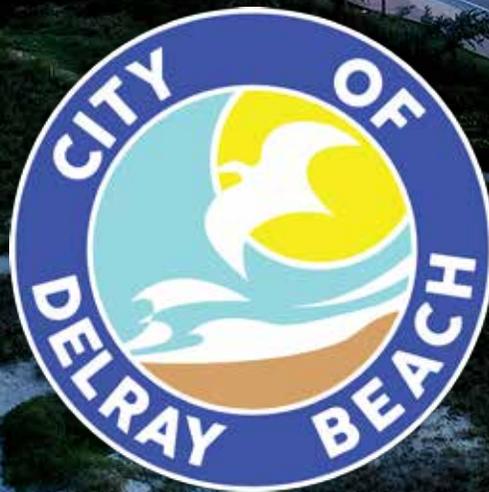


PALM GREENS PULSE

NOVEMBER 2021

DELRAY BEACH, FLORIDA

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BY THE SEA!***



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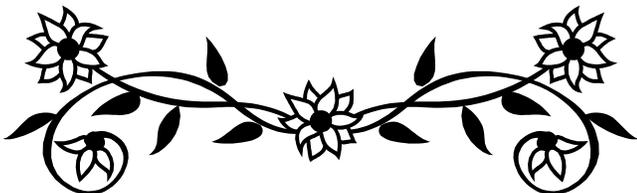
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We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

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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- We Care



CONDO 1

by Bill Bozza



Hello homeowners and residents. This is my first post, and it comes at an opportune time. I am writing this post in early October for publication in November.

The board of directors, the property manager and staff are working diligently on preparing the 2022 Budget and are simultaneously reviewing the reserve study. We are also setting up the election process for voting and planning the annual meeting.

We are happy to report that we have over 300 owners signed up for electronic voting and encourage those that have not yet signed up to do so. **December 17, 2021, is the last day to sign up for electronic voting for the January election. We hope you will recognize the benefits of Electronic Voting and use this opportunity to give it a try.** If you chose to **not** vote electronically, then you will receive all election notices in the mail as you have in the past.

CONDO 2

by Bob Stern



This month's Pulse article is not a typical one. Unlike last month when our Board president enumerated how the Board measured up against the goals it set - how improvements to the community have been accomplished - this month I've been tasked with a more complicated, universal topic.

Civility. Ci-vil-i-ty. Noun - formal politeness and courtesy in behavior or speech.

"I hope we can treat each other with civility and respect."

I initially planned to talk about the need for civility within our community, but upon reflection I decided this was a topic of far greater reach. Yes, we need to be civil in our dealings with the FSR staff and maintenance crew and with our neighbors, but why stop there? Why shouldn't we strive to be more civil, more tolerant and more understanding in all of our dealings with others?

Whether it's the front office staff or the waiter in your favorite restaurant, politeness (on both sides) should be the order of the day. Whether it's the property manager or the box office manager of a performing arts venue, they are deserving of respect and consideration. Whether it's your neighbor or a stranger at the beach, they are entitled to the quiet enjoyment of their space.

Over time I've come to realize that when the service or action we expect to be perfect comes up short, there's usually a good explanation. Maybe the person has family issues, maybe he or she has a sick child at home, maybe the person is unfamiliar with the rules, maybe coworkers called out and he or she is swamped with extra work, maybe.... We can say these aren't our problems, that we should expect (and get) first rate service all the time, but understand that it's almost never the intent of the person to act badly, to underperform, to fail to meet our expectations.

Closer to home, if you don't get the answer you want from the office staff, or the property manager gives you an explanation you don't like, or the maintenance men aren't on the spot instantaneously, don't take it out on them. Be understanding. They're just doing their jobs. Jobs that can be difficult and trying under the best of circumstances, let alone during a pandemic/endemic.

Remember that the Board, owners and management all have one objective – doing what's best for the community. We may not agree on how to accomplish that. So, let's agree that we can disagree, but that we should do it respectfully. With civility. We all deserve that.

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RECREATION BOARD

by Elisse Gains

Welcome to November! By now, many of our snowbirds have returned, and with Delray Trails in our future, resident turnover has begun within the community with many new owners this year alone to ROBUST sales!!! Welcome all!!

Reminder, we have a new Cafe operator this year - The Skinny Cheff (Trevor McGrath). Stop in and sample his tasty menu. Trevor will be offering full Thanksgiving turkey dinners to heat and serve for your convenience. Call early to get your orders in. Also-remember to pick up your \$30 Cafe card at the Rec office.

We are all waiting patiently for 13th Floor to commence work on their new development. This should commence by the end of the year. Make sure you are all on your Condominium and Rec Association email list to receive up to date information.

By now, you will have learned that Chris Sadej is no longer our property manager. Art Robins, our Treasurer, will be stepping down from the Rec Board and will be assuming the position of interim Property Manager, until we find someone else to fill the position. Art did a great job with the financials this past year and will be assisted in the office by Charles Medina. We wish both Art and Charles well.

The Clubs will be having events, mostly outside to start. Please join these clubs, check the calendar for all upcoming events, and come to the events to meet your fellow neighbors. Palmgreens.org is where you can find most information.

The Rec Board is looking forward to once again having public meetings. Stay tuned to find out when.

This has been my first year elected to this board. Everyone on the board has been working behind the scenes to make sure things are running to the best they can be, and to make sure our finances are in order. This takes an exorbitant amount of time, but we have done it. It has been my pleasure to gain the learning experiences from other board members as well as suggest new ideas. The board has been working diligently to make sure we have things up and running above par, especially with the CDC restrictions and Covid.

We at the Rec board, encourage you to join in events and to get involved. Please think about running for any of the boards as the elections are just around the corner in January. And remember, please try to be kind and respectful to others, a simple act of kindness can go a long way to make the Palm Greens experience more enjoyable to others.

FROM THE MANAGING EDITOR

by Mel Clapman



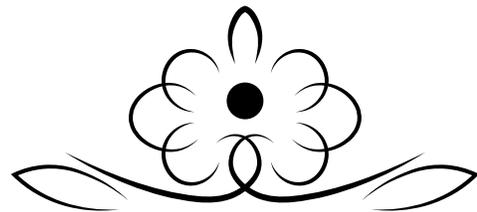
As I write this, I am home from over six and a half weeks in two hospitals and happy to be back. No...I won't bore you with "war stories" about my time...but based on what I saw and experienced, I strongly suggest that if you ever find yourself in an in-the-hospital situation, you be very attentive to what is going on around you and have a super-reliable person ready to care for you when you get home.

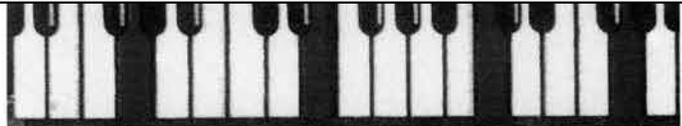
Very happy we got the October Pulse out. No easy task, but ably accomplished by Beth, Rhoda, Bev and Minuteman Press, along with our dependable writers. Hopefully, you will enjoy November.

Two of our writers have left Palm Greens; Morty Teisch and Sharon Dorfman. We will miss them and wish them well.

With the clubhouse closed, the club activities shut down and most of our snowbirds still up north, plus my confinement to the house, I have little or no observations to make regarding what is happening at Palm Greens.

So, stay tuned to Channel 63, read The Pulse and make sure you're staying healthy by wearing a mask, washing your hands, keeping a safe distance when required and keeping an eye out for your friends and neighbors.





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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



And we are in November! So many of our snowbirds are back and it is so special to see our friends again. Also, hello to all of our new Palm Greens neighbors. We are truly fortunate to have such a lively community. We are all working to make it a fun season for everyone despite the pandemic. Wear your masks but enjoy your life! Happy early Thanksgiving to all!

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. 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, health care, 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, Executive Vice President, opened the webinar meeting by announcing that two storage facilities have been proposed for possible uses on west Atlantic Avenue. Near the southeast corner of the Florida Turnpike and Atlantic Avenue and the other near the northwest corner of Military Trail and Atlantic Avenue. The Alliance will consider their feasibility and the impact they might have on the area.

Our Keynote speaker, Michael Burke, the new Superintendent of the Palm Beach County School System, addressed the Zoom audience. He discussed and explained the penny tax, which will be used for much-needed expansion and remodeling, construction and modernization of our schools. Although the pandemic had reduced the earnings of the sales tax, it has been recovering. The students can look forward to expedited classroom technology with an interactive flat panel in

(continued on page 16)

THE FOUR SEASONS CLUB

by Eleanor Horowitz



It is now November and we welcome back our Northern friends. Hopefully we will have a better and healthier Winter season than we had last year. Many more of our Palm Greens friends are returning to Florida after the Covid-19 Winter of 2020-2021.

Having indoor events still presents issues for many people. Therefore, for our first event of the new season, we have scheduled "Sweets Under The Stars" for Friday, November 19 at 7PM at the main Pool. Enjoy desserts, music and friends with entertainment by Warren Hill. Please RSVP by November 11. The cost is \$5 per person. Please submit your check payable to Four Seasons Club in our mailbox outside of Condo 1 and Condo 2 offices. Space will be limited, so this event is for residents only.

Please check the Palm Greens website and Channel 63 for upcoming events. These will include a Hawaiian Luau on Thursday, January 6. Other planned events will be an evening of "The Age of Aquarius", Square/Line Dancing, "Brunch with Elvis" and more. We are excited about the upcoming new season and look forward to seeing everyone once again.

As a reminder, our dues still remain \$15 per person for the year starting January 1, 2022 through December 31, 2022. Please submit your dues, payable to the Four Seasons Club, in our mailbox located outside of the Condo offices with a separate check marked for FOUR SEASONS DUES. Membership applications are available in the Clubhouse lobby.

We wish all of our friends and neighbors a Happy and Healthy Thanksgiving.

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MEN'S CLUB

by Peter Dreifus



Last month's article was basically Mort Teisch's retirement notice as President, an office he nobly held for 10 years. His accomplishments included low membership dues and even lower charges for the once -a- month Sunday breakfasts. He dealt with an agency that provided free entertainment if we listened to brief sales pitches from insurance and stock companies. I for one took advantage of two of them very successfully. Mort also arranged and lead a magnificent bus trip to Nashville, Tennessee. We toured the Grand Olde Opry building and saw a concert in that building. The whole trip with our wives or significant others was a lot of fun and we learned a lot about Country Music. We all will surely miss Morty and wish him well in retirement.

We are not sure, because of the pandemic, when we will begin again with our monthly Sunday morning meetings. We also will elect officers and make the necessary decisions in order to run programs as well as Morty did. We invite all men living here at Palm Greens to join our club and the running of it, if you so wish.

We will announce when the meetings will resume as soon as possible. I normally handle setting up the ballroom and checking everyone in. The food is handled by Herman Rosenbaum and his crew. We look forward to getting back in service.

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TENNIS COMMITTEE

by Steffi Carmel
and Mark Melnick,
Co-Chairs



Our year-round tennis players are eagerly awaiting the annual migration of snowbirds and the start of rotation play. This season's rotation should begin shortly after the publication of this month's pulse. Watch your email-boxes for updated information. If you weren't previously on our email list and wish to be included, or if you have any questions, send us an email at ttnscenter@gmail.com.

During the past 2 years there have been a large number of new residents moving into Palm Greens. If you are interested in playing tennis at Palm Greens please contact us. Our tennis program is among the best in South Florida and all are invited to participate regardless of your skill level. We offer rotation play 3 days/week in which you will be placed into a fun match with players of your skill level. Open play is available most days after rotation play. The Tennis Committee hosts several events during the season ranging from tournaments to fun mixed doubles play. This season, we hope to schedule some evening activities on our lit courts as well. Palm Greens also participates in the Palm Beach County Senior Tennis League. The league's organizational meeting will take place in early December and competition is from January into March. Norm W is our league representative and he coordinates our league play (as well as lots of other things).

Palm Greens is lucky to have a tennis pro, Jim Boardman. Jim is available most mornings for lessons, racket stringing, and tennis advice. Call the tennis office at (561) 303-1101 or stop down to meet Jim and schedule a lesson. His reasonably priced lessons are helpful to beginners as well as advanced players. Now is the time to schedule those lessons to give you a boost for the season ahead. Jim also holds tennis clinics for beginner and non-beginner players. Further info on these free clinics will be posted at the tennis office, in the Pulse, and on the Rec Board website (www.palmgreens.org). For our new players, Jim will assist with assessing your skill level to ensure proper placement into Rotation play.

Please remember that all players are required to complete a Recreation Board Waiver Form as well as a Tennis Committee Registration Form in order to play this season. Both forms will be available in the Tennis office after November 10.

We look forward to seeing you on the courts this season!!



WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



Welcome back to another season of the Women's Club. Fingers crossed that we can get back into the swing of things. Although our calendar has been altered, we are trying to host more events.

On November 5 we are having a Chinese Auction. It will be held poolside from 7-9. Hosted by Denise Arthur & Marcia Davis. We appreciate all the work they have put into this. The proceeds from the Chinese Auction will go to our selected charity, Eat Better-Live Better. This non-profit feeds & teaches underprivileged families to eat healthy. Also with our other charity, headed by Marcia Davis, Milagro, will have a holiday donation and a Christmas lunch from the Woman's Club.

We are working on getting BUNCO back poolside. We are also looking forward to having classes at the pool. We will keep you informed via email blasts, flyers & Channel 63.

Our membership drive headed by Jo Krokus is moving along. If you need an application, please drop off your name & address in the Woman's Club box located in the Condo Office.

Welcome home snowbirds. The weather is stellar! Fingers crossed!

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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)

Three steps to your best doubles in 2022.

1. Better practice: The average point lasts fewer than four shots. You need to practice every shot and situation that can occur in those first four shots, when you are serving as well as receiving. Practice things that happen all the time, not the things that seldom happen and won't have a major input on the match. You need to make your shots and choices instinctive and permanent by practicing them until you no longer have to think, you can just react. Both partners need to be in the right place, hitting the right shots to correct location on every point.

2. Commit: Commit to sticking to what you have practiced and believe in your plan. Commit to communicating and working with your partner and not isolating yourself and getting too into your own head. If you have an idea share it with them. Commit to staying the course when things get tough. Matches are long and there's plenty of time to right the ship. Commit to staying in the moment and focusing on the point you're playing right now. Commit to accepting whatever conditions you're playing under and making the most of them instead of letting them get to you.

3. Develop a winning mindset: Focus on your team, your plan, your objectives, stop worrying about the other team, impose your game and your will on them. Adjust to whatever situations come up. Every match is different, weather you have a close match, a fast start, a slow start, get yourself into the proper frame of mind and work on where you are not where you wish you were. Stop trying to play great! Play Hard and keep going.

Successful players and teams in all sports can sustain any level of focus, energy, mindset and commitment, they need for an entire game or match. It begins and ends with using what they prepare themselves for in practice mentally and physically. Follow these steps and remember to let me know when your results start to reflect the time and effort you put into your tennis.



HE SAID...SHE SAID

by Joan Engleman

Lena and Carlo Perugini. Married 62 years. Two children. Five grandchildren. One great grandchild on the way.



SHE SAID – I was born in Carda, Italy and went to school in Tuscany.

HE SAID – I was born in Naples and attended school there. I came to America when I was 16. Because my parents stayed in Italy, I was sponsored by an uncle who had to give a deposit of \$5,000. I worked at Princeton Company for 3 years where I made faux fur coats. In 1959 I went back to Italy to attend my brother's wedding and stayed for 6 months.

SS – One day, as I was walking with my brother, I saw Carlo.

HS – When I saw Lena, I said I would like to meet her. I knew people who knew her and they introduced us.

SS – We went for a walk and then he took me to a dance. He was a very good and passionate slow dancer.

HS – I had to go back to America to get my citizenship, but we got married before I left.

SS – I had to stay in Italy for 2 more years.

HS – By the time Lena came over, my parents were already here so we lived with them.

SS – Carlo bought our first house for \$15,000 in Connecticut where we lived for years, and in 1962, our first baby boy arrived. I worked in a variety of small businesses and went to night school so I could get my citizenship papers and a better job. I was also busy raising the children and saving money to pay back the school loans.

HS – I make my own wine and do carpentry; both require lots of patience.

SS – I like to read and cook. My grandchildren love Italian French Fries and lasagna and I make a pretty good pizza.

HS – I learned to be a tool maker and worked as one for 44 years.

SS – One year, on a vacation to Boca Raton, we visited friends who lived in Palm Greens, Condo 1. They suggested we look around the community, which we did, and loved what we saw. We love the people here as well, our neighbors and friends. Life at Palm Greens as turned out to be just wonderful.

BOOK CLUB

by Joan Zimmer

Due to popular demand, we are changing our meetings to Wednesdays at 7 PM on Zoom.

When we all feel safe again, we are looking forward to returning to the Club House.

Our next Book Club will be on Wednesday, November 10 at 7PM. We will be reviewing the page turner, *THE MAIDENS*, by Alex Michaelides. It is a riveting story that you won't want to put down.

All are welcome to join us! Just send your email address to Joan Zimmer at jjzimmer60@msn.com.

Looking forward to seeing you virtually!

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

So let's start November off with a couple of hours drive to Key Largo. I know what you're thinking. Bogart, Bacall, Edward G. Robinson. But that was then, and this is now.

Welcome to the first of the Fabulous Florida Keys and the Dive Capital of the World, where you can kick off your shoes and leave your cares behind. Key Largo is home to the world's second largest artificial reef, the 510-foot USS Spiegel Grove, the John Pennekamp Coral Reef State Park, and the famous Christ of the Abyss underwater statue. The Everglades National Park is just a short trip away by boat or car. Having done the John Pennekamp dive, I can tell you it was overwhelming and I highly recommend it for anyone with a "C" card.

Key Largo (Spanish: Cayo Largo) is an island in the upper Florida Keys archipelago and is the largest section of the Keys, at 33 miles long. It is one of the northernmost of the Florida Keys in Monroe County, and the northernmost of the Keys connected by U.S. Highway 1 (the Overseas Highway).

While we don't normally recommend restaurants, you will definitely need to fortify yourself after your all-day outdoor activities. So here are some Key Largo eateries that people we know told us about for a solid food and drink choice.

The Fish House – 102401 Overseas Highway – 305-415-4665

Lazy Lobster Seafood Restaurant – Mile Marker 102, Bays 102770 Overseas Highway – 305-451-0565

CNC Wood Fire Oven – 99201 Overseas Highway – 305-451-0995

NOBODY ASKED ME BUT.....

by guest contributor Beth Villanova

...Prayer is the original wireless communication
 ...I thought growing old would take longer
 ...Camping: where you spend a small fortune to live like a homeless person
 ...When you can't find the sunshine...be the sunshine
 ...Some people are like clouds, once they disappear it's a beautiful day

TENNIS SOCIAL CLUB

by Bebe Herman

We welcome back all our snowbirds, so happy to have you back with us. This season we have an exciting schedule of events.

Our activities start off with a Holiday Party on December 14.

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.



Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.





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A BRIEF HISTORY OF THE CITY YOU NOW CALL HOME...**DELRAY BEACH**

The earliest known human inhabitants of what is now Delray Beach were the Jaega people.

In 1894 William S. Linton, a Republican U.S. Congressman for Saginaw, Michigan, bought a tract of land west of the Orange Grove House of Refuge, and began selling plots in what he hoped would become a farming community. Initially, this community was named after Linton. In 1896 Henry Flagler extended his Florida East Coast Railroad south from West Palm Beach to Miami, with a station at Linton.

A hard freeze in 1898 was a setback, and many of the settlers left, including William Linton. In an attempt to change the community's luck, or to leave behind a bad reputation, the settlement's name was changed in 1901 to Delray, after the Detroit neighborhood of Delray.

In 1911, the area was chartered by the State of Florida as an incorporated town. In the same year, pineapple and tomato canning plants were built. Pineapples became the primary crop of the area. This is reflected in the name of the present-day Pineapple Grove neighborhood near downtown Delray Beach.

The Florida land boom of the 1920s brought renewed prosperity to Delray. Tourism and real estate speculation became important parts of the local economy. Delray issued bonds to raise money to install water and sewer lines, paved streets, and sidewalks. Several hotels were built. At that time, Delray was the largest town on the east coast of Florida between West Palm Beach and Fort Lauderdale. The collapse of the land boom in 1926 left Delray saddled with high bond debts, and greatly reduced income from property taxes.

Delray was separated from the Atlantic Ocean beach by the Florida East Coast Canal (now part of the Intracoastal Waterway). In 1923 the area between the canal and the ocean was incorporated as Delray Beach, and in 1927 Delray and Delray Beach merged into one town named Delray Beach.

Beginning in the mid-1920s, a seasonal Artists and Writers Colony was established in Delray Beach and the adjacent town of Gulf Stream. At the time, the city of Palm Beach did not welcome Hollywood personalities or all types of artists, so the Delray winter colony drew a more eclectic and bohemian populace. Throughout the 1930s and '40s, Delray became a popular winter enclave for artists and authors, especially famous cartoonists. Two nationally syndicated cartoonists – H.T. Webster (creator of “Caspar Milquetoast”) and Fontaine Fox of “Toonerville Trolley” fame – had offices upstairs in the Arcade Building over the Arcade Tap Room; a gathering place where the artists and writers might be joined by aristocrats, politicians, entertainers, and sports figures. Other well-known artists and writers of the era who had homes in Delray Beach include: Herb Roth and W.J. “Pat” Enright. Seasonal visitors helped soften the effect of the real estate downturn and The Great Depression on the city. Progress continued, and the town still looked prosperous because of the previous burst of new buildings during the boom years. The Artists and Writers Colony flourished and Delray Beach's fame as a resort town grew. This era is regarded as Delray Beach's “golden age of architecture;” a period in which the city ranked 50th in population but 10th in building permits in Florida.

Delray Beach has hot and humid summers. High summertime temperatures range from 87-93 °F with low temperatures around 75-78 °F. Winters are warm, with a marked drier season. Typical wintertime high temperatures are typically in the range of 74-83 °F and low temperatures 57-65 °F. Hurricane season officially runs from June 1 through November 30, although hurricanes can develop outside those dates. The most likely time for hurricane activity is during the peak of the season which is mid-August through the end of September.

Now that you know a bit more about Delray Beach, consider checking out the following locations.

East Atlantic Avenue is known for its nightlife, dining, and shopping. Atlantic Avenue is also a regular destination for various art fairs and street festivals.

The Pineapple Grove Arts District, located downtown north of Atlantic Avenue, is noted for its galleries, performance art, and cultural organizations.

The Arts Garage, a not-for-profit multi-media arts venue, hosts musical concerts, live theatre, arts education and outreach programs, as well as a visual art gallery.

The Silverball Museum features more than 150 classic, playable pinball machines and arcade games.

The Delray Beach Playhouse, which opened in 1947 in Lake Ida East Park, stages plays, musicals, interactive studio theater, books on stage, children's theater productions, classes and camps.

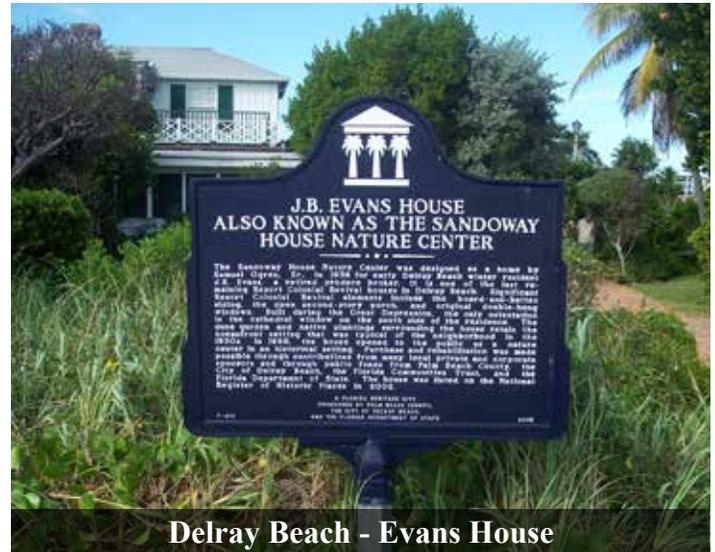
Old School Square, the former campus of Delray Elementary School and Delray High School, has since been converted into a cultural center. It now comprises the Crest Theater, a venue for the performing arts, in the former High School building; the 1925 Gymnasium, restored to maintain its appearance, which has since become a venue for local events such as wedding receptions and dances; the Cornell Art Museum, built in the restored Elementary School; and The Pavilion, which serves as an outdoor venue for musical performances and other events such as political rallies. The Creative Arts School offers beginner through master level art, photography, and writing classes for children and adults.

Morakami Museum is a center for Japanese arts and culture. The campus includes two museum buildings, the Roji-en Japanese Gardens: Garden of the Drops of Dew, a bonsai garden, library, gift shop, and a Japanese restaurant, called the Cornell Cafe, which has been featured on the Food Network. Rotating exhibits are displayed in both buildings, and demonstrations, including tea ceremonies and classes, are held in the main building. Traditional Japanese festivals are celebrated several times a year.

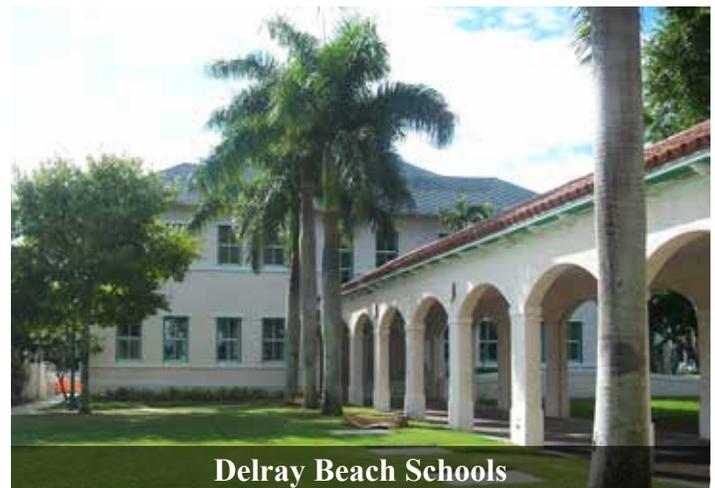
Wakahatchee is a wetlands park open to the public. Facilities include a three-quarter mile boardwalk that crosses between open water pond areas, emergent marsh areas, shallow shelves, and islands with shrubs and snags to foster nesting and roosting. The site is part of the South section of the Great Florida Birding Trail and offers many opportunities to observe birds in their natural habitats. Over 151 species of birds have been spotted inside the park, including pied-billed grebe, snowy egrets, and black-bellied whistling ducks. The park is home to turtles, alligators, rabbits, frogs, and raccoons.



Morikami Lake House



Delray Beach - Evans House



Delray Beach Schools



Silverball Museum

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 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

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

every classroom. Also, Comcast and T Mobile hot spots so that all children have Wi-Fi access. He also spoke about the layout of metrics with local doctors and deciding whether to rescind or restore parts of the mask mandate. The determination was no masks if note from Child's doctor. As of now, the mandates will last for 4 weeks and then parents can opt out of masks for their children. If children are exposed to Covid Virus, 5 days at home with symptoms but no symptoms, parents make the decision whether to keep their children home from school. (Note: Mr. Burke was confirmed superintendent at the subsequent meeting of the PBC Board of Education.)

PBC Sheriff's Office Captain Rob Sandt noted that the crime statistic show that crime was down although some storage sheds have been broken into. The suspect was caught and charged. The latest scam is from phony Apple and/or Yahoo calls. It advises payment to "ZELLE". They then have access to your computer. Zelle is a banking app and you will have your account drained as well. NO ZELL! Don't do it, it is a scam! He also said that traffic is growing like crazy. Please have patience and be very careful when the light turns green. Check for speeders before moving.

Pete Hund, Fire Rescue Chief, said there has been an increase in vehicle accidents in the county. However, there was a noted decrease in accidents in the Kings Point area!

State Senator Lori Berman, announced that the Covid statistics are better in Palm Beach County than in many other Florida counties. Mandated redistricting is now in progress in Tallahassee. Also, the consideration of legislation to prevent another "Surfside" tragedy is being studied. A bill effectively banning abortion is looming in the Florida legislature.

Emily Slosberg, State Representative, supported the Emergency First Responder Protection Act. She has sponsored a bill mandating cameras being placed on the long arm of school buses to help Protect children from drivers who attempt to pass the buses while stopped.

PBC Commissioner Mack Bernard urged that although the numbers are decreasing, it is important to receive your Covid 19 shots and booster.

Our next meeting will be in person, on November 3, 2021, at the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami. Our guest speaker will be from Fire Rescue, Palm Beach County Sheriffs' Office. Doors 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.

THE HEALTH ROOM

by Mel Clapman

If you're a certain age, you either have it or see it...especially around the pool, on the tennis and shuffleboard courts or anyplace outdoors. Bruised arms and legs. Easy bruising. One day you wake up and there it is. Yet another unsightly bruise. You don't recall bumping into anything, but lately you seem to be bruising frequently. Is this cause for concern? Easy bruising is common with age. Although most bruises are harmless and go away without treatment, easy bruising can sometimes be a sign of a more serious problem.

Most bruises form when small blood vessels (capillaries) near the skin's surface are broken by the impact of a blow or injury - often on the arms or legs. When this happens, blood leaks out of the vessels and initially appears as a black-and-blue mark. Eventually your body reabsorbs the blood, and the mark disappears.

Generally, harder blows cause larger bruises. However, if you bruise easily, a minor bump - one you might not even notice - can result in a substantial bruise.

Some people - especially women - are more prone to bruising than others. As you get older, your skin also becomes thinner and loses some of the protective fatty layer that helps cushion your blood vessels from injury.

If you experience increased bruising, don't stop taking your medications. Talk to your doctor about your concerns. Also, make sure your doctor is aware of any supplements you're taking - especially if you're taking them while on a blood-thinning drug. Your doctor might recommend avoiding certain over-the-counter medications or supplements.

Easy bruising sometimes indicates a serious underlying condition, such as a blood-clotting problem or a blood disease. See your doctor if you:

- Have frequent, large bruises, especially if your bruises appear on your trunk, back or face, or seem to develop for no known reasons
 - Have easy bruising and a history of significant bleeding, such as during a surgical procedure
 - Suddenly begin bruising, especially if you recently started a new medication
 - Have a family history of easy bruising or bleeding
- These signs and symptoms can indicate:
- Low levels of the blood components that help it clot after injury (platelets)

(continued on page 18)

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THE HEALTH ROOM... (continued from page 16)

- Abnormally functioning platelets
- Problems with proteins that help the blood clot

To find the cause of your bruising, your doctor might check your blood platelet levels or do tests that measure the time it takes your blood to clot.

To prevent minor bruising, take steps to avoid falling:

- Use good lighting in your home.
- Avoid clutter and throw rugs, especially on stairs.
- Arrange furniture and electrical cords so that they're not in your way when you walk.
- Find out about the side effects of medications you take. Tell your doctor or pharmacist if a medication makes you dizzy or sleepy.
- Have your vision and hearing tested. Even small changes in sight or hearing can cause you to fall.

Unfortunately, once a bruise has formed, not much can be done to treat it. Most bruises eventually disappear as your body reabsorbs the blood, although healing might take longer as you age. It might help to elevate the affected area and apply ice.



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THREE TIPS FOR MANAGING YOUR BUSY LIFE!

You might be retired but you still have a life. So time management is the tool you need to keep your precious days filled without a ton of minutia getting in the way.

Here are three tips you might find helpful.

Meal Planning/Prep Once a week, sit down, look at the next 7 days and select a meal for each day that you'll be cooking at home. Print out the recipes, cut and paste the ingredients into a shopping list and then reorganize the ingredients by category. BOOM. No more thinking about "what to make tonight." Prepping goes hand-in-hand with meal-planning. Even if you have just 5 or 10 minutes in the morning (or the night before), you can get a head start by filling the pasta pot, chopping vegetables or breading chicken. Small tasks like having that cup of rice measured, or the skillet already sitting on the stove, save bits of time that add up when you're looking to beat the clock!

Note-taking, reminder-making Love your wall calendar and it will work hard for you. At a single glance you have a visual of your entire month, with plenty of room to write in (and cross out) your ever-changing parade of dates and appointments. I also put my phone's notebook to work, also. For example – ever walk into the drugstore for something, and then realize that there might be a few more things that you needed – but just can't remember what? I have a note dedicated to the items I regularly purchase – shampoo, toothpaste, cotton balls, sunscreen, etc. – so a quick glance will help jog your memory. I also have a note with every birthday and anniversary I need to remember, so that when I'm at the card store I can stock up a few months in advance.

Self-care Face it! Taking care of yourself is a top priority, period. Try using a meditation app to get in 10-15 minutes of mindfulness before your feet even hit the floor in the morning. Commit to ANY form of exercise, to set you up for the day and set a great example for your kids. A "mani-pedi"? It forces downtime and feels like a little luxury. And, that old standby – opening up a book while waiting on line or at the doctor's office is about 1000% more rewarding than scrolling Facebook.

REGISTRATION FOR PALM GREENS UNIT OWNERS ASSOCIATION MEMBERSHIP

Welcome to Palm Greens. As a new owner you should be aware that our organization provides a number of services to our community, including discount contracts for Pride Air Conditioning and Nozzle Nolen.

Pride Air Conditioning has been serving South Florida since 1974 and is a leading provider of appliance repairs.

Nozzle Nolen offers over 65 years of industry experience and a team of experienced professionals in the handling of house pest control including ants, bed bugs, termites and rodents.

Additionally, we operate and manage our community TV Channel 63 and our community newspaper, The Palm Greens Pulse, for Palm Greens' organizations and clubs to post their notices and articles pertaining to their activities. And we also provide a free movie, virtually every Friday night.

WE CARE

As the name of our organization implies we care for our friends and neighbors in Palm Greens to make sure that all their needs for being healthy are being taken care of.

We transport our residents and their guests to medical facilities, and we provide walkers, canes, and wheelchairs when they are in need.

To be able to do all that we have to do for our resident and their guests, we always are in need of volunteers. Without volunteers, any organization would have to hire people to do the job that is done now in Palm Greens.

Palm Greens is very fortunate that there are many volunteer that staff all our clubs, and staff our boards and they do so without any compensation, otherwise if we have to pay for this kind of service that the volunteers do, our maintenance would be triple what it is today.

In case any residents are in need of our servicers, please call 495-0878 which is monitored by one of our volunteers who gives the information to another volunteer.

Please give us 24 hours and leave your name and a telephone number where we can reach you.

We cordially invite you to join the Palm Greens Unit Owners Association and take advantage of the above-listed benefits for a one-time contribution of ten dollars (\$10). Please note this payment is not mandatory, but it is required for you to become a member if you want to purchase a group discount for Pride and Nozzle Nolen. Again, this is a one-time payment. **Because the clubhouse is closed please call before coming over 561-499-5444.**

ATTENTION NEW RESIDENTS AND PALM GREENS OWNERS

We hope that by now, everyone has checked out the Palm Greens website –palmgreens.org.

Owners can register for access to Palm Greens directory by clicking on “Resident” on the navigation bar. Once there, click on “register” and you will be taken to a page to enter your email address, a user name, your name and address and click “enter”.

You will shortly receive an email authorizing you to click on a link which will take you back to a sign-in page. Here you will select a temporary password. **DO NOT CLICK UNTIL YOU DELETE THE TEMPORARY PASSWORD YOU SEE!!** Then, create your own password...that's it!

Owners and renters can enjoy all of the information provided on the website regarding club, committees, entertainment, even what movie is showing on Friday night in the TV room. You can also get the times, dates and locations of the various classes sponsored by our Women's Club.

The Palm Greens website will contain all of the categories you would expect to see on a comprehensive, professional site. This will include activities available to residents, up-to-date Club and Organization information, and an Activities Calendar. In addition, there will be a new online resident directory available through a secured log in. Residents will have to register for a username and password before they can access the information. It's important to note that no one outside the community will have access to this directory.

The site will be multi-faceted. For residents, it will keep them current about what is going on, a sort of up-to-the-minute version of our newspaper, The Pulse. Next,

(continued on page 20)

ATTENTION NEW RESIDENTS... *(continued from page 19)*

it will give viewers who visit the site the impression that Palm Greens is ideal for retirement living. We have the best tennis rotation program, first-class entertainment including, music, comedy and nationally recognized performers as well as almost two dozen clubs and organizations that offer a variety of classes and lectures ranging from “A” (aerobics) to “Z” (Zumba) and everything in between. The full monthly calendar will include all of the meetings, shows and programs.

“The site will be updated monthly, and can be kept up to date as events change. Residents can check the website for the Friday night movie, contact for trips and shows, as well as the costs and time for each event,” Shelly pointed out.

Real estate professionals can use our site as a selling tool, just as they do our community brochures and fliers. The necessary contact information will also be readily available to them on the new site.

Visit www.PalmGreens.org for up-to-date information.

- **Tree trimming completed around the pool area and in front of the clubhouse**

- **New Tennis Committee formed and new ball machine purchased for practice**

- **Recognition banners for Palm Greens Tennis League Champions replaced and hung in Tennis Office**

- **Bungee cords to roll up windscreens on the tennis courts instead of removing them during tropical storms and hurricane**

- **Inflatable kiddie pools now available for children in the clubhouse. Call the Rec Office or find a maintenance man to help fill it.**

Channel 63. Our community TV System continues to inform our residents of current Palm Greens activities and events, using eye-catching graphics and pleasant music.

Finally, if you see a need for a repair or replacement in the recreation areas, we ask that you do not take it upon yourself to fix it. Contact the Recreation Office 561-498-5316. Repairs are done in order of urgency.

WELCOME BACK TO OUR SUMMER TRAVELLER AND ALL RESIDENTS, NEW AND CURRENTS

Welcome back to all of our snowbirds and snowflakes who took their summer time-out elsewhere. We hope you notice the work and improvements that took place while you were gone. Here are just a few of them.

The Café. Our new café, The Skinny Chef, is up and running and getting good reviews. Try it out and say hi to Darren, the Skinny Chef.

Other accomplishments include:

- **New sauna heaters in the clubhouse Men’s and Woman’s restrooms**

- **All Rec Association documents now available on [Palmgreens .org](http://Palmgreens.org)**

- **Card rooms given a fresh coat of paint**

- **Major overhaul of AC units in clubhouse and tennis center**

- **Normal maintenance repainting pool decks and tennis walkways**

- **Tennis backboards replaced**

- **Hardwood floors in the ballroom have been cleaned and polished**

TO ALL PALM GREENS RESIDENTS AND NEWCOMERS...

As we get ready to start a new season, please keep in mind that you are fortunate to live in Palm Greens, not only because of our wonderful community, but all the activities and programs at your disposal. All designed to offer us infinite opportunities to improve ourselves, learn something new, or just have a good time. As of this writing, the clubhouse is closed and all activities are on hold. But we are hopeful that when we open again you will have access to the variety of classes and entertainment that we had before.

From A (art classes) to Y (yoga) and everything in between. Just check them out:

Art Classes, Book Club, Canasta Class, Chorus Group, Current Events, Entertainment Committee, Four Seasons, Mah Jongg, Men’s Club, Tennis Social Committee, Women’s Club Book Club

The point here is none of these clubs and organizations would exist if it wasn’t for the people who put them together and manage them, the volunteers. Think about it. None of this gets done by

(continued on page 21)

TO ALL PALM GREENS... *(continued from page 20)*

itself. It takes thinking and planning and implementing all the activities and programs produced by these clubs.

Whether you are a new resident to Palm Greens or an old-timer, you owe it to yourself, and your community, to at least investigate the variety of clubs and organizations that offer their services. Who knows...you might find something that strikes your fancy and become involved. How cool would that be?

Finally, try attending a meeting. We're talking about the Condo One, Condo Two, and Rec Board meetings. You will be exposed to how a handful of dedicated and responsible people work hard to keep Palm Greens running as smoothly as possible. You'll learn about the budgets, what they are slated to pay for and how they are dispersed. Sort of an inside view. You will be allowed to speak your mind about what it is that pleases you as well as what you would like to see improved.

Clubs, organizations, board meetings, opportunities that are designed to get you off the couch and out of the house. And the best part is you can be proud to be a functioning part of the community in which you live, Palm Greens.

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PALM GREENS GUIDELINES

While your guests are with you, please make sure they follow all Palm Greens guidelines.

Be sure that all your guests have guest passes except for babies and are escorted around the swimming pool and snack bar areas.

Keep a watchful eye on children and grandchildren when they are in the water.

No toys or throwable objects in the pool

Be mindful of seniors in the pool. No splashing or other forms of "horseplay".

As always, no food, drinks or snacks outside the designated areas by the snack bar.

When asked by security personnel for resident ID and guest passes, please comply politely.

All radios and other electronic device that emit sound should be used with earphones.

Please follow the directional arrows in the parking lot. They are there for your protection as well as for the safety of pedestrians.

The shuffleboard courts are available to guests from 9 to 11am. Please give playing time priority to our residents.

Tennis courts are available during daylight hours. Please be mindful of rotation times on Monday-Wednesday and Friday from 8am to 1pm, and the Inter-Condo teams who practice during the week as they have priority. Also, Court one is always available for our Pro.

**PLEASE
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911 CALLS

Give your Court number/letter in addition to your address. Valuable response time will be saved with this information.

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



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