

PALM GREENS PULSE

JANUARY 2022

DELRAY BEACH, FLORIDA



HAPPY NEW YEAR!

Palm Greens Pulse

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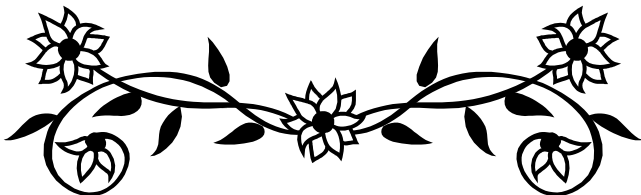
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We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

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.

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CONDO 1

by Peter Wentzler



Greetings everyone and welcome back to all our seasonal owners and renters. As the junior member of the Board of Directors I take special pride in writing the last newsletter of the year. The first thing I would like to acknowledge was the sudden passing of our beloved friend and Board President Steve Brimberg. I speak for the entire Board when I say he will have a lasting impression on our duties here in Condo 1. While I only knew him since late May of this year, it was long enough for me to realize the void in my life that was created when he left. We will all miss him.

As we close out 2021, we already are looking to some technological advances in the coming years. While our Comcast contract does not expire for about 2 more years, we are slowly lining up suitors to bring in some creative ideas. Many people are asking about options or packages to replace standard cable with Internet only packages. We envision being able to offer Cable, Internet or Internet only. As an Information Technology Professional, I see the value in streaming and Internet TV packages such as HuluTV, Yahoo TV, Netflix, YouTube TV and Apple TV. I feel this is the future of TV. Cable formats, as we know it will become a dinosaur. Bottom line is if I want to watch the New York Yankees or the Tampa Bay Buccaneers I should not have to settle for either Miami team. 2022 will bring on some more projects that are designed to make Condo 1 look more appealing than ever. The building painting will pick back up, the parking lot resurfacing projects will begin, and our entrances will also be brought up to something unbelievable. Construction from 13th Floor will also begin. It will be an exciting and transformative year indeed.

Did I mention elections? Elections of the Condo 1 Board of Directors will be occurring in January. Currently President Paul Milowe, myself and Director Allen Tirone are up for election and one vacant position we are going to try and fill. As my good friend Mike Boyle, the former Democratic Mayor of Omaha Nebraska would say, "Vote early and vote often"

Everyone on the Condo 1 Board of Directors, the Property Manager, and the Maintenance and the Office Staff wish you all a safe and Happy Holiday Season!

CONDO 2

by Tirtzah Israel

It was an eventful tenure serving as the Treasurer on the Palm Greens2 board for these past two years. As I will not run for re-election, I find myself reflecting back through the memories of events, conversations and people I met along the way. Clearly there were challenges and lessons learned especially about myself as I faced those challenges.

I remember early-on being intrigued by the inner works of this vibrant community, in particular from the administrative perspective. People were friendly and engaging to me and my husband as new owners back in 2017. My neighbors along with the mounting number of new friends all encouraged me to run for a position on the board. Their encouragement to run partially came from the fact that I am an ordained rabbi and suggested that I would be a welcomed asset. I looked forward to bringing my unique perspective to the Palm Greens2 board of directors.

The first dynamic personality I encountered as a new board member was Susan Herman. She was knowledgeable and determined as the outgoing president. I appreciated Susan because of her experience in the legal industry which helped in the negotiation with 13th Floor. Her tenacity made her the right person, at the right time, in the right place to fight on behalf of the Palm Greens Community. As a result, we all benefited.

Sandra Klimas as the new incoming president board brought her years of experience at being the lead administrator for an education institution and with that her ability to mediate and to inspire consensus among a diversely skilled group of directors. Sandi appeared calm at least from the outside, took a deep breath as she laid out the plans for discussion to address the challenges facing the board. With specialized guidance from each member, the issues were compartmentalized and dealt with. We took pride in working together as a team to address each challenge facing the Association. In those moments, I knew I was part of something special. I was confident that we were the right team, at the right time to make the difficult decisions on behalf of the health and well-being of our community.

I get misty-eyed just thinking about Rob, Colm, Bob and Jeff along with Sandi because not only did we like each other, we also trusted one another. We

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RECREATION BOARD

by Andrea Wagner



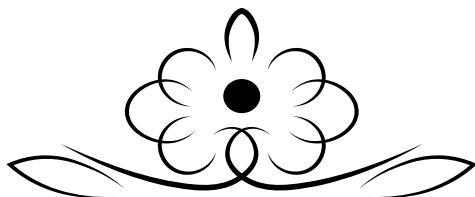
The New Year is underway with many events back in place! The Tennis Social Club (soon to be called Palm Greens Social Club) had a sold-out event at the pool for their holiday party. If you missed it, be sure to sign up early for all the club events to reserve your spot! It's a great way to meet new residents. We also hosted a Resident Mixer poolside to allow residents to learn all that Palm Greens has to offer.

By now, you all know Charles Medina has been promoted to Property manager. The board thanks Art Robins, our recreation Board member and Treasurer, for stepping in and showing Charles all his responsibilities. Art has put in tireless hours in the office (unpaid!) ensuring everything is running smoothly. We have been interviewing for a full-time assistant to allow Art to step away!

With the fear of Covid still looming, the Rec Board has designated that all club social events will continue to be outside. Because of that, more lights have been placed around the pool area and tennis courts, there have been many areas repainted, and heat lamps have been purchased for these events. Meetings will continue to be held indoors.

Our general Rec Association meeting will be held January 31, at 7:00pm in the clubhouse. Masks are required. Come with your questions!

Finally, our sincerest condolences to the family of Condo 1 President Steve Brimberg, who passed away early December.



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FROM THE MANAGING EDITOR

by Mel Clapman



A healthy and happy New Year to all Palm Greeners. Let's all hope that 2022 will be a far better year than the one we're saying good-bye to.

With the Unit Owners Association still not fully open, we encourage you to stay tuned to Channel 63 and read The Pulse to stay current regarding upcoming events. Both the Women's Club and the Four Season, to their credit, are hard at work creating events that will be sure to please you.

A good example is the Tennis Plus Pizza Plus Wine event held on December 7. Starting at 4pm, 32 players took to the courts for some high-quality matches. See the center fold for photos and details.

More events are on the way...just keep posted.

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and make sure you are driving in the
right direction.***

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



We wish our Palm Greens Community a very happy, healthy, 2022! New Year, new beginnings. We don't need to promise ourselves to diet, exercise, swim, be thrifty, etc. Our lives are full and we are lucky to be at this stage and able to do what we want to, however, adapting to a healthier lifestyle will keep us mobile and able to enjoy the Palm Greens lifestyle. Do all of the above or pick and choose. Just love each other and keep a positive attitude. Also, enjoy all the great events that our community provides.

Our December meeting featured Mr. Ramsay Bulkeley, Esq., Director of Planning, Zoning and Building (PZ&B) for the County. He described each of those areas and introduced Whitney Carroll, Executive Director of PZ&B. She explained the importance of getting a licensed contractor for additions, remodeling and repairs and the importance of getting a permit for any of those changes. Do not trust a contractor who says that you don't need a permit. Lisa Amara, the new Zoning Director, then provided information about zoning situations. In providing workforce housing, it was important for people to understand that this is intended for working people who cannot afford the luxury homes that are going up in our area. The buyers and renters of these workforce homes generally earn between \$80,000 to \$112,000. They are teachers, civil servants, plumbers, electricians etc. These homes are needed because the median price of homes in PBC is \$418,000...well above what the above mentioned can afford. This is NOT Affordable Housing/section 8! Many of the units available to workforce housing are rentals. The Alliance audience was then offered an opportunity to ask questions.

Arnie Katz, Exec. Vice President, introduced our distinguished guests. Lt. Morales of the PBC Sheriff's Office provided a report. He disclosed that the office is receiving many calls, especially about car theft. He urged caution on the roads as well as always LOCKING your car and removing anything of value from it! He then said there is a trailer parked in the Delray Marketplace looking for anything and anyone suspicious. It is called

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



The New Year 2022 has finally begun and the Four Seasons Club looks forward to a healthier and better year for all.

Despite the bad weather back in November, we started our season indoors with our "Sweets Under the Stars" evening. Our wonderful guests enjoyed delicious sweets, treats, and great music and dancing with Warren Hill. It was an evening to meet and greet old and new friends.

On Thursday, January 6th, 2022 the club presents a gala Hawaiian Luau dinner featuring an amazing menu and a fabulous Aloha Islander Dance Show. The luau will be held at poolside (weather permitting) or else in the clubhouse. This event is for Palm Greens residents only. Hawaiian shirts and grass skirts will make us all feel like we are on a Hawaiian vacation!!

On Saturday, February 12th, we celebrate the "Age of Aquarius". Great music by Cruzin', delicious hero subs, and time for those tie-dye shirts to come out of the drawers.

On Thursday March 10th we change gears and present the Four Seasons Hoedown!! Straw hats, boots and plaid shirts!!!

This is just the start of a wonderful season that we have planned for our members. Remember- we welcome all residents - full timers, snowbirds, owners and renters! Membership is \$15 per person for the calendar year 2022. When you join, please put a separate check in the FOUR SEASONS box outside Condo 1 & 2 offices.

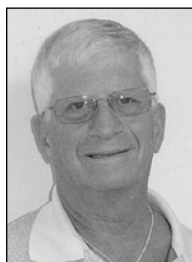
To check on all our planned events see the Four Seasons website at palmgreens.org, Channel 63 and our fliers in clubhouse lobby.

We wish all here at Palm Greens a Happy and Healthy New Year!!!

PHONE 498-5226 FAX 637-9261	HOURS: Mon-Sat: 11:00am-10pm SUNDAY: 2:00pm-10pm
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MEN'S CLUB

by Peter Dreifus



We are having a tribute to former Men's Club President, Morty Teisch on Wednesday, January 12, 2022 at 2:30 pm at the big pool. We request that all members who have a Men's Club green shirt, wear it to this event. Morty would be happy to see all the bright green. Also, members of the choir that Morty led are encouraged to attend as well as those who played golf at Emerald Point and those who fished with Bob McGlinchey. Anyone who went on the great trip to Nashville, Tennessee.

As to the continuation of meetings, we have decided to wait until at least October of 2022 to begin again. If you have any questions about this event or wish to join or be involved with the running of the club, please contact me or Herman Rosenbaum. Have a great winter, spring and summer and, hopefully, the pandemic will be gone by next autumn and we can continue with our great club and run it as well as Morty did. Please stay safe and enjoy our great community.

TENNIS COMMITTEE

by Mark Melnick



The Tennis Committee wishes everyone Happy Holidays and a Happy and Healthy New Year!!

This season's tennis program has been in full swing since October. Our tennis facilities are fully open. The Golden Girls have completed their fall season and the Palm Beach County Senior Tennis League is set to start its inter-condo league play. Men's matches will be played on Thursdays beginning January 6th and women's matches will be on Mondays starting January 10th. Schedules will be posted outside the Tennis Office. Be sure to come down to cheer for your favorite teams.

Our rotation program began in November with games scheduled for Mondays, Wednesdays, and Fridays. If you haven't signed up yet, please stop by the Tennis Office to fill out a registration form. There is a \$30 registration fee which allows you to participate in our programs. This is required for rotation as well as team players. As always, balls are supplied for rotation play as well. Our rotation program is a great way to meet new players. You will be assigned a court with players of similar abilities on a "rotating" basis so you aren't playing the same players every day.

Currently there are 3 rotation sessions each day, 7:45, 9:15, and 10:45. These times may be modified as necessary as the season progresses. On Mondays rotations will be shortened to accommodate Women's team matches. Rotation and team play receive priority over other players. When there is no rotation or team play scheduled, the courts are available to any residents and their guests. Tuesday, Thursday, and Saturday morning schedules will be posted in the Tennis Office each week. Sunday morning reservation sheets will also be available each week in the Tennis Office.

Our first program of the season was a huge success. On Dec 7th, we held a late afternoon program which consisted of 90 minutes of tennis followed by pizza and wine. As always, Beth Villanova, our Tennis Committee event coordinator, did a fantastic job of planning, setting up, and running the event.

Other events planned for the season will be Friday evening tennis "under the lights", additional pizza & tennis afternoons, and color war. Details will be emailed

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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



Best wishes for a healthy and happy new year. We hope you all had a safe and joyful holiday.

We are pleased to report that our last event, The Chinese Auction, was a total success and we were able to contribute a substantial donation to the Eat Better Live Better organization.

Once again, we are faced with challenging times. Our Murder Mystery event was postponed and moved to February 4 at the pool. There will be outdoor heaters for this event.

Our Resident mixer was held on December 19th and all Palm Greens residents, current and new, were presented with what is available here from our clubs and associations, including a roster of upcoming events. Please note, we changed our membership year to January 1 through December 31.

Please be sure to check Channel 63 and the clubhouse for our activities schedule, so you are up to date.

Finally, we would like to share with you a card we received.

FRIENDSHIP RECIPE

*Take some morning sunshine,
a smile, some kind words, too.
Sprinkle in some happy hours,
it's not very hard to do.
Add a little thoughtfulness,
Stir enough just to blend.
Serve it warm with loving hands,
It's the making of a friend.*

HAPPY NEW YEAR!

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



When and why to make adjustments to your game.

One of the difficult things for the average player is to know how to adjust their game plan or tactics based on what their opponents are doing. Too many times players get overly freaked out, when an opponent is making a shot they have no answer for or plays differently than they are used to. A lot of players are quick to start doing things that they're not good at and completely change the game they've worked on for a long time in practice, because their opponents hit a few winners against them. Most times a small tweak to what you're doing will suffice, or in some cases just stop worrying about it and continue to play your game. I am going to give you some perspective and some ways to deal with the situation. Everyone has things they are good at. The fact that someone has a shot they can occasionally hit for a winner shouldn't freak you out unless they are trying it a lot and making it all the time. When you play someone good, they are going to make some shots and win points against you. Once you identify what they're good at you need to ask the following questions. If they continue to make the shot keep doing what you're doing and focus on all the points they don't hit a winner on. Do the things you're good at rather than doing the things they're good at. Is there a minor adjustment you can make to lessen the damage such as making a slight positional change? For example, they are lobbing well and although you're in a hunter helper position, they continue to push you out of position. Instead of going up to the net and both going back, move your entire unit back two steps. The hunter will be on the service line and the helper is now two to three steps back behind the service line. You have adjusted and been flexible without abandoning your game plan. You can also make these adjustments on important points like game point for the opponent. This also holds up for shots like alley shots. When playing against someone who is very good and accurate at alley shots only worry about them on game point (our hunter hugs the alley). If you're winning, assume they will try them but not enough to cause you to lose; that's what is important. Some tennis players think they can stop all their opponents' shots by



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BOOK CLUB

by Joan Zimmer

THE NATURE OF FRAGILE THINGS by Susan Meissner is a historical novel that follows the life of a young Irish immigrant who becomes a mail order wife and arrives in San Francisco shortly before the famous earthquake. It is a story of love and of deception, of family and friends. Susan Meissner is also the writer of several movies and many books. As she describes the earthquake, you will feel the earth quake, and soon you will feel the quake of our heroine's life as well. Please join us on Wednesday, January 26 (Note new date), 2022 at 7 PM on Zoom.

Email me at jpzimmer60@msn.com if you would like to join us.

See you soon!

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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HE SAID...SHE SAID

by Joan Engleman

Joan and David Zimmer – Married June 24, 1963 – 3 daughters including a set of twins -7 grandchildren.



SS – I was born in Newark NJ and grew up in Belleville NJ. I attended Belleville HS and went to Simmons College for two years.

HS – I was born in Bridgeport CT and attended the University of Connecticut, after which I joined my father's accounting firm. I also volunteered in the Army ROTC.

SS – Our parents were first cousins and best friends. David and I knew each other all our lives.

HS – I was always attracted to Joan. When we were in college, I finally got the nerve to call her and ask her out on a date.

SS – I thought he wanted to date one of my friends.

HS – I said NO I want take you out.

SS – When David arrived in Boston, I directed him to a nice restaurant. But because I have a poor sense of direction, we ended up at the entrance of an emergency room. We finally ended up in Chinatown.

HS – After our date, I wrote her one of many letters to thank her for a lovely evening.

SS – On occasions, I would take a bus down to visit David in Hartford.

HS – In October, 1961, I pinned her. In November, I asked her father if I could marry her. Of course, he said yes.

SS – We got married at the Alpine Caterers. Our parents made all the arrangements. They paid \$15 per person. I borrowed my wedding gown.

HS – We honeymooned in Puerto Rico and St. Thomas for two weeks, a wedding present from my parents.

SS – When we got home, we rented an apartment in

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POI FOR PALM GREENERS

by Mel Clapman

How can you live in Florida and not be aware of the Everglades? How can you live in Florida and not want to visit the Everglades? So... let's take a trip, 2-1/2 hours, and see what's there to see.

At one time, the Everglades covered almost 11,000 square miles of South Florida. Just a century ago, water flowed down the Kissimmee River into Lake Okeechobee, then south through the vast Everglades to Florida Bay.

The easiest and most convenient way to take in the most interesting sights would be a tour. So we recommend the Shark Valley Tram Tour. This is a 2-hour narrated tour along a 15-mile loop trail into the "River of Grass". Tours depart from the Shark Valley Visitor Center located along U.S. Hwy 41/Tamiami Trail, 25 miles west of Miami, FL. **Reservations are strongly recommended from November through April when Everglades National Park is at its busiest.** We suggest you visit their website at: <https://www.sharkvalleytramtours.com/> and avail yourself of the most current information including times, cost of admission, special events, etc.

BOAT TOURS

For prices, hours, or camping reservations call 855-708-2207, or, for camping reservations, please visit <https://flamingoeverglades.com/>.



A day trip to the Everglades promises a fun-filled, action-packed experience – and big adventures makes for big appetites. It's not always easy to find a spot to fuel up in this remote expanse, so plan ahead with your guide for some of the most delicious and adventurous bites in the Everglades with plenty of local color.

The Restaurant at Cooperstown Everglades Airboat Tour

Cooperstown is one of the first airboat operators you'll encounter along Tamiami Trail on the way to Shark Valley. You'll also find a down-home country restaurant adjacent to its gift shop simply known as "Cooperstown Restaurant." Fuel up before or after you take a spin on the airboats and visit the gator show. You're going to find some rather unique Everglades delicacies here. Frog legs, gator tail, catfish filets and other local specialties are featured on the menu. This is adventurous eating, but you'll be surprised by how good it tastes – especially deep fried!

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ENTERTAINMENT COMMITTEE

by Walter Jacobson



It is January 2022, and the Covid19 pandemic has killed over 800,000 fellow Americans (over 5 million worldwide) and infected about 50 million of us as of Dec. 2021.

As mentioned in each of the previous articles last season we will have **no monthly shows this entire season** (Nov 2021 to Apr 2022). Also, we have no plans to hire entertainers for the 2022-2023 season, as we do not know what the status of the Covid19 virus will be regarding indoor events.

How about some humor?



I used to have a handle on life, but it broke.

If it isn't broken, fix it until it is.

If today were a fish I'd throw it back.

If you are what you eat, I'm fast, cheap and easy.

I'm still a hot babe, but now it comes in flashes.

I'm supposed to back up my hard drive, but how do I put it in reverse?

I've read about the evils of drinking beer, so I gave up reading.

It's lonely at the top, but you eat better.

Just say 'NO' to negativity.

Kids in the back seat cause accidents. Accidents in the back seat cause kids.

Love may be blind, but marriage is a real eye opener.

Madness takes its toll. Please have exact change.

My drinking team has a bowling problem.

My mother is a travel agent for guilt trips.

My mother was a moonshiner, and I love her still.

Never miss a good opportunity to shut up.

Quoting one is plagiarism. Quoting many is research.

Old age comes at a bad time.

Of all the things I've lost, I miss my mind the most.

On your mark, get set, go away!

Practice safe lunch: Use a condiment.

Procrastinate now.

Rock is dead. Long live paper and scissors.

Stable relationships are for horses.

Suburbia: Where they tear out the trees and name streets after them.

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THE HEALTH ROOM

by Mel Clapman

What we Palm Greeners share here is we are over 60, mostly retired, and very aware about staying healthy. At least we should be. But no matter your age, it's important to take care of your body and prevent illness.

If you're 65 or older, something as simple as the flu or a common cold can progress and lead to complications. This includes secondary infections like pneumonia, bronchitis, an ear infection, or a sinus infection. If you have a chronic condition such as asthma or diabetes, a respiratory illness can make these worse.

So, we have put together a kind of senior's guide to staying healthy year-round.

1. Get active

Physical activity is an immune system booster. The more you move, the more your body is able to fight inflammation and infections. The activity you partake in doesn't have to be strenuous. Low impact exercises are effective, too. You might consider biking, walking, swimming, or low impact aerobics. If you're able to, engage in moderate intensity exercise for about 20 to 30 minutes a day to reach the recommended total of 150 minutes a week. Also, strengthen your muscles by lifting weights or doing yoga. Modify your exercise routine to find what feels best for you.

2. Take supplements as necessary

Some supplements help support a healthy immune system. Before taking a supplement, always ask your doctor if it's safe, especially if you're taking a prescription medication. Some supplements they may recommend include calcium, vitamin D, vitamin B6, or vitamin B12. Take supplements or multivitamins as instructed to boost your immune system.

3. Eat a healthy diet

Diets rich in fruits, vegetables, and lean meats also give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants. Antioxidants protect your cells from damage and keep your body healthy. You should also limit your consumption of sugary and fatty foods, which can trigger inflammation in the body and lower your immune system. In addition, limit your intake of alcohol. Ask your doctor about safe amounts of alcohol to drink per day or week.

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A LETTER TO THE EDITOR FROM A CONDO 2 RESIDENT

As a resident of Condo 2, I have become concerned for my neighbors' safety as well as my own, regarding taking care of simple fixes to maintain our homes.

I am not concerned about the frivolous parking of guests, size of their trucks, or their dogs who are not registered as "support".

My concern is focused on our dryer vents which should be cleaned yearly, with an inspection receipt. Also, the air conditioning pipes that should be drained properly, with each owner recording that the work has been done. And all smoke detectors have been inspected and are working. This also applies to carbon monoxide detectors, even though we do not have natural gas. Patios that had violations were installed in back yards to prevent flooding.

We are disturbed about the owners of rented units who disregard the upkeep and maintenance of the aforementioned and leave it to the renters, many of whom disregard them.

This sometimes results in all unit owners in the same row being held responsible for the residents who choose to ignore these rules.

The same applies to the plantings, where one or two owners maintain their areas with flowers and plants, while others simply ignore them. Actually, this is the responsibility of the HOA.

And on the subject of power washing, the situation is equally worse, as the Board is very selective about who qualifies for a power washing. While we realize that there are differences between the apartments and villas, we feel that the walkways of both units should be treated equally.

Have you really noticed the condition of your mail box and those surrounding it? There have been comments from the postal workers who deliver our mail and they tell us we, not the Post Office, are responsible for their upkeep.

Irrigation, what is the status on this? Why can't we be informed about what stage this project is in? Why are we reduced to chasing around the maintenance people to try and get an answer?

For the past few years, some of these projects have been handled by the HOA. Now, it seems as though the Board decides to pick and choose who is ultimately

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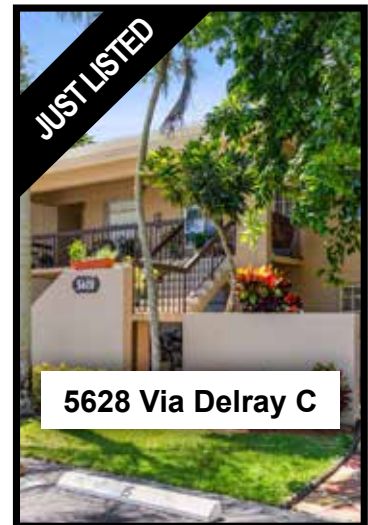
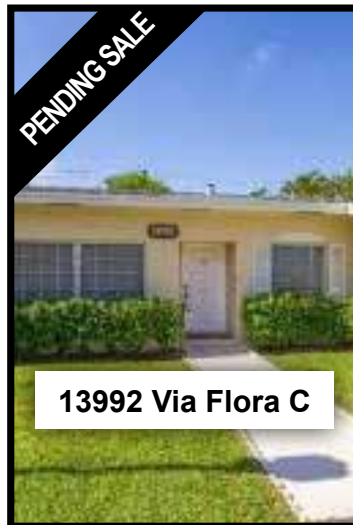


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FIRST ANNUAL TENNIS EVENT ENJOYS AN OUT

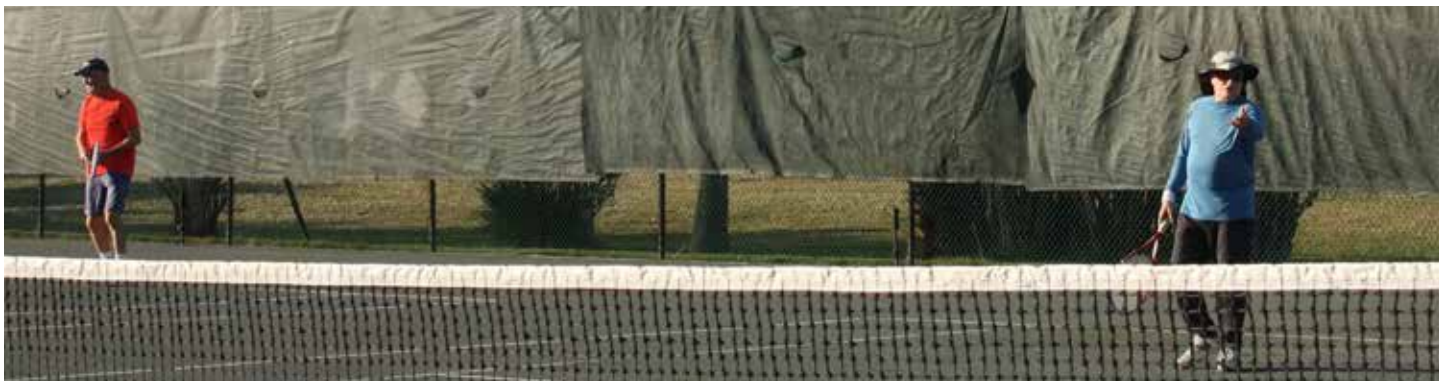
Another “first” went into the Palm Greens book with the Tennis Plus Pizza Plus Wine event on December 7 at 4pm. There were 32 players on our courts, a mixed doubles format. The sun was out, the skies were clear and the competition was “friendly/furious”.

The event was hosted by Beth Villanova, with help from Mark Melnick and Steffi Carmel. They received a “well done” from the players and viewers alike.

“I thought the event would be a good way to get a group of players, all with different skills, together, in the face of the restrictions we’ve experienced because of Covid. One of the highlights for me was seeing our friends and neighbors sharing food, drink and enjoying an evening together” she said. When the matches ended, the players and guests went to tables set up with wine and...you guessed it...pizza, courtesy of Rotelli Pizza & Pasta.

The best part? Most, if not all the attendees conformed to the social-distancing rules and even better, everyone had a good time.

Beth noted that there could be another event this season, so keep an eye open to Channel 63 and The Pulse.



PLUS PIZZA PLUS WINE STANDING RECEPTION



NOBODY ASKED ME BUT...

by Mel Clapman

...Every box of raisins is a tragic tale of grapes that could have been wine.

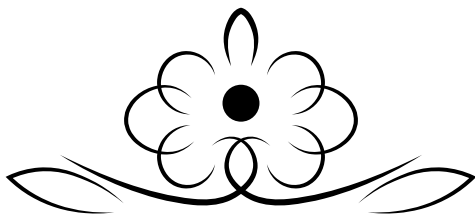
...They say we can have gatherings with up to eight people without issues. I don't even know eight people without issues.

...I don't always roll a joint but when I do it's an ankle.

...Theme parks can snap a crystal-clear picture of you on a roller coaster going 70 mph, but bank cameras can't get a clear shot of a robber standing still.

...Someone posted that they had just made synonym buns. I replied, "you mean just like the ones that grammar used to make?" I am now blocked.

...Words you don't want to hear ..."Sweetie? I'm gonna need you to put those few remaining brain cells together, and work with me here, okay?"



CAFÉ CORNER

by George Fitzgerald

Palm Greens likes to party. Now Trevor McGrath, the Skinny Cheff, is making it easy for you to cater your get-togethers with delicious things to eat, thanks to his new Party Platters. Each platter is artfully presented with a variety of sliced meats, cheeses, fruit and crackers. Plus, Trevor's new take-home dinners featuring hearty comfort foods like meatloaf with mashed potatoes and gravy and lasagna with salad give you even more ways to enjoy effortless entertaining. The Skinny Cheff Café is open for breakfast and lunch Tuesday through Sunday. Party on, Palm Greens.



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

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(w/ house made remoulade sauce)
Fried Fish Sandwich
(w/ house made tartar sauce)

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

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

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

Clam Cakes n' Chowdah

Crab Cakes n' Chowdah

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

TENNIS SOCIAL CLUB

by Bebe Herman

Happy Holidays and best wishes for a happy, healthy New Year. We hope this holiday season brings much needed joy and happiness to you and your family. Our season is in full swing and we have an exciting schedule of events to look forward to.

On December 20th we celebrated the holidays with a dinner-dance poolside. It was wonderful to celebrate this festive time of year at this sold-out event. Please be sure to get your reservations in early.

On February 11 be sure to wear your favorite team jersey to our Sports Night. We have changed the venue to our beautiful pool-deck. We hope to have events at the Westchester Country Club in the future, but for now we all feel better outdoors. Dinner, music 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 Happy New Year.



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CONDO 2... *(continued from page 3)*

didn't always share the same point of view, but I felt we had (have) a special relationship that would last long after our roles as directors. Our unique brand of synergy was encouraged by our cooperation. Because of that cooperation, we were able to analyze and boost the financial standing of our community. We met the challenge of transitioning from being "self-managed" to working with a management company.

During my tenure as a director all roofs were cleaned with repairs and replacement completed where needed. All sidewalks were cleaned (a particular pet-peeve of mine) and replaced where needed. For the first time, a reserve study was conducted; and we had a professional engineering company conduct a structural survey of our buildings. Owners can now vote electronically that will save money on postage and brings accuracy to vote counts. We finally untangled the tracking system for invoices and bill pay through the use of the Avid system. Repairs and replacement of our aged-old sprinkler system is underway. It was long overdue! A multiyear plan for removing dead trees and bushes and paint to upgrade the aesthetics of our community is underway. I could continue to list the accomplishments achieved, but it's about teamwork, ethics and making the best decision for the situation on behalf of our community. The community's wellbeing was (is) always at the forefront of all discussions.

I share my perspective with you all because I want you all to know "*you just couldn't ask for a better group of people*" who are retired yet volunteer their time and skills; and the time spent is beyond the call of duty. And yes, there were times we received emails from residents who expressed their support and appreciation for the hard work put forth by this board. There were those times also as I walked along or rode my bike that residents stopped me to express their gratitude or waved in appreciation giving the "*thumbs up*." It felt warm and reassuring to me.

Over the past two years although poignantly challenging, required cooperation from all of us, the board, staff and the community. In spite of varying points of views, together we learned to be more tolerant, we learned to listen better and during this particularly stressful period of time, I witnessed the expression of, and experienced more compassion. Right now, the world is craving for a little bit more compassion from each of us.

We can all be proud of ourselves for a job well done.

Although the tasks are not completed, let's remember that embedded in the word community, is unity. May we continue to work together in unity with dignity and respect for ourselves and others. I thank you all for granting me the opportunity to serve.

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

the "Sky-top Trailer" and has 10 cameras pointed in all areas! Also, many extra patrols are out and about.

Chief Pete Hund of PBC Fire Rescue, Battalion 4, cited statistics that showed that calls are up in the stations that are represented in the Alliance. Because of data situations, the calls in the county involving Covid19 are up and down. The five main calls for help are, 1/sick person, 2/falls, 3/trouble breathing, 4/fire alarms and 5/falls but person is all right. The largest increase in calls involved automobile accidents. He encouraged caution when driving. When light turns green, wait a moment in case a car is running the red light in other direction.

Our newly elected PBC Mayor, Bob Weinroth, underscored the need for caution, especially at this time of year when scam calls abound. He also mentioned the 211 help line for non-medical situations such as help line, sunshine calls, etc. Also, all telephone calls in the County will soon require a ten-digit number entered on your phone for each outgoing call.

Our next meeting will be on January 5, 2022, at the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami. Our guest speaker will be Joshua Gerstin, Esq. Mr. Gerstin will speak about "Leading Your Association in a Post COVID World."

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



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TENNIS COMMITTEE... *(continued from page 6)*

as well as posted in the Tennis Office. Once again if you haven't been receiving our emails and want to be included please stop into the tennis office and register. New residents are always welcome. Send an email to us at ttnscenter@gmail.com if you have questions or want further info.

Our pro, Jim Boardman, is available for lessons. He is here most days from 7:30am until noon. Stop into the Tennis office or call (561)303-1101 to schedule. Jim is holding his free clinics on Tuesdays and Fridays at 11:30am. If you are new to tennis and want to start playing or if you want to be evaluated for our rotation program attend the Tuesday clinic. If you are an intermediate player and want to improve your skills attend the Friday clinic. Elliott Yezer will be on hand to assist Jim and provide tips for improving your game.

Our cafe is open and is a perfect place to wind down after playing tennis. Try a smoothie, stop in for breakfast or another meal. The food is an upgrade from the prior years.

Thanks to Art Robbins and Charles Medina in the Rec office, Andrea Wagner, our Rec Bd liaison, as well as the entire Rec Board for making sure our recreation facilities are in top notch condition. Special thanks to the guys that maintain our courts - Aubrey and Luis. I constantly hear from visiting players that our courts are among the best they've seen and many of our new residents have moved here for that reason.

Enjoy the season, play and stay healthy, and we will see you on the courts.

THANK YOU

I want to thank the residents of Palm Greens who attended the funeral, being at the cemetery and paying last respects to my husband, Joe, and expressing their condolences. Your cards and Mass cards were as appreciated as the hugs. Joe was a kind and gentle man who deserved to be acknowledged and on behalf of our entire family we thank you.

-Ginny Gandolfo

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

doing nothing different. They play a very neutral, non-committal game. They are reacting instead of forcing their opponents to react. They play scared. You must identify what they are good at and then force them to do something else. It will be very unnerving to them and will empower you. It will be a battle but a battle you can win. It's important to remember that you are not going to lose a match because your opponents made enough winners to beat you unless you are playing someone three or four levels above you and even then, it is unlikely. The problem is when you get tense because someone hits a winner, you start missing shots you can easily make, and you lose because of errors. Stay relaxed, acknowledge what they are doing and decide if you need to do anything at all other than be aware and lastly, make sensible small adjustments to counter their strengths.

Your attitude is your altitude.



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HE SAID-SHE SAID... *(continued from page 8)*

Bridgeport and I went to the University of Bridgeport to finish school until David went into the Army.

HS – I spent two years in the Army, Tacoma Washington.

SS – I went to the hospital to deliver my twin daughters where they charged me \$1.75 for food. It made me so nauseous, David wound up eating it.

HS – When we left there, we decided to take a road trip back to Bridgeport with our two babies and lots of diapers.

SS – We then rented a 2-bedroom apartment for two years.

HS – After I passed my CPA's, I went to work for my father for a short time. Then I worked for Joan's father and sold retail for 25 years.

SS – We bought a house in Livingston NJ for \$29,500, 3-bedroom, split-level. Our third daughter was born there. We lived there for 40 years.

HS – That house paid for 3 weddings and 3 college degrees; all of our daughters have Masters Degrees. We sold the store and I went back into accounting.

SS – I finished college and became a bookkeeper. I went to work for David and became his assistant.

HS – I had a client who lived in Florida and he occasionally asked me to come down. At first, I stayed with my mother, who lived in Palm Greens.

SS – Then we bought a place here, Court 9, second floor. We were snowflakes.

HS – In 2008 I hurt my shoulder, so we moved to a villa. Since then, I've had several illnesses and have been looked after by my wonderful wife (and best friend). I love living in Florida, especially Palm Greens.

SS – Starting in January, I will be Co-President of West Chester Hadassah. I am also a part-time bookkeeper for Luxury Partners Realty for the past ten years. And I am Book Club Chairperson in Palm Greens. I also play Canasta and love to schmooze with all the nice people at the pool.

HS – I go to rehab three times a week, and play Canasta. I haven't been on the links yet, but hope to be pitchin' and puttin' in the near future.

BOTH: We love our neighbors. Palm Greens is a very lovely, affordable place to live. We made good friends here.

POINT OF INTEREST... *(continued from page 9)*

Please take note of this recommendation due to the ever-changing Covid-19 situation

Miccosukee Resort & Gaming's Deli

While much of Miccosukee Resort is currently closed as a precaution due to COVID-19 (including the riverboat rides, Indian Village and out-of-this-world buffet), you can still stop by the casino floor to play the slot machines and other games. The deli is up and running, serving fresh sandwiches and salads perfect for grab-and-go picnics. While you won't be able to indulge in the Empeeke Aaweeke International Buffet with its pasta, steak, fresh fish, steamed vegetables and plenty of other mouthwatering sides right now, definitely bookmark it for future travel. When you're back, hopefully you'll also be able to embark on the airboat tour, witness an alligator demonstration and learn more about the Miccosukee tribe's history.

DINING NEAR ERNEST F. COE AND FLAMINGO VISITOR CENTERS**Everglades Gator Grill**

Make a pit stop at the Everglades Gator Grill on your way to the Royal Palm entrance. This casual counter boasts ample outdoor picnic table seating beneath the shade of a tropical thatched palapa. You'll find a variety of hearty, southern comfort-style fare here with a Florida Everglades twist. Enjoy shrimp po' boys, burgers, fried chicken, chili cheese fries and fried clams. And yes, this is the place to order the famous grilled gator sandwich. Be adventurous and give it a try – it tastes just like chicken!

Taqueria Morelia

This eatery is a hidden gem tucked away in a strip mall in Homestead just off the Turnpike on your way to Royal Palm. It serves some of the most delicious tacos this side of Mexico City. This family-owned restaurant is all about authentic Mexican flavors. Burritos, quesadillas and other specialties are on the menu, but tacos are the true star. Choose from shredded pork, beef, chorizo, chicken and more served inside warm, plus homemade corn tortillas. Dine in or grab your food curbside and enjoy it at nearby Harris Field Park or JD Redd Park before you continue your trip to the Everglades.

A Final Word – As of this writing, we are still going through the roller-coaster of the pandemic. If you do decide to visit the Everglades, please do your research as meticulously as possible, as situations can change immediately and with little or no notice. Double check phone numbers and websites. We want this visit to be memorable...and we're sure it will be.



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

The last thing I want to do is hurt you. But it's still on the list.

The Moral Majority is neither.

The trouble with the gene pool is that there's no lifeguard.

If you want breakfast in bed, sleep in the kitchen.

To err is human, to blame it on somebody else shows management skills.

Veni, Vidi, Velcro. I came, I saw, I stuck around.

Veni, Vidi, Visa: I came, I saw, I did a little shopping.

What if the hokey pokey is really what it's all about?

Whenever I feel blue, I start breathing again.

Without geometry, life is pointless.

Wrinkled was not one of the things I wanted to be when I grew up.

Scientists discovered the noise made just prior to the Big Bang, sounds something like 'Oops.'

If everyone on earth stopped breathing for just an hour, the greenhouse effect would no longer be a problem.

To err is human, but to really foul things up you need a computer.

Weather forecast for tonight: dark.

The two most abundant things in the universe are hydrogen and stupidity.

Many snakes are actually quite short if you don't count the tail.

Blood is thicker than water and much more difficult to get out of the carpet.

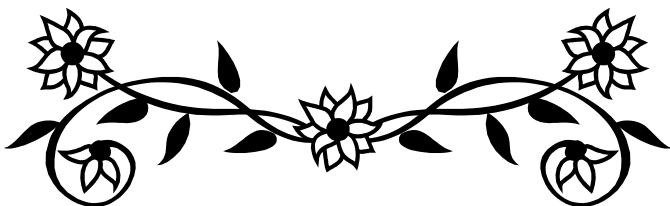
Juries scare me. I don't want to put my faith in people who weren't smart enough to get out of jury duty.

Laziness is nothing more than the habit of resting before you get tired.

If God had intended us to fly, he would have made it easier to get to the airport.



Note: This will probably be one of the last of these monthly articles I plan on writing. The last will be part of the article submitted for the November Pulse & resubmitted for the December Pulse, neither of which were actually included in the Pulse.

**THE HEALTH ROOM...** *(continued from page 10)***4. Wash your hands frequently**

Washing your hands on a regular basis is another excellent way to stay healthy year-round. Viruses can live on surfaces for up to 24 hours. It's possible to become ill if you touch a virus-covered surface and contaminate your hands, and then touch your face. Wash your hands with warm soapy water often, and for at least 20 seconds. Avoid touching your nose, face, and mouth with your hands. You can also protect yourself by using antibacterial hand sanitizer when you're unable to wash your hands. Also, disinfect surfaces around your home and workstation frequently.

5. Learn how to manage stress

Chronic stress increases your body's production of the stress hormone cortisol. Too much cortisol can disrupt different functions in your body, including your immune system. To reduce stress, increase physical activity, get plenty of sleep, set reasonable expectations for yourself, and explore relaxing, enjoyable activities.

6. Get plenty of rest

Not only can sleep reduce your stress level, but sleep is how your body repairs itself. For this reason, getting an adequate amount of sleep can result in a stronger immune system, making it easier for your body to fight off viruses. Sleep is also important as you get older because it can improve memory and concentration. Aim for at least seven and a half to nine hours of sleep per night. If you have trouble sleeping, talk to your doctor to find the underlying cause. Causes of insomnia can include inactivity during the day and too much caffeine. Or it can be a sign of a medical condition like sleep apnea or restless leg syndrome.

7. Take steps to prevent infections

Getting annual vaccinations is another way to stay healthy throughout the year. If you're age 65 and older, talk to your doctor about getting a high-dose or adjuvant flu vaccine. Flu season is between October and May in the United States. It takes about two weeks for the vaccine to be effective, and it reduces the risk of the flu by 40 to 60 percent. The flu virus changes each year, so you should get the vaccine yearly. You can also talk to your doctor about getting pneumococcal vaccines to protect against pneumonia and meningitis.

8. Schedule annual physicals

Scheduling a yearly checkup can also keep you healthy. Always speak with your doctor if you have concerns about your health. Conditions like diabetes and

(continued on page 24)

THE HEALTH ROOM... *(continued from page 23)*

high blood pressure can go undetected. Regular physical examinations will enable your doctor to diagnose any problems early. Getting early treatment may prevent long-term complications. Also, if you have any cold or flu symptoms, see your doctor immediately. The flu virus can lead to complications in adults over the age of 65. The immune system weakens with age, making it harder to fight off the virus. If you see a doctor within the first 48 hours of flu symptoms, they can prescribe an antiviral to reduce the severity and length of symptoms.

9. Avoid contact with people who are sick

Another way to protect yourself year-round is to avoid being close to people who are sick. This is easier said than done. But if there's a flu outbreak in your area, limit contact with people who aren't feeling well and avoid crowded areas until conditions improve. If you must go out, protect yourself by wearing a face mask. If you're caring for someone with the flu, wear a face mask and gloves, and wash your hands frequently.

The takeaway

The flu and other viruses can be dangerous as you become older. You can't prevent all illnesses, but taking a proactive approach can strengthen your immune system. A strong immune system can keep you healthier and make you less susceptible to illnesses throughout the year. And, most important, establish and maintain regularly scheduled appointments with your doctor.

A LETTER TO THE EDITOR... *(continued from page 10)*

responsible. When questioned about this, the Condo 2 management company's answers are off the cuff or incorrect. It's possible they do not operate from a management book, and there should be one, which should be available to all Condo 2 residents so we know who is responsible for what.

We believe that it is time to make our voices heard again and we can do it by approaching both the Condo 2 Board and the First Services Management group and let them know what we are concerned about.

As residents of Condo 2, we are all responsible for how our homes look as well as how they are being maintained. Let's all band together and assure that the people we have working for us live up to their responsibilities.

CRUISE PLANNERS

by Elisse Gaines

Welcome to my first column on travel. I have been in this business over 40 years. For the past 2 years during this Covid pandemic, travel has been at a standstill. I am pleased to announce that traveling has now resumed! This article will be specifically about the tester cruise I was on several weeks ago, to advise you on the safety issue and the new things that have come about since Covid.

I was on the new ship the MSC Seashore. Do you all remember the TV show the Jetsons? That was the first feeling I felt when I boarded the ship! Upon entry, you MUST show your fully vaccinated card, and a negative Covid test. If you did NOT have your Covid test, you will still be allowed to board, and they will take you into a separate entrance and test you for free. Then you will wait about 15 minutes for results. This ship holds 6000 passengers. There was not a crowd. First stop was the elevator. The elevator has no buttons! You must tap your floor outside of the elevator, and if you push the wrong floor, you must exit on that floor and push the button outside all over again.

When you are lucky enough to find your way to your cabin, you need to use your room card to turn on your cabin lights. If you put your key card in the wrong way, your lights turn off in 10 minutes and you are in the dark! Your lifeboat drill is now in your room. You watch it on your TV and then enter a code on your room phone. Of course, first, you have to figure out how the TV comes on, which half the guests did not know how to do. This ship has 19 floors. The 19th floor is separated from all the rest. There are 135 "Yacht club cabins". They have their own butler and their own dining area. I attempted to view these special cabins. It took me 30 minutes to find the elevator that takes you there. Upon getting in there, I felt that electric scooters should be given out to all over the age of 50!

Let's talk about food and entertainment. The buffet was open for lunch only. You may NOT touch anything yourself. Upon entry, you MUST wash your hands with hot water and a temp check. They will give you anything and everything you want. For dinner, there were at least 20 venues. There is no shortage of fine dining! I attended a show in the theatre. The show was quite entertaining.

The ship also has a phenomenal children's area,

(continued on page 24)

CRUISE PLANNERS... (continued from page 24)

better than I have ever seen and I have been on over 100 cruises. However, for the over 55 crowd, this is NOT the ship to pick unless you are going with children and grandchildren.

In conclusion, I am comfortable to say that cruise lines and land vacations are safe to travel. With CDC guidelines, the cruise industry and the land tour operators were forced to change their work protocol. I would also highly recommend travel insurance when you travel outside of the US. If you book yourself on a safe cruise, let's say to Europe, and the country gets locked down, you need to be protected.

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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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