

PALM GREENS PULSE

OCTOBER 2022

DELRAY BEACH, FLORIDA

***IF YOU WERE AWAY THIS SUMMER,
THESE WERE SOME OF THE ACTIVITIES
YOU MISSED AT PALM GREENS.***



Palm Greens Pulse

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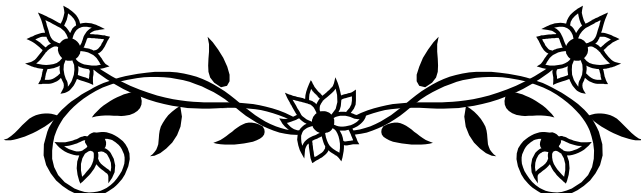
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The Unit Owners Association of Palm Greens (UOAPG) and its publication, The Palm Greens Pulse, are not responsible for the services, products and/or claims made by our advertisers.

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

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

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Update On Delray Trails

An Update For The One Thing We Do All Year
We Care



CONDO 1

by Paul Milowe



The Condo 1 Board hopes all residents had a safe and healthy summer season. The Pandemic has caused a lot of stress for us all. There is room for optimism as the numbers of cases are dropping in the U.S. and Florida. It is still very important to social distance, wear a mask, and wash your hands but it is not mandatory. For all our new residents, the maintenance of our beautiful property is on a schedule. Lawn mowing, shrub trimming, painting, roof replacement, etc., will happen according to this schedule which may be delayed from time to time due to rain. Please be patient. Contact the Condo Office if you have questions about this schedule and ask for our Property Manager, Doug. He is working hard to maintain our community and is in the process of installing new plantings for your enjoyment.

The work on the land development of our golf course is continuing. The trees on both golf courses have been cut down and mulched. The land is being groomed for the continuation of the plan. After this, work on the new clubhouse should commence.

The Paving of our parking areas and roads is scheduled to start September 26th and continue to November 3, rain permitting.

Our new Condo1 Representative to the PGCA Board is Marge Kurinsky who will do an excellent job of informing our community on construction updates. Any questions that you may have can be sent to our Condo 1 Office where the Board will research them and reply.

A Condo 1 Board Director will be available in the Condo 1 Office from 9 AM to 12 PM through years end to answer any question or concern that you may have, except for holidays when the Office is closed.

Our website – palmgreenscondo1.com - has information that you can view at your leisure. Channel 63, our community channel has been discontinued.

Again, have a great enjoyable season.

CONDO 2

by Sandra Klimas



It's been quite the summer with the construction occurring on the old golf course, our Board working on the 2023 Budget, the completion of the irrigation projection, the on-going work of repairing the beams on many buildings and teams of owners working on the 4 major goals established for this year.

We will focus on each of the goals separately over the next couple months to share the progress we have made and to update the community on our direction for the future. Each of our committees has a group of dedicated volunteers who have spent many hours working towards completing their goals while always keeping in mind what is in the best interest of our community as a whole.

The first Pulse article will focus on the Electronic Voting Committee with Board Treasurer, Bob Stern, reporting on their progress. Bob....

Thank you, Sandy... As you've no doubt heard, the goal of the Electronic Voting Committee is to expand the use of electronic voting (EV) within the community. The benefits of EV have been stated before so all I'll say is it's fast and easy to use and saves us all money. It can also be used as a survey tool to get wider input and feedback from the community. The committee, comprised of Sharon Fradkin, Harriet Stolper and Jill Rothman, with me as Board liaison, has met several times. It has identified those owners who have not consented to use EV. An email letter was sent to those owners and a follow up email with the consent form was sent. The initial response has been lukewarm but we are encouraged and will send out subsequent emails. We also plan to hold a meeting once in season to answer any questions and concerns and to help owners complete the consent forms and/or the registration process with BeckerBallot. We plan to offer some type of freebie at the meeting so be on lookout for the announcement.

Our next steps are to reach out to those owners who opted in but did not register to vote with EV and also to those owners who registered but did not utilize EV.

The committee wants to hear any concerns owners have with using EV so we can address them.

Let me close by thanking the committee members for their dedication and hard work. The committee can be reached at PG2ElectronicVote@gmail.com.



RECREATION BOARD

by Art Robins

The Recreation Board and our property management staff has been busy maintaining and repairing equipment in our amenity campus. Because we are a 46-year-old facility, maintenance issues continue to arise and we work to repair, replace and maintain.

In review, our main pool had a major failure of the geothermic heating and cooling system. We immediately sought out outside experts and discovered the equipment was beyond repair.

Additionally, the well had collapsed and was no longer capable of introducing fresh water to be circulated. We negotiated a deal at a reduced cost, to replace, with an extended warranty including 2 years free service labor. Since installing our new chilling and heating system, we are happy to report it is operating well.

Our spa has been in need of frequent repair. Its piping was leaking or not holding temperature for months. Two motors and underground piping and assorted parts had to be totally replaced. The spa holds now at a very pleasant 104 F.

Other maintenance repairs done thus far include the elevator, painting, air conditioning in the clubhouse, chair cleaning and café item repairs. With these expenditures, we are happy to report we are in good financial shape.

The Café has been a topic of much discussion in the past few months. We are pleased to announce the restaurant group Spatulla's, has taken over management. They have operated in many local communities and have a storefront restaurant on Jog Road. This takes the daily operation management off the Rec Board's responsibilities. Many of you have expressed how much you enjoy our current chef, Evan, since The Skinny Cheff left. We like him too; that is why we asked this new management group to keep him on as chef.

There will be new menu items added as well as some of your present favorites. Café hours will be 9:00 – 3:00, Mon - Sat with Friday night dinners from 4 – 8 PM. Effective Dec 1, the Café will be open 7 days a week and with 2 evenings open for dinner. We are excited to offer wine and beer in our new "Tiki" bar area behind the café. Come for a drink and stay for dinner! And YES! we plan on reintroducing your Palm Greens food cards soon.

Arts and crafts space was sorely needed as the old



FROM THE MANAGING EDITOR

by Mel Clapman



I'm starting this article on June 8, because it's just easier to stay current as things happen rather than try to recall the events that took place weeks or even months ago. Plus, I want to bring you up to date as to what's going on here in general. So...

CHANNEL 63 – This channel has been discontinued and will be replaced on our community website. Notices of current events...club activities, etc., are also posted in the clubhouse as you walk in, or on the bulletin board on the left side of the big pool gate as you walk in. Also, be sure you are signed up for the community email blast.

NEW MAIL BOXES – We have them, and they are installed and being used.

NEW BASIC CLAY CLASS – They meet in the clubhouse on Monday evenings from 6:30 to 8pm, and Fridays from 1 to 2:30pm. Call Jeanette Robichaud for more information – 754-367-0097.

THE UNIT OWNERS ASSOCIATION – We are in a big bind for telephone help. We need one more person to fill our 5-day roster. The day is Tuesday, from 9 to 11am. The job is to answer the phone and help residents looking for assistance with plumbing problems or anything else that might come up. We offer free coffee and a pleasant work environment, plus an opportunity to see what's happening at Palm Greens. **We're also looking for someone to help us bring in more advertising. We need a person who can solicit advertising for the Pulse. You will be contacting local retailers, restaurants, medical facilities and other businesses, offering them an opportunity to advertise in our community newspaper.** These are two key positions and we would love to hear from you. Our phone number is 561-495-0878. Right now we are open on Thursdays from 9 to 11am but if you call and leave a message, we will get back to you. **PS We are offering to the people we hire for these positions a free breakfast or lunch for two at the "First Serve" Café!!**

COMPLAINT DEPARTMENT – It's amazing that our great community, with all of its wonderful residents still has some people who just ignore the rules. Examples: **Driving in the wrong direction in the parking lot...and backing in instead of pulling**

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Thank you, Bonnie Sanger, for being my eyes and ears and great note taker while I was recuperating. Although we may feel like we are living in an ongoing steam bath, so happy to see everyone socializing at the pool and other activities that Palm Greens offers.

Our guest speaker was Jack Weir, chairman of the Housing Leadership Counsel. He explained County Question #1, which will be on the November ballot. Mr. Weir described that the bond is looking to create 20,000 new affordable housing units earmarked for essential workers and others deemed qualified for the units. The focus of the bond is to lower the cost of loans for developers who in turn will promise lower cost housing through deed restrictions. As well as revitalizing neighborhoods, planning and developing of unused properties ie: shopping centers and promoting racial fairness. He urged voters to vote YES. For more information go to VotePalmBeach.gov.

Our next speaker was Wendy Sartory Link, Supervisor of Elections. She spoke about election law changes. Most important, the requirement that an inactive voter needs to show proof of address to change their status back to active. Also, voting by mail will no longer be automatically renewed at the end of the year. You must contact the election board if you want to continue with vote by mail. Be on the lookout for voting scams whose IP addresses DO NOT end in .gov.

Important deadline dates to remember:

- Oct 11 Register to vote
- Oct 24 Nov 6 Early voting
- Oct 29 Request for vote by mail
- Nov 8 Election Day

Chief Ed Harvey of the First Responders reported that they received the certification of #1 Public Protection.

Captain Rob Sandt of The PBC Sheriff's Office reported that Operation Hot Wheels was a huge success. It targeted speeders and drag racers. Unfortunately, traffic accidents have increased 12% but there has been a noticeable decrease in crimes, the majority of crimes being vehicles left UNLOCKED!

Karen Brill, member of Palm Beach County

THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Four Seasons Club welcomes back all of our friends and neighbors returning to sunny Florida. Not only was this a sunny summer but it was HOT, HOT, HOT!!!

The Four Seasons Club was the way to go this summer!! Those residents who are here all year-round enjoyed our May 19th Mexican Fiesta at poolside with great Mexican Food, a Mariachi Band and singers providing the entertainment. On July 4th we celebrated the holiday with our Annual 4th of July BBQ catered by Lucille's of Delray Beach, and we were entertained by the dance music of Dean Richards. On August 11th BINGO! was the game and pizzas were the treat for all, especially for the lucky winners. Sept 16th brought us together for a stimulating night regarding our psychic abilities with psychic and radio host Halley Elise.

Now summer is over and the FUN continues because we are the FOUR SEASONS CLUB!!!!

Many new events are planned and we look forward to seeing one and all. Some of the upcoming events will be:

Saturday October 22nd- Texas Hoedown

**Thursday November 17th- our much-anticipated
Hawaiian Luau**

Thursday December 8th- Welcome Brunch

We look forward to seeing all of you! Please watch your e-mails, fliers in the Clubhouse lobby and the Four Seasons website for details and reservation forms.... Don't be left out, make sure to get your reservations in timely.

Also, membership dues are being accepted now for the 2023 year. Dues are \$15 per member per year. As most of our events are subsidized by the Club there will be additional charges for non-members at some events. Registration forms can be found in the Lobby of the Clubhouse.

If you are interested in sharing ideas and/or participating with the Four Seasons Club, contact Marcia Davis at 857-204-4764 or Judy Goldberg at 516-983-8045.

We look forward to greeting all our current members and to welcome all of the new members joining us at the Palm Greens Four Seasons Club.

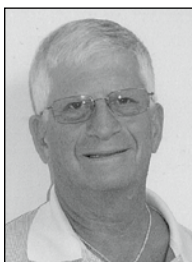


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MEN'S CLUB

by Peter Dreifus

The first meeting of the Men's Club will be on Sunday, October 9th in the clubhouse at 10:00 AM. It will include breakfast and entertainment by pianist/vocalist Cecilia Roy. There is a once-a-year charge of \$15 for club membership and \$5 for each breakfast. Meetings will be on the second Sunday of each month except in April when it will be on the third Sunday. The second Sunday is Easter. We look forward to a great turnout for our first meeting. See you then.



NOBODY ASKED ME BUT...

by Mel Clapman

...Familiarity breeds contempt—and children.

...Summer bachelors, like summer breezes, are not as cool as they pretend to be.

...The four most beautiful words in our common language: "I told you so".

...When choosing between two evils, I always try the one I've never tried before.

...Atheism is a non-prophet organization.

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TENNIS COMMITTEE

by Mark Melnick



The Tennis Committee hopes that everyone had an enjoyable summer. We're looking forward to an exciting season. First, we need to give a big "THANKS" to Jo Krokus for representing the Tennis Committee during the offseason as well as handling the ball handouts. It is our Committee volunteers who make our tennis program as successful as it is.

We continue to have many new residents move into our community. If you want further information about our tennis program, we can be reached by email at: ttnscenter@gmail.com. Beginning in November, the tennis office will be open most mornings so stop down to check us out. All residents are welcome. We encourage players of all abilities to get involved in our unique tennis program. For a \$30 registration fee you get to participate in one of the best programs in South Florida. We have a structured rotation program whereby players are matched with others of similar abilities. All you need to do is sign up for the days you wish to play, and matches will be magically scheduled for you. Rotation matches are scheduled Monday, Wednesday, and Friday mornings from November until May. Balls are provided during rotation play as well. We sponsor social as well as tennis events throughout the season. For those who want more competition, our registered players can participate on one of our teams that play in the Palm Beach Senior Tennis League. Last season we had 4 men's and 3 women's teams, and we hope to add several new teams for the upcoming season. Team play begins in January and continues into mid-March. Men practice on Saturday and some Tuesdays and play on Thursday. Women practice on Saturday and some Thursdays and play on Monday. New players to rotation as well as teams will be evaluated and placed at the appropriate level.

If you don't wish to play in our program, the courts are available for residents and their guests most afternoons on a first come-first serve basis. Please be sure to follow our rules for play including proper footwear for clay courts.

We are also fortunate to have our own pro, Jim Boardman. Jim assists with our Tennis Program,

(continued on page 18)



WOMEN'S CLUB

by Steffi Carmel
and Roberta
Minerva



The Women's Club sponsored two fun and successful events this summer. We held a Memorial Day cookout that was great! We ended the summer with a Labor Day pool party with karaoke and a DJ. Everyone had such a good time! We look forward to meeting our new residents at the Welcome Tea in October. Keep your eye open for emails and fliers of this upcoming event.

In November, we will be having a fundraiser with vendors. This will be similar to our very successful event last year. We have a full calendar for the 2023 season. Always check the Women's Club box on the walkway into the clubhouse for fliers and information. We are looking forward to 2023 to be a season of fun and entertainment with the Palm Greens Women's Club.

Our Membership Drive will be in full gear in October. If you are interested in an application, you can get one in the clubhouse or receive it in the mail.

TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)



Focus on possibilities not problems.

I was watching a competitive tennis match the other day and it came to me what the difference was between the players on the court. They were all very good and they all had a lot of success in their match, but it became apparent to me what the difference was. It's the same thing when I see someone who clearly dominates players within their level and even those at higher levels (where they will eventually wind up). These players only focus on possibilities not problems. They have a great understanding of what the right shot is to neutralize their opponents, to take away the advantage or to increase the advantage they already have. Here's what goes on unconsciously in the head while they play.

1. They never panic or get tight regardless of how bad things might look.
2. They are great at reading situations and understanding what their next move should be.
3. They are decisive, they don't hesitate to vacillate.
4. They know they can't win every point, but if they can make their opponents earn every point, they understand they will be fine in the long term.
5. They run their plays, they don't get away from what they're good at and what they've practiced, they trust the process.

If this player sounds like a winner to you, there's good news. You can be like them too. All you have to do is practice and get great at the first two shots of every point. Learn to relax when you play and take your time so you can assess all situations. I can teach you how to handle situations, and not just to hit shots. You will learn when to slow things down and when to speed them up. Where to use angles and when to use the middle. Over time, the game will just flow out of you in an effortless way, the way music flows out of a great musician. You will be the game and the game will be you. It's an ideal state for a tennis player and all you need to do to achieve it is practice, play matches and relax. Don't try to win and don't try not to lose. Only focus on the point you're playing because it's the only one you can win. At this point you're probably wondering why most tennis players are the opposite of what we're talking about here. I'll have those answers, plus more tips in upcoming articles.

It's not how much you know, it's what you know and want to know.

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PALM GREENS COMMUNITY ASSOCIATION

by Susan Herman



One of the questions that the Palm Greens Community Association (PGCA) receives on a regular basis is why is there going to be a “kiddie pool” in a senior citizen community? To understand the answer to that question it’s necessary to understand what the PGCA is, the extent of its authority and the Development Agreement.

In June 2017, Condo’s 1 and 2 and the Recreation Association established the PGCA to provide a coordinated and united approach on all matters pertaining to the development of the former golf course which was not owned by Palm Greens. Each Association appointed one member as its representative to the PGCA. Over the next two years, the PGCA negotiated with developer 13th Floor (the prior owner of the property) provided forums for community input and eventually proposed an agreement regarding the use of the golf course property that was voted on and approved almost unanimously by the Palm Greens Community.

While 13th floor was in the permitting process, Covid hit, everything was stalled and eventually towards the end of 2021, 13th Floor sold most of the property including the portion that was going to become the recreation campus to Lennar Homes. In accordance with the terms of the Development Agreement, Lennar Homes became bound to its requirements. Technically nothing changed for the Palm Greens Community. In our initial meetings, Lennar and PGCA worked through a few of the issues in the Development agreement that needed to be fleshed out.

Back to the initial question, why a “kiddie pool” in a senior community? A shallow pool, appropriate for the use of children is part of the Development Agreement. When the agreement was voted on in 2019, the community believed that this was an important feature for visiting children and that it would also serve to ensure that adult users of the main pool not be disturbed. While anyone could probably find a provision in the Development Agreement that they do not necessarily like, it’s important to keep in mind that Agreement was the result of a long-detailed give and take negotiation process.

(continued on page 18)

THE HEALTH ROOM

by Mel Clapman

Now that we’ve established ourselves as senior citizens, we need to recognize – and understand – the changes we will be encountering, including concentrating on a healthy diet. And that includes being mindful of our eating habits. One of the natural consequences of aging is a change in our palate, which can affect our overall appetite. However, this challenge can be managed with the right supervision. Here are some helpful hints that can contribute to improving your eating habits.

• Enhance Food Flavors Using Herbs and Spices

While our taste buds can lose their ability to sense a good taste, we can still eat and enjoy great-tasting food. Enhance your food flavoring with herbs and spices to make the taste more distinct on your palate. Not only is this tastier, but it is also healthier for the body.

• Eat with a Companion

Great conversations over a good meal have always been an excellent substitute for dessert, especially when extra sweets are no longer encouraged. We can improve our eating habits while eating with someone who we enjoy having as company. Whether it’s you, a friend, or neighbor, what’s important is that you’re filled not just in the body but also in the mind.

• Ensure Food Safety

Sometimes our eating habits can be affected when we feel sick due to the food we just ate. This is something that we don’t want to happen, so dispose of excess food that already has an unpleasant smell and be mindful of the expiration dates when buying packed foods.

• Drink Enough Water

Hydration is also another essential element in maintaining good eating habits. When we’re properly hydrated, the food we eat is also properly digested, which can help in the better distribution of these nutrients. Additionally, since the sense of thirst can decline in the aging years, we should focus on drinking as much water as often as possible.

• Be Cautious with Dietary Supplements

It’s very important to remember that the food we eat should provide the main nutrients that our body needs. Avoid being dependent on dietary supplements especially without a doctor’s advice as these may have undesirable consequences to the body. If you think that you are in need of vitamin supplement, be sure to consult with your physician first.

All of the above data is really common sense. And since we are all now on a “new page” in our lives, we owe it to ourselves to stay as healthy as possible. Your loved ones will appreciate it and so will you.

BOOK CLUB

by Joan Zimmer

Hope this finds everyone in good health and ready to come back to Palm Greens. So far, we're only scheduling two meetings, and these are on Zoom. Let me know what you feel about going back to the Clubhouse. We can make the arrangements when we see what the infection rate is like when you return to FL.

The first book club meeting will be on **Wednesday, October 19 at 7PM on Zoom**. You will really enjoy **HONOR** by **Thrity Umrigar**. We have all read other books by her and this one is as good or better than the others.

Then we will meet again on **Wednesday, December 7 at 7PM on Zoom** to discuss **THE LATECOMER** by **Jean Hanff Korelitz**. This book will amaze you, trouble you and most of all, enthrall you.

So, if I don't have it, email me your email address and we will add you to our Palm Greens Book Club List. Any questions, please contact me, Joan Zimmer at jpzimmer60@msn.com.



FIVE THINGS YOU DON'T KNOW ABOUT THE MOVIE "JAWS"

- "Jaws" was the first movie to earn \$100 million at the box office.
 - It cost over three-quarters of a million dollars to make three mechanical sharks, each with specialized functions. Steven Spielberg named all of them Bruce, after his lawyer.
 - Co-stars Richard Dreyfuss and Robert Shaw had an intense dislike of each other which was reflected in their scenes together as oceanographer Matt Hooper (Dreyfuss) and crusty Capt. Quint (Shaw).
 - The line, "You're going to need a bigger boat" was ad-libbed by Roy Scheider (as Chief Brody).
 - Steven Spielberg was not the first director of "Jaws". He replaced Dick Richards, who was fired because he didn't know the difference between a whale and a shark.
- I have one more about the "SS Indianapolis" scene, but I would need a bigger page (!)

POINT OF INTEREST FOR PALM GREENERS

by Mel Clapman



We are starting the new season with a different spin on visiting places near and around Palm Greens.

Over the past seasons we've taken you all over the south Florida area as well as the west coast...

Naples and Fort Meyers and north... Orlando and the NASA Space center.

Now we introduce you to **Puttin Around Delray Beach – 350 NE 5th Avenue – 561-450-6162**.

This is a miniature golf course like no other. Two 18-hole courses in an award-winning botanical garden complete with cooling misters (for when it gets very hot), waterfalls, lagoons, rivers, bronze animal sculptures, and local artwork throughout the course.



The clubhouse offers: sodas, chips, pretzels, candy, beer and wine, delivered to you while you are playing, if requested! There are also large, flat-screen televisions, a huge covered porch, inside tables and chairs, and music playing throughout the clubhouse and course. T-shirts, hats and other merchandise are available for sale and there is private parking.

Kids are charged less under a certain age. The ocean course has a lot of water hazards and the holes are not the easiest, which makes for a more challenging experience for the adults while the kids still have fun.

What makes Puttin Around special is its special features. At Puttin Around, you won't see any of the cliché windmills or huge taunting open clown mouths as obstacles. Instead, you'll see stunning landscaping, bronze sculptures, and winding rivers all nestled within an award-winning botanical garden.

(continued on page 19)

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It's a fact...most of us, if not everyone, who remained at Palm Greens during Summer of 2022, took advantage of the variety of activities offered by the Recreation Board, the Tennis Committee, the Women's Club and the Four Seasons. Thanks to you all for making this Summer so cooooool!





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UPDATE ON DELRAY TRAILS

For those of you who are full-time residents at Palm Greens, you already know that work has begun on Delray Trails. After receiving the land development permit from the County, Lennar Development Company has demolished the old golf building and erected a fence along the construction site perimeter.



According to Lennar, they will be performing earth work for the next four to six months. This includes excavating the lakes, replacing contaminated soil with

good soil, and beginning to lay pipes and build roads.

During this process there will be large and heavy equipment on the property. You may feel some vibrations in your units which, according to Lennar, is normal.

After the majority of earth work is completed, utilities will be put in place. Lennar estimates that the start of its construction of the new Clubhouse is at least five months out.



Since Lennar purchased part of Delray Trails late last year, your PGCA has been working with Lennar to familiarize the developer with the Palm Greens community and the Development Agreement.

The Palm Greens Community Association is currently working out several issues pertaining to Lennar's proposed design of the Recreation campus and the new clubhouse. The PGCA is cautiously optimistic that closure will be reached very soon at which point Lennar will finalize and submit its Recreation Campus site plan to the County for its approval.

Please direct any questions and concerns regarding the new construction project to: palmgreenscommunityassociation@gmail.com.



HELPFUL HINTS FOR THE ONE THING WE DO ALL YEAR

For those of us who have barbeque grilles, we all think that we are the best chefs around. Maybe true, but we're never too old to learn some new tricks. Here some helpful hints to get you through your next barbeque activity, featuring food you may (or may not) have considered.

HOW TO GRILL SALMON

Because it contains omega-3 fatty acids, salmon is known for its health benefits. It's also delicious on the grill. Prep the fillets by coating them with oil and sprinkling them with salt and pepper. It's important to grill salmon with the skin side down to prevent the fillets from overcooking. If your fillets didn't come with skin, take some pieces of foil, poke a few holes in them, drip olive oil on the foil and then put the fish on top. The foil will protect the salmon by creating a barrier between the heat and the fillets. Let the salmon cook 10–15 minutes for 1-inch fillets over medium-high heat. Let the fish rest for a few minutes before serving.

HOW TO GRILL STEAK

Steaks cooked to perfection are the grilled meat par excellence. Here are a few things to keep in mind when preparing steaks on the grill:

Take the steaks out of the refrigerator about an hour before grilling so they have time to warm up to room temperature.

Salt the steaks liberally to make a dry brine, which will help keep the meat from drying out while grilling.

Establish a two-zone grill: One area should be hot enough to sear the meat, and the other area should be cool enough to avoid further searing while still cooking the meat.

Use a meat thermometer to gauge when your steaks are ready: 120–125 F for rare, 130 F for medium-rare, 140 F for medium, 150 F for medium-well and 165 F for well-done.

After removing your steaks from the grill, let them rest before slicing so the meat is soft and moist.

HOW TO GRILL CHICKEN

You don't want to sear chicken on the grill. Instead, grill it at a lower temperature with the grill hood closed to create an outdoor oven. If you're pressed for time or managing a large menu, consider using boneless, skinless chicken breasts. Pound them before grilling, seasoning them generously ahead of time with salt and pepper.

(continued on page 18)

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

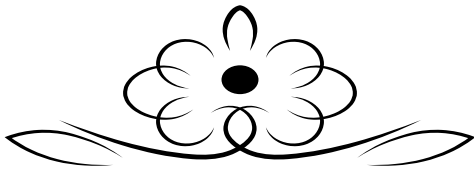
room was also used by Club's personnel. The new Arts and Crafts room is now located downstairs in the Clubhouse and adjacent to the card room. The space is twice the size as the old room, with better air flow. Presently, space for painting, ceramics, pottery and sculpting is offered. For sculptures, Allen Nudelmanan, our international recognized master instructor is returning. Allen will also teach terra cotta, air dry clay, plasterlina, (nondrying clay) and wax forms for casting bronze. Please contact our resident artist Jeanine at robbiecarson1951@yahoo.com.

Our tennis courts are in great shape and ready for our returning teams. Thanks to our maintenance staff, we have added new Hard-Tru, rollers, screens and we hope to repair the awnings soon.

We have been able to get most of our annual painting of walkways, and pool area, as well as the re-strapping of the chairs, and lounges.

Lastly, the construction has finally begun on our property! At this stage, we do not have information other than what is supplied by the PGCA (Palm Greens Community Association) which interfaces solely with the project developer Lennar.

As always, we are open to answering any of your questions regarding our facilities and welcome your feedback.



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FROM THE EDITOR... *(continued from page 4)*

straight in. Using the “handicapped” spots when you don’t have a tag or sticker or license plate. And now we have a new one: Please DO NOT put your “junk” mail in the mail boxes used for large packages!! They are there for mail that can’t fit into your personal box and makes it terribly inconvenient for the mailman to accomplish his duties.

ODDS AND ENDS – Take a look at the cover and centerfold of this issue and you will see some of the many wonderful activities that took place during the summer season. These activities were managed by the Women’s Club, the Four Seasons Club and the Tennis Committee, all of whom should receive a standing ovation. Tough work under trying conditions. Also, we have our Cafe under new management. He is Evan, and if you attended the Memorial Day Bar-B-Que, you saw what a good job he did.

Did you know we have a Karaoke machine that’s available for us at your next party or whatever? Contact the Rec Office for more details.

Finally, we are going to “tweak” The Pulse. We’re planning to include a puzzle, some trivia, and, for the first time ever, restaurant reviews. We think you will enjoy the changes. Have a great season!



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

School Board, addressed the issue of teachers' salaries. The school board successfully negotiated the Salary Decompression Revision that would increase veteran teachers' earnings. She also informed the audience that they were not banning books just relocating those books in question.

Our next meeting will be on Thursday October 6, 2022, due to the Yom Kippur Holiday. The topic will be 911 to ER. The meeting will be held in the South County Civic Center, 16700 Jog Road, Delray Beach, across from Morikami Gardens.

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.

See you there.

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

offering guidance to all our players. He is responsible for supervising our courts to make sure they are well kept and safe to play on. He is available for lessons and stringing starting October 24th. He offers group as well as individual lessons involving all aspects of play. Lessons cost \$35/half hour or \$60/hour and a package of 6 half hour lessons is \$179. Whether you are a beginner learning the game or an experienced player we all benefit from lessons with Jim. He can be reached by calling the Tennis Office at (561) 303-1101. Beginning in late December, Jim runs weekly tennis clinics for beginners as well as intermediate players at no cost. Times and dates will be posted during the season.

Of course, we are grateful to have a supportive Recreation Board that is receptive to the needs of our tennis community. These are the people we elect to run our Rec Campus. Please remember that they are volunteers as well as our neighbors, not paid public servants, and they deserve our respect and thanks.

Looking forward to seeing you on the courts this season!!

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PALM GREENS COMMUNITY... *(continued from page 8)*

The PGCA is responsible for assuring that the terms of the Development Agreement are met. The Agreement is available to any resident by emailing us at palmgreenscommunityassociation@gmail.com. We also liaison with Lennar to obtain answers to residents' questions.

Now for the question that you've all been waiting for; when will they start construction of the clubhouse? Lennar is very hesitant to provide any kind of timeline. We are gun shy because all the tentative time frames that we have provided in the past have come and gone. So, we need to leave it at this, there are still several months of earth work that needs to be done before any construction can begin. Lennar is aware of the inconveniences that come with this phase and say they will try to get it done as quickly as possible. If we have anything more specific, we will let you know.

THE ONE THING WE DO ALL YEAR... *(continued from page 16)*

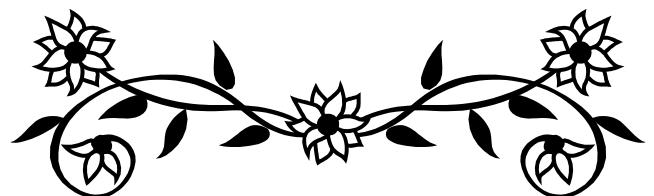
Don't coat chicken with barbecue sauce until the meat is almost done cooking—this will keep the sauce from burning. Use a meat thermometer—placing it in the thickest part of the meat—to make sure the chicken has been cooked to an internal temperature of at least 165 F.

CORN ON THE COB

While it's common to grill shucked corn either in foil with butter or directly on the grill, there's a third method that can be a real timesaver. If you're busy preparing a lot of dishes for your meal, try grilling ears of corn in their husks—skipping the prep time involved with removing the husks and silk. Cook the corn over medium-high heat, turning the ears occasionally, until the husks are thoroughly blackened and the kernels are tender—about 15 minutes.

SWEET POTATOES

With a crunchy outside and a smooth, sweet inside, grilled sweet potatoes make an excellent side dish for many entrees. Cut them into quarter-inch wedges and then coat with olive oil and sprinkle with salt. Grill them covered until the sweet potatoes are succulent, with visible char marks—usually about 5–8 minutes per side.



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

Puttin Around features two different 18-hole courses, hole-side delivery of food and beverages, and readily available specials and discounts, thus making it a huge draw from the beaten path just north of the bustling Atlantic Avenue.

And before we close, a little surprise. The Pulse has never done restaurant recommendations throughout all of the years we have been publishing. So, here's a first.

After you have finished "Puttin Around", make a right turn and head south to **Mussel Beach, 501 E. Atlantic Avenue and Federal Highway – 561-921-6464**. We have been going there for 12 years and have never been disappointed. If you're a fish person...especially mussels... this is your place. Good food (the pretzel-crusted salmon is to die for), very good drinks and a staff that will give you their utmost attention. Indoor-outdoor seating available. Call ahead, we think you'll like it a lot.



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WHAT ARE THE ODDS?

The airlines rate of “mishandles luggage” (industry lingo for delayed or gone missing) has held steady at 0.4%. But with almost 400 million check-ins during 2021, that still adds up to over a million suitcases in the wrong place!

Here are some helpful suggestions to help you beat the odds.

FLY DIRECT – Most mishandled bags are due to transfer issues during a layover. If you can’t book a non-stop flight, leave at least 60 minutes between connections.

CONFIRM THE CODE – Before handing over your luggage, confirm the three-letter destination airport code on the tag. You don’t want to be in Daytona Beach (**DAB**) when your suitcase is in Dayton, Ohio (**DAY**).

ADD A TRACKER – These are electronic devices which go into your bag and sync with a smart phone app and can help you find stray luggage.

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

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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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So...do you ever wonder whether you'll "hit" 100? First thing you should know is gender does make a difference. If you're a man over 70, your odds are 5.7% versus women who check in at 9.9%. You should know that lifestyle plays a big part in helping reach that goal, so let's take a look at what might work for you.

Head For A City – Chances are you will have better access to medical care, social networks, cultural activities and transportation systems.

Hang On To Your "Peeps" – When you talk to a close friend or family member, you're expanding your social network. Staying in touch opens up dialogue that gets you out of your day-to-day routines and gives you something to talk about.

Engage Your Spiritual Side – When you attend your preferred house of worship, you open the door to meeting new people and making new friends. You might even wind up getting involved with the activities and programs there...who knows"

And let's not forget common sense. Diet, exercise and keeping busy, all play a big role in keeping you fit, healthy and active.

We wish you good luck on reaching your goal of hitting that trifecta of life.



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