

# PALM GREENS PULSE

FEBRUARY 2022

DELRAY BEACH, FLORIDA

## February

Winter walks  
and starlit nights,  
Good books and cozy hours,  
Time for friends,  
and heartfelt sharing,  
Dreams of springtime flowers...  
Although it may be short on days,  
Each February brings  
The simple little gifts we count  
Among life's  
precious things.





**Palm Greens Pulse**

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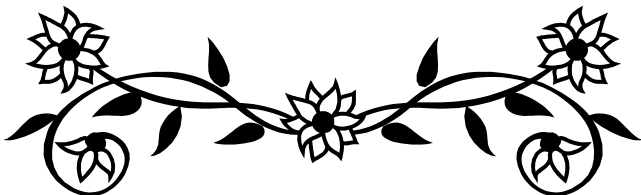
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We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

**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](mailto:unitowners5801@gmail.com).**

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Café Corner

We Care



## CONDO 1

by Allen Tirone

First, I would like to wish everyone a happy and healthy New Year! Please continue to mask up and practice social distance for the good of the Palm Greens Community.

I would also like to extend a warm welcome to all our new residents. I am sure you will love it here.

Going forward, a lot of changes will be occurring in the Palm Greens Community. These changes will be for the betterment of our community.

By the time this article is published, we hope to see the start of the Delray Trails development.

All of the courts are scheduled to be repaved this year. Notices will be sent out to unit owners before the project begins.

Also, painting of the buildings will continue from where we left off in 2021.

Please, always walk your pets on a leash and pick up after them. Thank you for your consideration.

If you have not given the office your email address, please do so in order to receive email blasts we send out periodically.

Happy New Year and God Bless.

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References Available upon Request

## CONDO 2

by Sandra Klimas



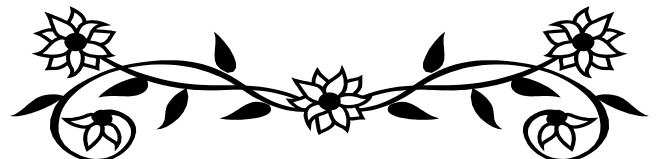
We would like to thank Tirtzah Israel, our Board Member and Treasure for the past 2 years who did not run for re-election. Her volunteer service to our community and her dedication to moving our association forward with some very difficult decisions will always be remembered. We thank you, Tirtzah, and wish you all the best in your new endeavors.

We would also like to take this opportunity to share our condolences to a friend and colleague, Steve Brimberg, Condo 1 President who recently and unexpectedly passed away. Steve was committed to building a strong working relationship between Condo 1 and 2. He was always reaching out with a phone call or a text to let you know he was thinking of you. We will miss you Steve.

We held our candidates night in January which gave all of our residents a chance to meet the owners running for positions on both the PG2 Board of Directors and the Recreation Association Board. Sharon Fradkin, a resident in Palm Greens with extensive facilitation experience, stepped forward to volunteer as a facilitator for this event. She did a wonderful job in asking questions submitted by our residents and helping us to all better understand the backgrounds and issues that are important to each candidate.

This article was submitted before our Annual Meeting, so we are unable to share the results with you at this time, but we are looking forward to continuing to build on the progress we have made and working as a team in the best interests of our community.

Stay well everyone as we continue to fight this never-ending pandemic.



PLEASE  
RECYCLE

## RECREATION BOARD

by Bob Heckman



In the past year no doubt you've seen or heard about all the changes at the Palm Greens Recreation Association. Here are some of the more notable highlights:

- The Association's financial record keeping and banking standards and procedures were modernized. Art Robins, our Treasurer did a yeoman's job volunteering untold hours to this long overdue and complex endeavor.
- Our maintenance staff with the hands-on guidance from Art and the Property Manager addressed a variety of equipment repairs in-house, in lieu of relying on contractors and/or an outside management company, further keeping costs and assessments in check.
- The Cafés entire environment including its rear outdoor area was transformed into an attractive and tasty dining experience. Tennis and shuffleboard play surfaces were substantially improved; the bocce ball court frame was replaced while parking lot lines and bumpers were painted in addition to upgrading the Clubhouse and Tennis Office ventilation systems.
- There were also enhancements to our pool area and other outdoor amenities including the gardens and pathways, plus event lighting, replacement of chair and lounge strapping, acquisition of outdoor space heaters and the erection of a 20 x 40 events tent with windowed, roll-down sides to accommodate larger events "under the stars" and in inclement weather.
- Chris Sadej departed as the Association's Property Manager in mid-October. The Board wishes to recognize and thank Charles Medina and Art Robins for stepping up and keeping operations on course. Between them the Recreation Association did not miss a beat. Please join us in congratulating Charles on his well-deserved appointment as our new Property Manager. Charles' years of experience as Office Assistant/Manager, his welcoming personality and familiarity with operations and his dedication and proven performance in picking up where Chris left off (while still performing his regular duties) speaks volumes. With confidence, the Board can say Charles is the right man for the job.
- For those of you who have grown accustomed to Charles' easy-going manner, his organizational and problem-solving skills, his professionalism and his grace under fire as the residents' initial point of contact

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## FROM THE MANAGING EDITOR

by Mel Clapman



So let me ask you, are we on a treadmill or a roller coaster? Maybe we should call it a treadcoaster. After all, we seem to be going around and around, but not getting anyplace. I'm happy to report that I am fully out of the walker and driving again and can now focus on what's left of the season for the Pulse.

I want to thank the people who asked after me while I was recuperating. And a double thanks to those who offered their help while I was at the various events taking photos. Beverly would kill me if I mentioned the 1000 percent help she gave me...I can't begin to imagine what it would have been like without her.

So, let's see what's happening around here. We did have a Veteran's Day Ceremony on November 11, in front of the clubhouse. And a great turnout for the Tennis plus Pizza plus Wine event held on December 5. Starting at 4pm, 40 players took to the courts for some high-quality matches. The Chinese Auction on November 7 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. The Tennis Social evening saw residents treated to a catered dinner by Lucille's and music to dance by. And dance they did. The Meet and Greet event was well-attended. New residents were welcomed by the various Palm Greens Clubs, including the Unit Owners Association, Women's Club and Four Seasons.

And finally, there was a memorial service held on January 12 for Morty Teisch. There were about 50 attendees along with Janice Teisch and her two children.

It says a lot for the residents of our community that we still come up with activities and events in the face of this ever-changing pandemic. Take a bow and stay safe.

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## ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



And now we are back in “2020”, COVID style. So many plans, nowhere to go! Hope that you all are feeling good and wearing your masks in public. This will pass but try to keep a positive attitude and look at all we have here in Florida, weather being the top spot. Just being in our Palm Greens, little part of paradise, we are soooo lucky! Stay safe and enjoy it all.

Our January zoom meeting featured Joshua Gerstin, Esq. He discussed the leadership of condo and homeowner associations and the pressing issues facing them. Here are a few of the issues:

1. Aging Structures
2. Covid delayed projects
3. Building requirements being updated.
4. Video Conferencing with acceptable quorums
5. Sales and leasing restrictions must be in the documents to be enforced.
6. Pet owners must abide by established rules.

He spoke about collections, emphasizing that associations that do not follow the law will not be able to recoup lawyer fees. Communities may not establish their own approach to COVID. He recommended that the CDC guidelines be followed. (For Condos only) Charging stations may be built to accommodate electric vehicles. His focus was on “spotting” Issues, then work on solutions. Mr. Gerstin’s presentation is available on YouTube at <https://youtu.be/V3A1HPbh3F4> and the handout for this presentation is available on his website [www.gerstin.com](http://www.gerstin.com). To learn more, go to these two sites. There is much that was covered and worth the read.

President Dr. Lori Vinikoor opened the meeting and provided development updates which included: The application for Delray Self Storage. Fueling/Carwash at the Big Apple Bazaar site has been postponed. There will be more Agricultural Reserve public meetings discussing possible changes to the Master Plan which the Alliance is following, informing the membership and asking for feedback.

The Alliance is working with the Florida Dept of Transportation to correct the current illegal traffic turning issues at the new development located at

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## THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Covid virus has come back with a vengeance to South Florida. Our clubhouse has no events taking place inside and our outside events are being shut down by weather and peaks of the virus. Our scheduled events for February and March, as well as our much-anticipated Luau, have been postponed. The Four Seasons Club cannot predict the future, but this February article is being written in mid-January. We cannot know if Covid and its variants will ease up. We are waiting for good times to begin again, and we are ready to function as the active social club that we are and always have been.

We will advise the community when new dates have been set for the wonderful programs that we had planned for this season. Wishing all our friends and neighbors good health!!!



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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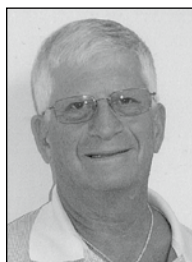
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## MEN'S CLUB

by Peter Dreifus



On Wednesday, January 12, we held the Memorial Tribute for Morty Teisch to honor his memory. His wife, Janice, and his children, Stephen and Andrea were there. President Herman Rosenbaum was the emcee and many members and others spoke about the good man that Morty was and all that he did for Palm Greens was acknowledged. We will not have any more meetings until at least October 2022 because of the Covid. We will try through the Pulse to inform everyone what we are doing and what to look forward to in the future. If you wish to make suggestions or have any ideas about meetings or activities for the club, please let Herman or me know. Have a great rest of the year and stay healthy.

***Follow the arrows in the parking lot  
and make sure you are driving in the  
right direction.***

## TENNIS COMMITTEE

by Mark Melnick



It's February and our tennis season is in full swing. We have 7 teams participating in the Palm Beach Senior Tennis League. Since there was no play last year, the League had a difficult time re-organizing teams and levels for its inter-condo play, but things are now running smoothly. Matches are played on Monday's (women) and Thursday's (men) into mid-March.

Our Rotation program has been very active this year. As of the beginning of January nearly 20 of our new residents have been participating in our Monday, Wednesday, and Friday program. If you like to play tennis, please stop down to the tennis office any morning and introduce yourself. Our rotation program allows you to play with similar level players and is a great way to make new friends. All residents are invited to join our programs. There is a \$30 registration fee which covers the cost of balls as well as our other programs. If you want to be on our email list or have questions, send an email to [tnnscenter@gmail.com](mailto:tnnscenter@gmail.com).

Our 2nd Doubles Tennis Pizza Night was lots of fun. Watch your emails for further notices of evening events.

We'll be hosting the 4-Pro Clinic on February 13th at 9am. If you haven't already signed up, stop down to see if there is still space available. This fun/educational event features Pros Jim, Arnie, and Danny along with our own Elliot. Participants will rotate through stations to get advice and tips on different techniques. Of course, refreshments will be served afterwards.

Jim's Tuesday and Friday 11:30am free clinics have been ongoing since the beginning of the year and will continue throughout the season. If you are new to tennis and want to start playing, come down on Tuesday. Intermediate players should come to the Friday clinic. Jim is also available for private lessons as well as group strategy sessions.

Please remember that Covid is still here. The best strategy to be safe is to be vaccinated, wear a tight-fitting mask around others, continue social distancing, and wash your hands frequently. Remember to use the hand sanitizer dispensers, located at the courts, before and after play. If you contract Covid, please follow the current CDC guidelines. We would also appreciate it if you notified us via phone or email so that we can remove you from the rotation while you recover and notify your playing partners of their possible exposure. Our goal is to be able to play tennis in a safe and fun environment. See you on the courts!!

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A MUSICAL JOURNEY OF WOMEN

DEATHTRAP  
A Thriller by Ira Levin

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Next Year

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RESPECT: A MUSICAL JOURNEY OF WOMEN	JAN. 28 - FEB. 13, 2022
DEATHTRAP: A THRILLER BY IRA LEVIN	MAR. 18 - APR. 3, 2022
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



One of the missions of our club is to keep the women of our community involved. Unfortunately, the plans we have for our events are on hold again. We will work to keep the Women's Club going with Lectures, Classes & Events once we can have them safely.

Fingers crossed as we hope to have the Murder Mystery event in the spring. We have hired a professional company to host, and it looks like an exciting evening. So many of you have asked what exactly is a Murder Mystery? It is a themed party where guests work together to solve a fictitious murder that occurs during the evening. As the guest you also have the chance to become the guilty suspect. By the end of the party, you and your team will guess who the murderer is, how they did it and why they did it! We are also planning a Sip and Shop event at the pool, headed by V.P. Denise Arthur. Keep looking for our flyers and on Chanel 63 for the tentative dates.

Our Board member Beth Saffer handles all our correspondence. Many times, we are unaware of an illness, death, or a special happening. She has graciously asked that anyone text her so that we can get a card of comfort or happiness to the family. Please text her at 585-738-6567. Judy Goldberg heads our welcoming committee for new owners. Usually, she can go to the home to personally meet them. Due to changing times, Judy will be reaching out with a phone call and a welcoming gift.

Looking forward to seeing everyone soon. Keep checking for updates on what is happening!

## TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Tired of splitting sets in doubles? Make proactive second set adjustments.

I have always taught my students the most important game of the match is the first game of the second set. Note: The first game of the third set would be equally important but often eliminated in League play. One of the common complaints I get is that players are tired of winning the first set, then having to play a 10-point tiebreaker for the match. This is a common problem for many doubles teams. There are a few reasons for this phenomenon. The team that loses the first set comes out very focused in the second set. They are stung by the first set loss and have plenty of motivation to get right to the task at hand. On the other hand, the team that won the first set often lets their mind wander to things not relevant to winning a second set. Thinking about post-game snacks at the Skinny Café for example. The team that won the first set plays to lose. Assuming they will win, they get sloppy, to tight, upset and distracted by the opponent's adjustments and nearly fearful of a loss. I am sure you have all faced this situation and have been frustrated by it. You are asking how do we prevent this from happening again? First, we will take a cue from team sports to better understand a winning approach to the second half. Then we will learn how to use our practices to add layers to our game, to maintain dominance of the court in the second set. In football, teams make adjustments at halftime. The team that is losing knows they need to do things differently but the team that is winning also knows they need to make adjustments. If the losing team does what their opponents did in the first half, but the team in the lead also makes subtle changes, the losing team won't be ready to solve the new problems facing them. This dynamic should be the same in tennis. Before your opponents have a chance to undermine what you have been doing, add a new layer of tactics to your play to keep them on their heels and reacting to you. They are already down a set, so they have very little time left, and a small margin for error. So how do you apply this concept and make these changes in the second set? This is where the practice court is critically important. Too many times players

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## BOOK CLUB

by Joan Zimmer

Our PG Book club will meet again on Wednesday, February 23rd at 7 PM on Zoom. This month we will be discussing *THE FARM* by Joanne Ramos. This is a compelling story about, Jane, an immigrant from the Philippines, whose cousin convinces her to apply to *THE FARM*- a posh surrogacy facility in Hudson Valley, New York, that pays big bucks to its surrogates. This is an Atwood-style dystopia novel and will be both an interesting and a disturbing read. We'd love to have you join us. Just send your email to [jpzimmer60@msn.com](mailto:jpzimmer60@msn.com)!

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## POI FOR PALM GREENERS

by Mel Clapman

In 2021 I took you all over south Florida. So to start off 2022, I'm going to keep it nice and local...Delray Beach.

Why not. It's a quick ride from Palm Greens. It has one of the best beaches in south Florida. Restaurants to die for and art galleries where you can while away a few hours. Or just pass through. Oh, and there's a movie theater available, too. So let's get started.

**DELRAY MUNICIPAL BEACH** – Clean, private, busy, but calm. Want a trip to the beach among Bentleys and Ferrari's try this beach. Sandy with areas to picnic and unbelievable views, close to restaurants with parking. Beautiful and clean, lots of people, restaurants and fun pubs around for a quick lunch or a cocktail.

**DELRAY YACHT CRUISES** - Very nice cruise down the intra-coastal waterway ... You will get to see some amazing homes and boats ... maybe even a Manatee surfing alongside. Having a Pina Colada will make this wonderful trip even more...wonderful. If you have ever been on the Gordon River cruise in Naples, the New River cruise in Fort Lauderdale, or the Manatee Queen cruise around Jupiter Island, then you will love this 2-hour cruise.

**WALKIN' ON WATER** - Lake Ida is great for waterskiing and the canals are right next to it which is perfect for Barefooting. Ask for Mike and get ready to enjoy the experience.

**STARFISH SCUBA** - Perfect location at the Marina with a full covered parking garage and after a wonderful day on the water you can grab a meal and some drinks at either of the 2 restaurants located there. *Note: Divers will have to show a C-Card to do their dive.*

**NEED A BIKE LLC** - Need a bike LLC is the premier bike rental service in South Florida. With free delivery and pickup, helmets and locks, Need a Bike LLC is the most convenient and care free way to rent bikes. Get out and experience South Florida the best way possible, on a bike! Don't waste time going to a bike shop to overpay for a rental, only to have to bring it back once you're done. Save time and let Need a Bike deliver and pick up the bike to your house/condo/timeshare/hotel.

As always, we recommend calling ahead for the latest update. We also suggest checking out the variety of restaurants in town. Prices range from mid- to high-end and everything in between. If you want to know my favorite, call me at the office,

Enjoy your time in Delray Beach!



## ENTERTAINMENT COMMITTEE

by Walter Jacobson



It is February 2022, and the Covid19 pandemic has killed over 850,000 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. And the Omicron virus variant is very transmissible.

As mentioned in each of the previous articles last season we will have **no monthly shows this entire season** (Nov 2021 to Apr 2022). We also have not booked entertainers for the 2022-2023 season, so there will be no shows next season either. The Covid19 pandemic makes for too much uncertainty.

How about some humor?



### Tech Support Log — Boyfriend Upgrade

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a slowdown in the overall performance, particularly in the flower and jewelry applications that had operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, but installed undesirable programs such as NFL 5.0 and NBA 3.0. And now Conversation 8.0 no longer runs and House Cleaning 2.6 simply crashes the system. I've tried running Nagging 5.3 to fix these problems, but to no avail. What can I do?

*Signed,*

*Desperate*

Dear Desperate!

First keep in mind, Boyfriend 5.0 is an entertainment package, while Husband 1.0 is an operating system. At the command line, try entering C:\ITHOUGHTYOULOVEDME and download Tears 6.2

(continued on page 22)

## THE HEALTH ROOM

by Mel Clapman

You hear it at the pool. You hear it at the clubhouse. It's talked about at card games, even over dinner. "I got up 5 times last night". (The numbers change but the complaint is consistent.). And while it's mostly about the men, women often have the same problem. And while we all know what the major problem is, often it's basic sleep deprivation.

Contrary to popular opinion, older people don't need less sleep than the average person. In fact, adults require about the same amount of sleep from their 20s into old age, although the number of hours per night varies from person to person. But many older adults get much less sleep than they need, for a variety of reasons.

So, putting *that* problem aside, here are some helpful hints for you to consider when you are looking to expand your comfort zone of better sleep.

**Get set.** Wake up at the same hour every day and eat meals at set times to help get sleep back on track.

**Get Exercise.** Check with your doctor to see what type of activity is best for you, and then get out and do it. You might want to do it early in the day, though, so it doesn't keep you up at night. A little sunlight each day can make a big difference too.

**Get Cool.** Keep your bedroom on the cool side. And turn off all those lights and electronics. Keep the TV out of the bedroom.

**Get a Routine.** Anything that relaxes you—a warm shower, a few moments of meditation, a good book.

**Get Out of Bed.** That's right! If you are tossing and turning after about 10 or 15 minutes, get out of bed and do something relaxing. Just don't turn on that TV or computer.

**Get checked.** Some medication or certain medical problems can interrupt sleep. If a medication is to blame, your doctor can recommend adjusting the timing or dose, or possibly switching to an alternative prescription. And if it's a medical problem that's stealing away your shut eye, she can address that, too.

For all problems relating to sleep (and other ailments), make sure your doctor is up to date on your condition.

Otherwise, pleasant dreams.



## TENNIS SOCIAL CLUB

by Bebe Herman

The Tennis Social Club of Palm Greens is not just for Tennis Players. It is for everyone who loves to eat, drink and party. As always, you do not have to be a tennis player or have a partner to be a member of our club.

If you are already a member of The Tennis Social Club or you would like to join the club, please be advised that we are extending your 2021-2022 membership thru 2022-2023. To join our club all you have to do is write a check payable to The Tennis Social club for \$15 and place it in THE CLUB BOX LOCATED IN THE CLUBHOUSE.

Please check Channel 63, your email and the clubhouse club board for our upcoming outdoor poolside event in March.

Do you like to plan events? We are looking for volunteers to join our board. Would you like to share your time and talent with us? If you are interested in learning more, please contact Bebe Herman at 561-495-5937.



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## NOBODY ASKED ME BUT...

by Mel Clapman

...Why do we ask for a take home bag and then leave it at the restaurant?

...What's with breast pockets in pajamas; are they for your ball point pen?

...If you're always missing a sock when you take them out of the dryer, what happens if you put in only one sock?

And finally

...have you ever seen a customer in a piano store at the mall?

## POST HOLIDAY SUGGESTION

We received this from Sheri Silver in Westchester and thought you might find it interesting. It's a different spin on the sauce you serve with shrimp cocktail and we think you might get a standing ovation for it.

### Homemade Cocktail Sauce

1/2 cup ketchup

2 tablespoons horseradish

1 teaspoon fresh lemon juice

1/2 teaspoon Worcestershire sauce

1/2 teaspoon hot sauce (or to taste)

Mix all ingredients in a bowl. Serve with cold poached shrimp and plenty of lemon wedges (curly parsley sprig garnish optional but cute).





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# ***ACTIVITIES AROUND AT PALM GREENS***





## CAFÉ CORNER

by George Fitzgerald

Have you had a hankering for a genuine New York deli-style smoked pastrami sandwich? You don't have to go all the way to Brooklyn anymore, because the Skinny Cheff Café has added a new smoker. The sandwich has been a popular addition to the lunch menu. "Our first batch was completely sold out," says the Skinny Cheff, Trevor McGrath.

His smoked pastrami sandwich is thick cut and served on Jewish rye bread with stone ground mustard. It's a new signature dish for the Café, which serves breakfast and lunch every day, Tuesday through Sunday.

And by the way, if you'd like to do something fun with your significant other to celebrate Valentine's Day, Chef McGrath invites you to the upcoming Valentine's Day Banquet on February 13. Delicious dining, music and fun will be on the menu.



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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  
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La Garlic  
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## SANDWICHES



## DEEP FRIED PLATTERS



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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



**RECREATION BOARD...** (continued from page 4)

at the office, you might be further pleased in learning that the Association has just hired Phyllis LaMorta as the new Office Assistant. Prior to joining us Phyllis was similarly employed for a Recreation Center serving two condominiums. She was seeking employment closer to home and received stellar references from her prior employers. We are confident Phyllis will be another asset to our residents.

• Finally, Dave LeVine, who's been a member of the Rec Board since 2018 (and agreed to assume the role as President in early 2020) chose not to throw his hat in the ring for re-election for personal reasons. Dave ran the Board as a democracy, encouraging each member's participation so that all members could always express their views at will. As the Board's leader, Dave implemented the will of the majority (whether he agreed or not) manifesting his dedication to the welfare of residents and mission of the Recreation Association especially through these trying pandemic times. Thank you Dave, for your tireless efforts on behalf of this Association and Palm Greens. Finally, we want to welcome all new Board members and look forward to their support for our ever-improving community.



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

Atlantic Avenue and Hagen Ranch Road. The Florida Turnpike is causing issues for adjacent communities and The Alliance is working to mitigate those as well.

Lieut. Morales, of the PBC Sheriff's office informed us that the lobby of the Civic Center is closed due to the long lines for Covid testing. Turning into the Center is very difficult due to the solid lines of cars. Again, there has been an increase in car robberies. Please lock your cars, and do not leave valuables in plain sight on the seats! Especially your Car Fobs! If you need to reach the PBC police for non-emergencies, the phone number is 561-688-3400 or website PBCO.org. Also, Firefighters are creating a PBC rescue group that will travel to disaster areas and help the people recover.

Tony Keeler, of the PBC Fire Rescue reported that there has been an increase in house fires caused by defective golf cart chargers. Not a problem in our communities but if you have friends with golf cart chargers, suggest that they check them.

Senator Lori Berman, spoke about COVID. She said that there has been an uptick in the number of break-through COVID cases in our area and beyond. Asking for school masks is a positive in this battle. Also, when the new legislative session resumes shortly, redistricting will begin. The State will also form a legislative response to the Surfside tragedy!

Representative, Kelly Skidmore, will spend several months in Tallahassee during the redistricting process. She will work to help achieve fair representation!

PBC Mayor Bob Weinroth is trying to obtain additional testing facilities. Some people are waiting many hours to be tested for Covid. The Omnicron variant, while producing mild symptoms to the vaccinated, is rampant. Wear your masks above your nose as that is the area that the germs head for! Also, tests sites are open from 9am to 7pm but the cutoff for the lines is at 5:30 so that everyone on line is taken. PBC has spent about \$1/2 million for purchase and distribution of home testing kits. When the Senate and House do the redistricting, you will be notified of any change in your district with a card that says "Satori"Link, elections.

Commissioner Maria Sachs has been appointed to the Transportation Committee to discuss the traffic in our area. She will also meet with the Dept of Transportation representing veterans. New legislation will get them better discounts in stores, parks, etc. A meeting is also scheduled to address the problem of

human trafficking. She said that this is the #1 Cash Crime! So many lives destroyed.

Karen Brill, PBC School Board Vice Chairman, reported a high degree of absenteeism in the schools, both with staff and students. Masks are being required. There is a shortage of bus drivers, and this is a big problem too!

Our next meeting will be on February 2, 2022, on Zoom. Our guest speaker will be Dorothy Jacks, Property Manager for PBC.

When the COVID situation improves, we will meet again at the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami. 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 soon.

## SAFETY TIPS FOR NIGHT DRIVING

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

practice skills that have no relevance to winning matches. Remember everything you have should be related to the first two shots of the point, whether serving or receiving. Practice variety and teamwork on serve. Use all three service returns and work on disrupting your opponents in everything they do. Don't make them comfortable, make them uncomfortable. Don't give them problems they always face, give them ones they haven't prepared for and don't have an answer to. Here is one example: Stop hitting the same service returns over and over. Your return is now predictable and has lost its effectiveness. Again, here is where the practice court comes in. You need to practice and master three basic returns of serve to be successful. Use most often the two returns that are most disruptive. The lob over the net players head and the hard return hit directly at the net player. These two returns unlock the door to long-term success in doubles. In practice sets one day, make it a rule, that all returns must be executed either hard at the net or place a lob over the net player's head. All four players know the rules of the drill and yet won't affect the outcome. It will still be effective at throwing your opponents off their game. Make sure to only hit at the net person when you can move in and hit hard. All the players you face have mediocre to poor second serves, so you can step up, take the ball early and be aggressive. The net player has little time and few options even if they do make the shot. They will be hitting a defensive volley and will immediately stop thinking about poaching or moving around at the net - you have neutralized them. The lob return is a home run because very few players have a defensive plan to counteract it. The lob return puts them in an awkward position with no strategy and only defensive shots to hit. Use it extensively, you will exhaust your opponents both mentally and physically. The key is to keep doing it until you have broken their will. Once again, they will be spending so much time reacting that they won't be able to get feet under them to attack you. You may have used some of these tactics in the first set, the difference is now you've seen what your opponents can and can't do, what they like and don't like. Luckily, you've been practicing all the things you need to win critical first two shots and can add layers to your game plan as outlined above. Let's review. Once you win the first set have several plans that you have practiced extensively that will keep your opponents on their heels. The plan includes some elements you haven't used often or at all in the first set. Executing these plans will keep you focused and

confident. Learning, practicing and using pre-planned plays can be a difference maker in matches. In closing, one of the coaches used to say "One bad shot does not make for a bad game, a bad game doesn't make for a bad set, a bad set is not the same as a bad match and a bad match does not make for a bad player, just a bad day."

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**ENTERTAINMENT COMMITTEE...** *(continued from page 9)*

to install Guilt 3.0. If all works as designed, Husband 1.0 should then automatically run the applications Jewelry 2.0 and Flowers 3.5. But, remember, overuse can cause Husband 1.0 to default to Grumpy-Silence 2.5, Happy-Hour 7.0 or Beer 6.1.

Beer 6.1 is a very bad program that will create snoringLoudly.wav files. Whatever you do, DO NOT install Mother-in-Law 1.0 or re-install another Boyfriend program. These are not supported applications and will crash Husband 1.0.

In summary, Husband 1.0 is a great program, but it does have a limited memory and cannot learn new applications quickly. You might consider additional software to improve memory and performance. I personally recommend Hot Food 3.0 and Lingerie 9.9.

*Regards,*

*Tech Support*

3 old guys meet at a corner. One says, isn't it windy? No, says the 2nd, it's Thursday. The third says me too, let's go get a beer.

How do you know when you are really, really old? When you remember a championship fight between 2 white guys.

How do you know you are past your prime? When you hire a hooker for the night and the only thing that comes is daybreak.

A man's friend hires a hooker for their elderly friend. She arrives at his house, all enthusiastic and says "Are you ready for super sex?" The old man says, "I'll have the soup."

A widower and a widow hit it off and decide to move in together. The widow says, I don't want to make a mistake by moving in with you. How often can you have sex? He replies, infrequently, is that okay? She replies, it depends. Is that one word or two?

What did one shark in Hawaii say to the other? Oh no, not airplane food again.

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

How many of these dead animals you see on the highway are suicides?

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. Lets everyone do his or her part to stop spreading this deadly virus during the pandemic; it is a critical health matter. 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.

## A FEW TIDBITS YOU SHOULD KNOW ABOUT

**Here's a win-win you'll appreciate.** The Rec Board has approved the addition of \$30 to your existing food card. Just bring it to the Cafe and they will upgrade it for you.

If you do not have a food card, please get one at the Rec office in the clubhouse.

We don't have an actual start date, but it will be sometime in February.

**Are you aware that the Inter-Condo Tennis Tournament is now up and running?** Recently there have been a number of complaints lodged by the visiting team captains about excessive noise from the spectators. Since most of the fans are Palm Greens residents, we ask you to adhere to the "No Talking During Play" rule. It's a courtesy to our visiting teams and appreciated by all of the players.

**The parking lot by the pool, shuffle board and tennis courts...**is one way in and one way out, designated by arrows. I still have the image of the person who was hit by a car driving in the wrong direction, leaving the parking lot two years ago.

**Your community key.** It opens the doors to the clubhouse and pool as well as other areas. The key should be included with your other personal belongs. If you lose it, you could be charged \$100 or more to replace it. Please do not lose or misplace this key.

**The library in the clubhouse.** Probably the most under-used amenity in our community. It's free, open 24/7 and you don't even need a card. It has books ranging from autobiographies to zoology, and more novels than you can count...fiction (science, murder, historical, etc.). Stop by in your spare time and take a look. And if you're looking for a place to bring the books you've read, the Palm Greens Library is that place.

**There are four places to find out what's going on at Palm Greens. Try our website.** It has information covering the community, club activities and the latest

*(continued on page 23)*

## A FEW TIDBITS YOU SHOULD... (continued from page 22)

edition of The Pulse.

**The clubhouse** will have notices about club activities and meetings, plus daily and upcoming events.

**Channel 63.** It's on your TV...channel 63. You will be informed about community activities as well as contractor offers from companies like Pride and Nozzle Nolen.

**The Pulse.** It's our community newspaper, issued from October to April. Interesting articles by Palm Greens writers addressing community going-ons, club activities and items of general interest.

Between these four services, you'll be able to stay current about virtually anything you need to know. Which translates to picking and choosing virtually dozens of venues to fill your days and upgrade your quality of life.

## HERE IS THE LATEST UPDATE ON FOOD SHORTAGES AT YOUR SUPERMARKET

At this point in time, we are aware of food shortages at the local supermarket or grocery store.

And, for the most part, we know why. Supply-chain issues related to the COVID-19 pandemic are leading to product shortages in stores across the country.

According to a report from Bloomberg, the issues have arisen due to factors including rising COVID-19 cases, rising demand for certain products, and labor shortages.

The beverage industry has also struggled due to a shortage of packaging, including aluminum cans. Other products have seen shortages due to rising demand. Lunchables, Kraft Heinz Co.'s packaged snack products have been in greater demand as children have returned to school, and estimates show that these products have experienced double-digit growth.

### Why are there grocery store shortages?

The backlog in production stems from shortages in supply chains from power outages, shortages of employees to take up truck driver and service worker positions, and Covid-19 infections and restrictions.

More people are making the decision to eat at home, rather than go out for a meal, contributing to further increased shortages.

Outside influences such as the drought in Brazil is causing a reduced coffee bean crop this year, making it increasingly difficult for the US to receive their supply of coffee. Record-level congestion at the port of Los Angeles/Long Beach has spread to the East Coast.

### What products can you expect shortages for?

We all know that 2020 kicked off a decade that just seems like one cruel joke after another. Life for pretty much everyone went through a seismic shift with the arrival of a global pandemic, and with it came the product shortages, highlighted by food. Unfortunately, that's continued through 2021, and it looks like 2022 will be the same way. In late 2021, a number of research companies took a look at the food shortages that were causing some serious chaos across the U.S. Grocery stores were warning of the possibility that shelves were going to look bare in places and telling customers not to be surprised if they had trouble getting certain things. Product shortages are causing a rise in prices, and consumers will see a drop in products including:

### Carbonated Drinks or Anything in Aluminum Can

- The pandemic ruined a lot of things, and one of the supply chain issues that's proving to be a continuing problem is sourcing aluminum cans. According to industry sources, beverage manufacturers in particular have had to scale back production to fall in line with the number of cans they can source, and it's projected to be a continued problem not just through 2022, but into 2023.

**Salmon** - Salmon is one of the world's most popular fish, and about 40% of the global supply of wild salmon comes from Alaska. And while stocks of wild salmon plummeted in 2020, putting a serious hurt on the food supply, according to the Alaska Seafood Marketing Institute, those numbers did return to normal in 2021, so just maybe we will have salmon on the "got it" list.

**Poultry and Eggs** - It's no secret that restaurants were hard-hit by the closures and restrictions of the pandemic, and this might continue through 2022. Chicken shortages — driven by devastating winter storms and pandemic-related shutdowns at processing plants — shaped a huge part of the culinary landscape of 2021, forcing countless restaurants to either rethink their menus or rethink their pricing. Even major chains needed to reevaluate, and suppliers are telling many of their end users that they should probably expect shortages to continue into 2022. The list goes on...diapers, frozen meals, toilet paper. And let's not even talk about Cream Cheese!

While there currently isn't a timeline for shelves to be fully stocked, our President has said they will try to ease the shortages on the West Coast by keeping ports open 24/7. If the plan moves forward, the port of Los Angeles and Long Beach will have round-the-clock support.

Let's try to look at the bright side. If the administration comes through, we can all look forward to having our Lox and Bagels with a shmear of good old "Philadelphia"



## HOW TO DEAL WITH INFLATION

Today, you can't pick up a newspaper or watch a news show without confronting inflation. We have done some research and share with you here ideas and "rules of thumb" to consider while dealing with inflation at this time. With volatile markets comes the question of how to protect against inflation. Some of these are going to relate to things you can do in your portfolio and some are going to be more general about your overall finances.

### Consider What Kinds of Bonds You Own

Many investors, particularly as they near retirement and enter into retirement, will want some bonds in their portfolio.

Bonds provide the anchor and the stability of a diversified portfolio. However, another word for bonds is fixed income, and the reason investors use the term "fixed income" is that the coupon payments in bonds are generally fixed.

For example, if you invest a \$100,000 in bonds and get \$5,000 a year in income, maybe that's a good return today and helpful for your retirement goals, but what about in 10 years or 20 years down the road? Will that \$5,000 still provide you with the same lifestyle? Perhaps \$5,000 isn't enough.

Now with bonds that income is often fixed. So how can that be mitigated? This can be done in a couple of ways.

First of all, you can focus on short-term bonds. By focusing on shorter-term bonds, you have less exposure to future inflation. This is due to the fact that when those bonds mature you can go out and buy new ones. What happens when inflation is rising is that interest rates tend to go hi2. Treasury Inflation Protected Securities (TIPS)

The second thing you can do with your bond portfolio is to focus on Treasury Inflation Protected Securities, otherwise known as TIPS. TIPS are, simply, government-backed bonds issued by the United States Treasury that have an inflation protection component. These are some of the safest securities in the world because since they are issued by the United States government they're free from default risk. Effectively, there's no risk that the government won't be able to pay its bills.

Even better, TIPS have an inflation rider, which adjusts the value of your principal along with the Consumer Price Index. TIPS aren't perfect, of course, if interest rates increase, the value of TIPS, just like any other bond, can temporarily fall. However, if you want pure protection against both inflation and any risk of credit default, TIPS may be something to consider adding to your portfolio.

### More Aggressive Types of Bonds

Within the bond space, some more aggressive types of bonds, such as high yield bonds, emerging market bonds, and the like, may provide more protection against future inflation as opposed to higher quality bonds. The reason for this is simply that the yield or the income generated, by a high yield bond is greater than that provided by a high-quality bond.

Higher income will provide greater protection against the future cost of living increases. Of course, there's a downside and certainly, the recommendation would never be to load up entirely on high yield or more aggressive bonds. As the name implies, a high yield bond provides higher income but also carries greater credit risk. Remember that the role of bonds in a diversified portfolio is to protect your portfolio. Bonds provide that anchor giving you the ability to take a more aggressive stance in other parts of your portfolio with your growth assets. provide for giving you stability within your portfolio.

### Have Stocks in Your Portfolio

Moving from bonds to stocks can also provide a great hedge against future inflation.

Stocks provide inflation protection in two main ways. The first is that stocks often pay a dividend whereas bonds, generally, pay a fixed amount. Specifically, if you invest in bonds today, your cash flow never increases.

### Dividends are different

As companies grow their profits, over time, the dividends can also increase. If a company earns more, they may pay more in the way of dividends. Those increasing dividends lead to higher cash flow in the future, which could potentially increase your spending power and maintain or even enhance your standard of living; even if inflation is rising.

Imagine a scenario in which a company is growing their dividend by 7% a year. That's not an unheard-of rate of growth. If your dividend starts at a \$100,000 investment, it provides \$3,000 a year in income.

If it's growing at 7% a year, then over the course of a decade you've effectively doubled your cash flow. You started with \$3,000 in income from those dividend-paying stocks. Now you have \$6,000 in income. That growth of your income can provide your hedge against inflation or maintain your purchasing power and standard of living.

### SUMMARY

Please remember these are thoughts and ideas that are offered for your consideration. Whether you use a financial advisor or handle your money yourself, the decisions are yours and yours alone.



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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.

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