZZLE ENTHUSIAST?

by Alyse Schoenfeldt

We are!!! During the pandemic quarantine we worked on numerous puzzles from 300-1000 pieces each. It certainly helped pass the time while assisting with eye - hand coordination as well as serving mentally as a sea of calm. Some now adorn our walls; yet, there are just too many to continue this practice.

The present conundrum - what do we do with the completed puzzles which we have returned to their boxes? Several people suggested creating a possible "puzzle exchange" or trading with interested parties. Our own, Palm Greens Library (located in the ballroom) has graciously agreed to create a lending section for puzzles. Please seal the puzzle box with tape on all 4 sides before bringing them in. With the holidays upon us & the company it brings, we hope you'll enjoy working on a jigsaw puzzle with your loved ones.

Keep life interesting and busy!

TENNIS SOCIAL CLUB

by Bebe Herman

By now most of the snowbirds have returned to beautiful, sunny Florida. We are so happy to have you back with us and hope this holiday season brings much needed joy and happiness. This season we have an exciting schedule of events.

On December 14th we will celebrate the holidays with a dinner-dance in our clubhouse ballroom. Dinner will be catered by Lucille's BBQ. The cost is \$25 per person – 10 people max, per table. Reservation forms can be found in the clubhouse. Please make checks payable to Palm Greens Tennis Social Club.

On February 11 be sure to wear your favorite team jersey to our Sports Night at the Westchester Country Club. Dinner, dancing and a good time is sure to be had by all.

Our season-ending, fabulous dinner-dance is scheduled for March 22 at Benvenuto's. This is one event you don't want to miss.

The Tennis Social Club is not just for tennis players. We are in the process of changing our Club name to reflect that. We are going to be, simply, The Palm Greens Social Club. It is for everyone who loves to eat, drink and be merry. As always, you do not have to play tennis or have a partner.

WE WANT YOU!! Do you like to plan events? Would you like to share your time and talent with us? We are looking to add members to our board. If you are interested in learning more about joining us, please give Bebe Herman a call at 561-495-5937.

We wish you and your loved ones a wonderful Thanksgiving.

Did you know that you can actually stop a screen you are reading on Channel 63 by pressing the "PAUSE" button on your remote?



VETERAN'S DAY CELEBRATION AT PALM GREENS WITH A NEW LOOK



If you're planning to throw Eleanor Horowitz a curve ball, forget about it.

At the annual Veteran's Day event, Eleanor was confronted with two major obstacles, one unexpected, the other anticipated. First, the Palm Beach County Color Guard, who was expected to be there for the ceremonial flag raising went missing. Next, there would be no chorus to sing the National Anthem and "God Bless America". Eleanor solved both problems without a hitch. The flag was raised by our Office Manager Charles Medina (with help from assistant Jermaine) and the singing was done by the attendees, highlighted by Walter Jacobson and Jerry Kaufman. Eleanor then toasted the men and women of the U.S. Armed Forces, past and present and introduced the guest speaker, Debbie



Arasi from Southeast Florida Honor Flight, Inc.

The Honor Flight Network program was conceived by Earl Morse, a physician's assistant and retired Air Force Captain. Earl wanted to honor the veterans he had taken care of for the past 27 years. After retiring from the Air Force in 1998, Earl was hired by the Department of Veterans Affairs to work in a small clinic in Springfield, Ohio. In May of 2004, the World War II Memorial was finally completed, some 59 years after the end of WWII. After its dedication in Washington, DC, the memorial quickly became the topic of discussion among his World War II veteran patients. Today, a robust network of participating programs in 45 states is in place to assist our senior heroes. Programs have expanded to also honor veterans of the Forgotten War, the Korean War, to ensure these veterans are duly honored and forgotten no more. Honor Flight awaited with anticipation the day they could finally honor Vietnam War veterans. After the negative treatment they received by America when they returned home, Honor Flight revels in giving them the honor, respect and appreciation they so deserve.

Debbie closed her presentation by emphasizing that these veteran heroes aren't asking for recognition. It is the Honor Flight position that they deserve it. She said that Honor Flight is just a small token of appreciation for those that put their lives on the line for our nation and freedom.

The ceremony was then closed and light refreshments were offered.



ENTERTAINMENT COMMITTEE

by Walter Jacobson



AN APOLOGY

The Pulse apologizes to Walter Jacobson for omitting the Entertainment Committee article in the November issue.

It is December 2021, and the Covid19 pandemic has killed over 750,000 fellow Americans (over 5 million worldwide) and infected about 46 million of us (or about 250 million infected worldwide). To help curb the spread of this deadly virus, wear a mask when going out especially when going to indoor venues and try to keep at least 6 feet away from others. More importantly, please get vaccinated, if you have not already done so. This is a civic responsibility.

As mentioned in each of the previous articles last season we will have **no monthly shows this entire season** (Nov 2020 to Apr 2021) in the Palm Greens clubhouse (or anywhere else for that matter.) Due to the Covid19 pandemic things were at a standstill. Then the Clubhouse reopened in the latter part of July 2021. Then a number of people who attended a dance in the Clubhouse came down with Covid 19. A new, more transmissible Covid 19 Virus variant, the Delta variant has resulted in a marked increase in virus infections, hospitalizations, and deaths. Florida is one of a few states that has been hit very hard, though lately that has gotten better. Please get vaccinated if you have not already done so.

How about some humor?

Three old guys meet at a corner. One says, isn't it windy? No, says the second, it's Thursday. The third says me too, let's go get a beer.

Eagles may soar, but weasels don't get sucked into jet engines.

What do you call a missing parrot? A polygon.

I've got a sheep dog. He doesn't have fleas, he has moths.

Please wear a mask when you go out and plan to be indoors somewhere. Let's everyone do his or her part to stop spreading this deadly virus during the pandemic; it is a critical health matter. Actually, as tired as we may be from this Coronavirus lock down by staying home, if we take the necessary steps together (get vaccinated, wear a mask indoors, etc.) we may reduce the number of fellow Americans who will die. Also, there are

newly developing variants, including the Delta variant as the virus mutates and becomes more transmissible and probably more virulent. The only way to truly reduce the potential spread is for most Americans to get vaccinated, so that the virus is not kept alive and mutating by unvaccinated people.

CAFÉ CORNER

by George Fitzgerald

What's on the menu at the Skinny Cheff Café? Trevor McGrath, the Skinny Cheff himself, now offers take-home dinners for your convenience. Meatloaf and oven-roasted or barbeque chicken are offered, all with mac & cheese, baked potato and vegetable sides. Chicken or pork burritos, pulled pork sliders, the new Chopped Cheese "Sammich" and a chef salad have been added to the full slate of breakfast and lunch options. The café is open from 9 AM to 4:30 PM Tuesday through Sunday.



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