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MARCH 2024

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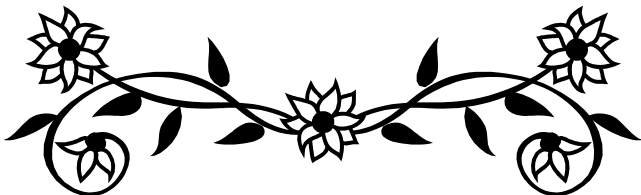
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We welcome articles of interest pertaining to Palm Greens as well as black and white photos. All submissions are subject to approval by the editor.

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 Madeline Welsing



The CONDO 1 annual elections were finalized on Friday morning, February 9 at the Annual meeting in the clubhouse. The changing of the guard is as follows: Peter Nero, President (two years), Marilyn Diekmann VP (two years), Peter Lopez, Treasurer, (two years) Mark Sokol, Secretary (two years), Lisa DeFabritiis, Director (one year), John Pascarella, Director (one year) and Madeline Welsing, Director (one year.) A little background: Peter Nero served as Condo 1 Board President for 14 years prior to the last several boards and Marilyn Diekmann served as VP then as now. Peter Lopez, Mark Sokol and Madeline Welsing are relatively new to the board having been appointed in November 2024, and January 2024. We congratulate them all onto the new board and wish them well in their endeavor until we meet again next year at which time we should see the further completion of the new clubhouse as well as a good number of new homeowners in Delray Trails.

During this past year, Condo 1 has initiated several major projects that should keep us moving into the future such as the introduction of Castle Management, a leading and experienced property management company who has assumed all the responsibilities of managing a community such as ours by developing many managerial procedures necessary for the growth and development of the community. We will continue to keep you apprised of the further development of our relationship in future Condo 1 articles.

For now we would like to thank Denise and Nico who occupy the Condo 1 office and who are always prepared to welcome you and provide their good service and answers to your questions. A relationship such as this takes time for both parties to work as one and it appears as though we have arrived at that middle ground.

Also, the Breezeline agreement replacing Comcast has begun laying down the initial wiring for an expected green light turnover early in 2025. The new landscapers, Yves, are doing very well having completed their first major project of the Condo 1 property. The Condo 1 board negotiated excellent contractual savings with this new vendor and we look forward to continue working with them in an effort to maintain and beautify our property.

Thank you for your support of Condo 1, our new board and The Palm Green Pulse.

CONDO 2

by Sandra Klimas



On behalf of the Board and the community, we would like to congratulate our new representative to the Recreation Board of Directors, Marge Fattori. Our congratulations also go out to Anthony DiGennaro and Jody Sanfilippo as our new members of the Palm Greens 2 Board of Directors. Additionally, Todd Marrazzo has been appointed as our new Treasurer with a strong background in finance and budget planning. We welcome everyone and look forward to working together.

Rob Thom did not run for re-election after serving 4 years on the Board and has worked tirelessly over those years to add value and expertise in many strategic areas. He has stood strong and committed to his oath of integrity and honesty throughout his years as a Board member. We thank him for his volunteer service and will miss his invaluable input.

This election has made a strong statement on behalf of our community. We all want an end to the conflict that has permeated email blasts, election handouts and informal discussions in the community. As retirees, our years at Palm Greens are precious and should be filled with positive interactions, kindness towards each other and respect for the volunteers who help with clubs, activities, and volunteer work. Our Board is committed to continue working towards the above goals and ask for your support in encouraging communication to solve conflicts instead of lawsuits which have already impacted our budget and in many cases long term friendships.

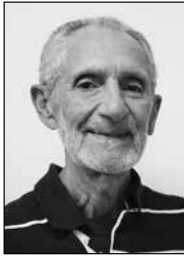


Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.



RECREATION BOARD

by Al Musaffi



Greetings! I hope all is well with you and yours. I would like to share something with you as this is a very special month for me and my wife Debbie. We will be celebrating our 10th year at Palm Greens as well as my big "8-Oh" on March 30. We're planning a trip to Paris, Normandy (the 80th anniversary of D-Day), the Loire Valley, London and Amsterdam.

Since arriving here in mid-October, we have enjoyed a number of events. The Halloween Gala (Oct 29), sponsored by the Four Seasons, was lots of fun, highlighted a number of clever costumes. The Resident Mixer (Dec. 10), hosted by the Rec Board, featured all of the various clubs, classes, and activities available here. Greek Night (Dec. 16), hosted by the Four Seasons, showcased vibrantly costumed dancers accompanied by bouzouki music, catered by Chris' Taverna. And finally, a New Year's Day brunch, hosted by The Women's club, with beverages and a lovely spread. On Jan. 20, the Entertainment Committee hosted a delightful evening, headlined by comedian Stu Moss and singer Iris Revson, followed by refreshments.

Hats off to the Four Seasons for their great Mardi Gras celebration (Feb 15), with delectable treats and music by "Hot Sauce Moon". FYI: If an event sounds interesting, sign up for it as soon as possible before it gets sold out. Every event that I mentioned, did in fact, get filled.

Once again, kudos to Mark Melnick and Beth Villanova as well as the others on the Tennis Committee for their tireless work thus far: Tennis and Pizza (Nov. 17), Tennis and Pasta (Dec 21), and the Annual 4-pro event (Feb 11). As a former H.S. tennis coach and the liaison to the Tennis Committee, I am gratified by the turnout and energy these events generate for our community.

Remember to visit our website at www.palmgreens.org where you will find our resident directory, (available only to resident owners), along with a calendar showing daily events and activities.

In the meanwhile, Happy St. Patrick's Day to all; and please note, Chef Johnny at Spatulla Café, will be having a traditional Irish dinner, featuring corned beef and cabbage with red potatoes; so stop by and enjoy.

And finally, a peaceful, joyous Easter week to our friends and neighbors.

ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



March, in like a lion, out like a lamb, remains to be seen if this very old quote proves true. We are enjoying much milder weather and having fun with all of our visitors. Continue to enjoy this wonderful, fun community and Happy St. Patrick's Day to all!

Our president, Dr. Lori Vinikoor, started the meeting at 9:25am, and the audience received copies of current legislation and contact information for our Palm Beach County Legislative Delegation. We had a full house to engage with our fabulous Sheriff's Dept. and our Fire Rescue Dept. The main event was the incredible and loving therapy dogs and their owners, all police officers. They are truly a part of the family and so very special, loving and patient with all of our visitors. The mounted horses were beyond beautiful and accepted nose rubs and attention. Truly an amazing day. Robotics were on display as well as our offices outfitted with bomb squad vests and equipment. So much to see and to learn. Many Palm Greeners attended and hopefully left with a good feeling about our protectors and community!

Our main guest and keynote speaker was Sheriff Ric Bradshaw head of The Palm Beach County Sheriff's Division for 19 years. We received many updates. Last year, PBC received over 1.2 million calls! Incredible! He stated that anti-semitism is an issue and that the Dept. is on top of the groups that are responsible for this.

Sheriff Bradshaw is the head of PBC office for Homeland Security and this Dept. has tracked the flyers, nasty letters, and graffiti to a group from California. Homeland security knows who they are and has sent a warning out to this group that if this situation starts up again in our community, they will be jailed! So far demonstrations are peaceful, no mixing of opposite sides permitted to avoid fighting, and street blockage is not permitted.

Next topic was the border immigration. We have many water patrols and when they arrest illegal groups (99% are caught in the ocean crossing) they are returned to their country before landing and fleeing. Gangs and cartels have been a part of this immigrant exodus and with them comes fentanyl... Fact not fiction, it is

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



The Four Seasons Club had its own Mardi Gras celebration in February and what a celebration it was. Costumes, masks, decorations, great food and spectacular music for dancing by “*Hot Sauce Moon*” made our first Mardi Gras celebration a rousing success. We hope everyone had a great evening!!

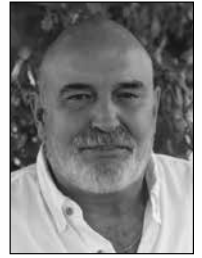
The pace changes in March. On the afternoon of March 14th, we will gather in the ballroom for our Card Party / Game Day. All games are welcome- Canasta, Mah Jong, Bridge, Poker, Rummy Q, Scrabble and more. Get your groups together, have lunch with us and then enjoy your games. If you need extra players or are looking for a game to play in, check with our committee. We will surely try to help everyone have a most enjoyable afternoon. Watch for the reservation forms ...we look forward to seeing you!

We are now working along with the Women's Club planning a special joint program for May 5th - Cinco de Mayo. This is our first joint venture for the two clubs and we are looking forward to working together. More details will follow.

Again, we invite anyone who has ideas for future events to join us. We are always looking for people with new ideas and the desire to participate. We welcome you and hope you will join us to continue making the Four Seasons Club a fun place to be. To those members starting to head North we wish you all safe travels!!

CAR CARE

by Jorge Goyanes



I once had a discussion in the shop with a customer who insisted on getting Nitrogen fill in his tires, I told him he was wasting his money as the benefits do not outweigh the cost involved. As I have mentioned to my customers many times, what Nitrogen in your tires promises is not the outcome.

It promises better tire pressure retention: All tires lose pressure over time, especially when there is a weather drop. For every 10 degrees rise or fall of temperature there is a change of one pound of pressure. Nitrogen does not stop this loss.

Better fuel economy is promised: If you check your air regularly (and shame on you if you don't) you will get the same gas mileage as non-nitrogen filled. The difference is 1.2 lbs. of pressure loss of nitrogen versus regular air.

Cooler running temperature: The difference between the two is negligible according to a study done by Exxon-Mobil.

Prevents wheel rot: Again, negligible results,

Since most dealers charge between \$5-to\$7 dollars per nitro fill or more, do the math.

And finally, a study done by Edmunds.com entitled **Is Nitrogen Worth It?**

The air we breathe is made up of 78 percent nitrogen, 21 percent oxygen and a few other elements. To get the desired benefits for tires, nitrogen needs to be at least 93 percent pure, according to nitrogen service equipment providers quoted on Tirerack.com. So, we're basically talking about adding an extra 15 percent of nitrogen and getting rid of as much oxygen as possible.

Based on cost, convenience and actual performance benefit, we don't think nitrogen is worth it. A much better use of your money would be to buy a good tire-pressure gauge and check your tires frequently. This is a good idea even if you have a tire-pressure monitoring system in your vehicle. The warning lights aren't required to come on until you have less than 25 percent of the recommended tire pressure. Having the correct tire pressure will get you many of the benefits of using nitrogen and will ensure that your tires last longer.

As always be well, take care and REALLY check that air.





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TENNIS COMMITTEE

by Mark Melnick

It's hard to believe that it's March already. Our Tennis Rotation program has been ongoing since the beginning of November with rotation matches scheduled on Monday, Wednesday, and Friday. The courts are busy with league matches on Mondays and Thursdays. Tuesdays have men's team practices and Thursday the women practice. Our pro, Jim has held team clinics on Saturday mornings since mid December when the weather cooperated. Jim also runs his "free" clinics on Tuesdays and Fridays at 11:00am. On Sundays the traditional mixed doubles matches have been very well attended. We've had an occasional Tuesday afternoon singles rotation. Francois Masse organized a fun Thursday afternoon mixed doubles tournament followed by a social get-together. It's great to see the tennis courts utilized from 7:30 am until 5 or 6pm on most days. The Palm Beach County Senior Tennis League schedule will conclude this month. Once again, a couple of our teams are in contention for the playoffs.

We've had several successful events including our well attended Pizza/Tennis mixed doubles, our Italian night, and our annual 4 Pro event. As always, kudos to Beth Villanova and her merry band of volunteers for putting on these fun events for our tennis family.

This month we are bringing back by popular demand.....a Spring Gala 2024. This end of the season event for members (and their significant others) will be held on 3/28 at the South County Civic Center. Watch for details and be sure to sign up early.

As always, if you want more information about our tennis program stop down to the tennis office, located next to the pool entrance, or email me at ttnscenter@gmail.com New players of all abilities are always welcome!!

Special thanks to outgoing Rec Association President Art Robins for his support of our tennis programs during the past several years. We look forward to working with the new board members during the next year.

Once again, please remember that our maintenance crew works very hard to keep our courts in fantastic shape. They appreciate and deserve a friendly "Thank you" when you see them around the courts.



WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



Can't believe it's March already! We've had a very busy year at the Women's Club. Last month our Valentine's Day Tea was a big success. Chatting, eating and being entertained by our own Jeanette Shapiro. What a beautiful voice she has, and so entertaining. Vintage teacup's and petite foods galore made the event even more unforgettable. Thanks to Pauline for all the beautiful and tasty desserts.

Don't forget, we will be planning a bus trip to the Flagler Museum in April. Looking forward to another fun day. Look for our announcement in the weekly Rec Board email and flyers will be in the clubhouse. Sign up soon as this will be a limited number trip. Our bus trips are always fun with camaraderie and the opportunity to meet new friends.

This year, the Four Seasons, and the Women's Club will hold the Cinco de Mayo fiesta together. All the information will be out soon. Rounding out May, our trip to Flamingo Gardens will be lots of fun and educational. Look for information in your email and flyers will be in the clubhouse.

We at the board are so proud of bringing back the Women's Club after the Covid years.

We are currently looking for a new secretary

Enjoy our monthly meeting. And most of all enjoy March at Palm Greens.



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TIPS FROM OUR TENNIS PRO

by Jim Boardman (USTPA Pro)

Five powerful tennis concepts.

If you want to develop mental toughness, you must master 5 areas of thinking. Just like physical skills, your mental skills need repetition to eventually become automatic and instinctive. In the heat of battle instant mental recall is critical to stabilize your game. Here are the 5 areas to conquer.

1. Emotions controlling thinking.
2. Hitting winners mentality.
3. The freedom to go for your shots.
4. Over thinking.
5. Monitoring yourself.

Emotions in a match are fine, but when you allow your emotions to influence your thinking your perception of reality becomes distorted. The “last mistake is more important than the next shot” becomes “the next shot is more important than the last mistake”; keep your emotions in check. The correct tennis principles in your mind must dominate the emotional reactions that are counterproductive. You know that you have gone astray when everything becomes a problem. You can’t handle the failures, the adversaries and above all, the pressure situations. When this occurs, it is essential to use the refocus technique, the next shot is more important than the last mistake, to keep your emotions in check.

The pitfall of thinking that winners win matches is universal. The confusion comes from watching pros hitting that dynamic winner that brings out the applause; aha you figure that is the way to win. Of course, the pros consistent play throughout the match is ignored. Only the spectacular and fantastic is remembered. This results in attaching hitting a winner to nothing. What I mean by this is, the best players attach hitting a winner to consistent controlled play first. Once they establish play, the winners become a natural result. The simple logical progression eludes most players. Do not be one of them.

The freedom to go for your shots. We have been over this mental principle many times. When you play, you must learn to play with no tentativeness or cautiousness. Whether you are hitting the ball hard, soft or with a medium touch, the absence of cautiousness is the mark of a champion. But the freedom to go for your shot is



ENTERTAINMENT COMMITTEE

by Walter Jacobson

The March 16, 2024 show will feature Ken Block and Julia Langley. Ken Block is a comedian who does over 100 impressions, spanning over 50 years of singers, comedians, politicians and show business notables. Julia Langley has performed all over the world, singing various genres of music. She was the primary vocalist or featured singer for Cirque Du Soleil for over 18 years, performing in over 20 countries and in all 50 states.

Tickets will be \$20 apiece and shows will be held in the clubhouse auditorium at Palm Greens. Tickets go on sale in the clubhouse March 11, 2024 from 10 AM to noon in the clubhouse. If you cannot buy tickets 3/11/24, you can call Joan Rozen-Jacobson @ 561-445-9796 to arrange to buy tickets.

Our first show, January 2024 was a big success, with standing ovations and many positive comments by people attending.

Note: This is our last show this season. We will be back this coming winter with 3, possibly 4 shows starting either in December 2024 or January 2025.



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FROM THE MANAGING EDITOR

by Mel Clapman

I would like to share with you the pleasure I derived from the week of February 11. It was the perfect Trifecta and I'm not even talking about the Super Bowl!



On that week we had two events on the eleventh, the Four Pros Tennis Clinic and Brunch and the Women's Club Valentine's Day Tea Party, and on the fifteenth, the Mardi Gras Festival, sponsored by the Four Season, featuring a really SUPER band!

Check out the photos in the centerfold to see the results of a group of your fellow residents who put out their energy to make these events happen.

If you attended one or more of these activities, we would hope that it encourages you to join a club and take part in what makes Palm Greens the fabulous community it is.

And please don't forget to use our website. It's www.palmgreens.org. and it is virtually loaded with information about what's going on at Palm Greens, featuring Condo One, Condo Two and the Rec Board. You'll also find updates on Delray Trails as this project keeps moving to completion. The bonus of our website is it's as current as possible, 24/7, every day. So, you have the E-Blasts twice a week, the Pulse for seven months, and you have the website all year long. It's definitely a win-win.

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SINGLES CLUB

by Carol Erez



Our group is doing well with many new people showing up each month. The two shows we went to in January were great fun, our Pizza and Game Night in February was a success. We'll be choosing an event for March soon. Please join us on the first Tuesday of each month in the clubhouse at 4 PM. You'll meet lots of lovely single people and have a great time.

MEN'S CLUB

by Herman Rosenbaum

Our next Men's Club meeting will be held on Sunday, March 10th at 10:00 AM in the clubhouse. We have had terrific entertainers at our previous meetings and look forward to more of the same. As always, we will have bagels, lox and cream cheese.

Please email me at hrosenbaum42@gmail.com if you plan to attend.

NOBODY ASKED ME BUT...

by Mel Clapman

... Ability is what will get you to the top if the boss has no daughter.

...Accidents - Most accidents occur in the home. Many men use this as an excuse to stay out late.

...Action - Action speaks louder than words, with fewer lies and not so often!

...Adolescence - When children start bringing up their parents.

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



HINGE YOUR HIPs

by Terryl Jones



Strong, flexible hips are not just for athletes, they are also needed by anyone who has bone loss in the spine or may need to get up out of bed, a chair, or (gasp) from the floor. Making sure the hips are mobile and strong is vital to our strength and longevity. Kelly Starrett of 'mobilityWOD' says "Your butt is not a weight-bearing surface." If we are tight from sitting too much, the hips don't move well, maybe when we reach down to pick something up, we bend and round our spine instead of shifting our hips and hinging with a flat lower back. We need to know how to Hip Hinge. It is how we SHOULD pick up things from the floor, whether it is a Kleenex or something heavy, the Hinge is the safest way to bend over and stand up. The adage that says to lift with our legs, not our back, is not exactly right, we should lift with our HIPS. A bonus for athletes: a Hinge puts our center of gravity in a place that improves our ability to generate power and move faster.

Loss of bone density is often called a "silent" disease because a person may not know they have it until they break a bone. As of 2010, around 44% of adults over 50 had low bone mass. While most of those with low bone density are women, men are vulnerable as well. Beginning around age 70, a drop in testosterone can cause it. Also, certain medications and medical conditions can contribute to bone loss in both sexes. Many sports can be risky because of the rounding of your back when you repeatedly bend forward to retrieve a ball. Many of us learned to sit like a lady, tucking our hips (and skirts) under, letting our knees go forward, and rounding our backs as we sat. Any forward bend or twist while the spine is in a C-shape is dangerous for a spine impacted by low bone density, therefore we should Hinge.

A Hip Hinge is not a squat! In a Squat, the knees move forward as the hips move down. A Hinge is the opposite, it requires you to move your buttocks backward, not down, and have the knees bending only slightly, all while keeping a neutral spine. A neutral spine is your best tall posture and it's one way to significantly reduce your risk of a fracture. You will have the normal curves of the spine, which look a bit different in each of us, but overall, it's flat, not rounded back. To find yours, stand against a wall with your head, shoulder blades, and tailbone at

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COMPUTER CORNER

by Enio Cordoba



Bluetooth: The End of Wires.

Last month, I wrote about switching from bigger devices to the smallest possible without losing functions. The invention of Bluetooth allowed us to connect devices without the need of cables. Connecting a printer to a computer, a phone to your speaker system, a lightbulb to Alexa, wearing headphones without being tethered by wires, unlocking your front door via your phone, are functionalities I really appreciate. No longer are you limited by different type wires, not enough electrical plugs, or space issues. As long as you are within 300 feet, you can control all types of devices.

One of the most frustrating parts of using older devices was getting them to play together in the same sandbox because of all the different types of connectors and drivers that were used. With Bluetooth, those days are gone. The new challenge for newbies is the concept of "pairing". Because you don't want just anyone to have access to your devices, there usually has to be some form of security (password, pin, etc.) required to connect them for the first time.

The basic skill of pairing requires initiating pairing mode on the receiving device usually by pressing and holding a button (as per instructions on your receiving device). Some devices will call that putting your device in "discovery mode" which basically means the two devices see each other. Some will require one additional step of entering a pin. Some will require you to switch to the slower of your two Wi-Fi speeds (2.4 vs 5g). What is most frustrating though is when you see the phone, headphones, speaker, etc. in your previous connections and yet they fail to connect. The simplest fix in most cases is to delete the troublesome Bluetooth headphone, printer, etc. from your list of Bluetooth devices, quit Bluetooth, reopen Bluetooth, and connect as if a new device.

What's really neat for me is I might have my Apple Watch on, my phone in a distant room, my Air Pod speakers on the table next to me, and an open laptop. The phone rings, my watch tells me it is someone I want to speak to. I can tap the Watch and say hold on or talk into my wrist. I pick up the AirPods, slip them into my ears and carry on a perfect conversation. I can

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POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

Homestead is a 75-mile drive from Palm Greens and is considered a suburb of Miami.

One of the “must-see” attractions is The Homestead National Parks Trolley Special Holiday service which is active every day from January 6 - March 31, 2024 and will continue to offer a free guided trolley tour from Downtown Homestead to Everglades and Biscayne National Parks with an additional stop at Homestead Bayfront Park. The City of Homestead, designated as the “**Gateway to Everglades and Biscayne National Parks,**” created this pioneer program to offer free public transportation to Everglades and Biscayne National Parks by expanding its already successful local trolley service. In addition, both Everglades National Park and Biscayne National Park have partnered to offer free Park admission to those on the National Parks Trolley. This ground-breaking project is the first of its kind nationally to offer public transportation to two National Parks.

Start and end your trip in Historic Downtown Homestead. Eat at great local restaurants! Tour Homestead’s FREE Old Town Hall Museum, visit the newly expanded Losner Park or catch a show at the Seminole Theatre. Enjoy a walk through a town full of history, distinct architecture, and new opportunities. Because of the many activity options, we encourage you to make a weekend of it! Stay at a local hotel and take the whole family to one Park on Saturday and the other Park on Sunday.

Here are some suggestions.

Biscayne National Park

Explore the park by land or sea! Stroll the waterfront, bring a picnic, paddle the mangrove shoreline, or look for wildlife including dolphins, manatees, and turtles. Join one of the new, guided island boat tours and learn about the fascinating history and ecology of the island.

NOTE: try to get a booklet entitled “The “Homestead Then & Now” , which was designed as a self-guided tour to help visitors and residents learn more about how the City of Homestead developed. Starting in 1903 with the early railroad days that opened South Florida to commerce and to homesteading, the past unfolds on the walking tour by taking visitors through the heart of the early pioneer’s town in the Historic Downtown

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MOVIE REVIEW

by Mel Clapman

Here we go with our second movie review. I hope some of our residents caught the Paul Newman flick, “Hombre” and enjoyed it, so let’s get started with number two.

It’s called “Witness” and stars Harrison Ford, Kelly McGillis with Lukas Haas, Jan Rubeš, Danny Glover, Josef Sommer, Alexander Godunov, Patti LuPone and Viggo Mortensen in supporting roles. The film focuses on police detective John Book (Ford), protecting an Amish woman (McGillis) and her young son (Haas), who becomes a target after he witnesses a brutal murder in a Philadelphia railway station.

In order to protect the boy, a wounded Book drives him and his mother back to their community where he recovers and blends into the Amish community. And that’s when the movie takes off!

Ford’s role as a hard-nose detective is a total departure from his other acting gigs in “Star Wars” and “Blade Runner” and you will be glued to your seat as he and his supporting cast goes through this suspenseful, thought-provoking movie.

Check it out and enjoy.



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ALLIANCE OF DELRAY.. (continued from page 4)

known that cartels travel back and forth from Venezuela and are always being tracked by the Narc squad. The cartels are from Mexico and Venezuela and are stationed in Miami. Another really horrible side is the human trafficking. Over 85,000 children are unaccounted for through various agencies. Sheriff Ric and his contact with various agencies are monitoring our border and water entry points to try to stop the flow of illegals. The Dept. is always monitoring illegal immigration traffic flow. Sheriff Bradshaw is a firm believer that we must protect our Vets and homeless first and try to stop the cartels and human traffickers that mingle in these situations!

Another large issue is Mental health and family problems. Addiction and violence (mass shootings), homelessness. Palm Beach County has ten teams of Deputies and Mental Health Techs. They work together to monitor and target violence/guns, addiction and of course mass shootings. If a person is mentally unstable and violent, they would be arrested and then treated in jail by a Mental Health Specialist. Major issues addressed by our Palm Beach County Sheriff's Dept. are school shootings and family disturbances. A

mental health worker tries to work with them through the trauma! Bottom line, do not be afraid to report a situation when you know that it is bad. See something, say something.

While Sheriff Bradshaw believes in the 2nd amendment, he also believes that unbalanced people should not have guns. During a serious event, the amazing therapy dogs are brought on scene to calm people and children, especially at murder scenes. The dogs provide a comfortable and safe place for traumatized people. Their attention is transferred to these amazing dogs. Judges have used them in court rooms to calm people down. They come from The Big Dog Ranch, go through extensive training and would give their lives for you! A great gathering and Sheriff Ric Bradshaw ended by saying that he is honored to be our Sheriff.

Next on the agenda was Fire Rescue Chief, Bill Stansbury, Battery 4 (us) has a new fire station at Flavor Pict and Lyons Road. This will be important as so much building is being done in that area. The EMT calls this month ...Linton and Jog station/ 650 calls, Delray 4(us) 3,510 calls, very busy. Palm Beach County had

(continued on page 19)

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ALLIANCE OF DELRAY.. (continued from page 17)

a total of 13,732 calls last month! Our community is growing rapidly.

Next month's meeting will be on Wednesday, March 6, 2024, and the guest speaker will be Jennifer Cirillo, Executive Director of Palm Beach Parks and Recreation. She will provide an update, "New Ideas for Revisions and the Recreation and Open Space Element (ROSE), to accommodate the needs of the diverse and changing population of Palm Beach County."

CHANGE OF MEETING PLACE IN MARCH

Due to the voting machines which will be present at the Civic Center, the next meeting will be held at MORIKAMI Museum and Gardens auditorium 4000 Jog Road, across from the South County Civic Center, Delray Beach. Doors will open at 9AM when refreshments are served. All Presidents, Delegates, and Alternates will be allowed entrance to the Museum and Gardens immediately following the meeting.

The meeting begins at 9:30 and concludes at 11:30. All are invited to attend.

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TENNIS COMMITTEE.. (continued from page 6)

Speaking of tennis etiquette, here are a few reminders about tennis and our courts:

Do not enter a court while a game is underway. If a ball goes onto an adjacent court, wait until play has stopped to retrieve your ball. Palm Greens is unique in our area in that we have a large number of spectators that watch our matches. Visiting team players aren't used to playing in front of spectators and are easily distracted. Please stay quiet during matches and hold your polite applause until a point is completed. It's ok to occasionally applaud a visiting player's good shot as well.

Please make sure that you and your guests are wearing clay court sneakers on the courts. If you aren't sure if you have the correct shoes ask Jim, myself, or any committee member for assistance.

Lastly, note that Covid, the flu, and lots of respiratory illnesses are still making the rounds in our community. Frequent hand washing and social distancing are still great ways to prevent infection. If you test positive, please follow the current CDC guidelines for 5 day isolation followed by mask wearing. The CDC still advises a 10-day isolation if your case was more than mild. Remember that day 1 is the day **after** a positive test or symptoms began. Visit the CDC website for further updated information. Since many of us in our community are in the high-risk group, we must be extra vigilant.

See you on the courts!!

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

not possible if you fear failure. Self-doubt and playing not to win leads to cautious play, while no fear of failure leads to mental freedom to just play.

Paralysis by analysis. Players over think everything from learning the game to playing under pressure. The concept of relentless practice while allowing the game to unfold naturally is foreign to them. Instead, every little detail is over-thought and over-analyzed in hope of quick results with less practice. Avoid paralysis by analysis and you will develop spontaneity through preparation.

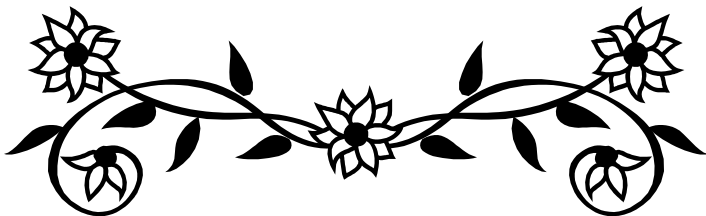
Over time, monitoring yourself becomes a natural way of thinking. Champions are constantly keeping mental tabs on themselves to keep their emotions in check, maintain a correct long-term strategy, play with mental freedom and not get bogged down in inconsequential details. Monitoring yourself helps you change your course when you recognize you have gone astray. You must learn to do the same.

HINGE YOUR HIPS.. *(continued from page 9)*

the wall. (Because we all have different derriere sizes, your feet may or may not be against the wall.) Imagine lifting into the crown of your head, lengthening the spine, and creating space between the vertebrae. Holding that posture, step away from the wall.

To Hinge, think about a 'jump' position. A Hinge is a jump that doesn't leave the ground. Your hips move back as you lower down, keeping your chest up, lower back neutral, and knees behind the toes. Avoid a head-forward posture or bending forward from the waist or upper back. Now drive the feet into the floor as you do your imaginary 'jump' and bring your hips forward over your feet. You've just done a Hinge!

Fixing your body alignment and bending safely as you go through your day will take some detective work, but it's worth the effort. You will keep your spine safe while strengthening your legs and hips. Now, Stand Tall and Hinge your Hips!

**WE CARE**

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

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

To be able to do all that we have to do for our residents 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 volunteers 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.

If you have handicap items (walkers, wheelchairs, canes, etc.) to donate, please contact the Rec Office at 561-498-5316. No port-a-pottys please due to hygiene issues.

All items must be brought to the Rec Office as we cannot pick them up.

If you need assistance, drive up to the front of the clubhouse and we will help you bring them in. We thank you for your help.

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

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

COMPUTER CORNER.. *(continued from page 9)*

then walk outside during the call, climb into my car and as the engine starts, the car radio takes over the call. I arrive at my destination, still on the call, switch off the engine and the call goes back to my AirPods or phone. This wizardry is called “handing off” and usually works seamlessly.

When driving, holding a phone to dial or speak is the most dangerous thing you can do. Instead, asking Siri to Navigate to your location, call ahead for reservations, play your favorite song, all without touching your phone is truly a life saver.

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**POINTS OF INTEREST..** *(continued from page 10)*

Homestead District and into additional designated historic structures outside of the historic district. The publication can be found for free at various designations such as the Homestead Historic Town Hall Museum, 41 N. Krome Ave, the Pioneer Museum, Homestead City Hall, 100 Civic Court, Homestead, FL 33030 as well as in some of the designated historic buildings that are open to the public such as the Hotel Redland and Art South.

Seminole Nighttime Market

Where shopping, food, and live music collide! This art and artisans' Night Market features some of the best local vendors and musicians. Casually wander through the lobby and browse some of the unique wares from some of Homesteads best artisans. Grab a bite to eat at one the food trucks and grab a drink at the bar as you shop and take in some of the sounds from musicians along the way. This event is free to all who attend and family friendly so bring everyone along for this fun event!

The Great Circus on Ice

The great Circus On Ice invites you to this frozen adventure with all your favorite characters and amazing circus acts. Enjoy along with your family the performances of the jugglers, equilibrist, clowns and sensational ice-skaters. Ice Skaters will perform on synthetic ice surfaces.

They are waiting for you to enjoy this great on-ice show!

As always, we have a restaurant recommendation for you...

Silver's BBQ - A family-owned and operated establishment, serving authentic hickory smoked barbeque for over 60 years. Dive into a variety of ribs, including baby back, pork and beef, as well as chicken and brisket. Picnic tables add to the informal, pleasant setting. **28001 S. Dixie Highway, 305-248-2272.**

Please don't forget to call ahead and do your research so you get the latest update on events and activities, and the biggest bang for your buck.



A DAY OF EVENTS THAT EDUCATE AND INSPIRE

Since I've taken you across Florida from East to West, I thought we should visit what has to be an outstanding exhibition venue, one where you can spend hours in peace and tranquility, a place that will stay with you long after you have gone home.

The Morikami Museum and Japanese Gardens
-4000 Morikami Park Rd, Delray Beach - (561) 495-0233. This center for Japanese arts and culture is located a brief 5-10 minute drive off Jog Road.

In 1904, Jo Sakai, a recent graduate of New York University, returned to his homeland of Miyazu, Japan, to organize a group of pioneering farmers and lead them to what is now northern Boca Raton. With the help of the Model Land Company, a subsidiary of Henry Flagler's East Coast Railroad, they formed a farming colony they named Yamato, an ancient name for Japan. By the 1920s the community, which had never grown beyond 30 to 35 individuals, finally surrendered its dream. One by one, the families left for other parts of the United States.

The Museum - The original building, named the Yamato-kan, is modeled after a Japanese villa. It features a ring of exhibition rooms surrounding an open-air courtyard with a dry garden of gravel, pebbles and small boulders. The Yamato-kan offers a permanent exhibit chronicling the history of the Yamato Colony.

The principal museum building opened in 1993 to meet popular demand for more programming, more versatile facilities, and to satisfy the needs of a growing community. The museum's architecture is inspired by traditional Japanese design. The building features three exhibition galleries, a 225-seat theater, an authentic tea house with viewing gallery, classrooms, a museum store, the Cornell Cafe and lakeside terraces for a panoramic view while dining.

The Morikami Collections house more than 7,000 Japanese art objects and artifacts, including a 500-piece collection of tea ceremony items, more than 200 textile pieces and fine art acquisitions.

The Gardens - The 16 acres that surround Morikami's two museum buildings include expansive Japanese gardens with strolling paths, resting areas, a world-class bonsai collection and lakes teeming with koi and other wildlife. The wider 200-acre park features nature trails, pine forests and picnic areas.

In 2001, Morikami completed a major garden expansion and renovation. The new gardens reflect major periods of Japanese garden design, from the eighth to the 20th century, and serve as an outdoor extension of the museum. According to the garden designer, Hoichi Kurisu, each garden is intended to express the character and ideas of a unique counterpart in Japan without attempting to duplicate those gardens, and seamlessly flow together as one garden.

Morikami Museum and Japanese Gardens, with its unique gardens and collections, is one of Palm Beach County's most treasured cultural attractions. Located in a tranquil natural setting, Morikami invites visitors to explore its many facets and discover Florida's heritage and its connection with Japan.

Daily Admission - Adults (ages 18+): \$15 - Seniors (65+) \$13 - Children (ages 6-17): \$9, Children 5 and under: FREE!

Following social distancing guidelines, you will find some things have changed at Morikami...

- All visitors will be required to wait outside before entering the lobby, and the majority of your visit will be an outdoor experience.

- We suggest wearing sunscreen, bringing plenty of water and an umbrella to protect you from both the sun and summer rain.

- Once you arrive, please follow signage directing you to either the "General Admission" or "Member Admission" line.

- To ensure a safe experience only credit and debit cards will be accepted.

- Check out the self-guided audio tour at www.morikami.org/tour.

- The Seishin-an Tea House and Yamato-kan are temporarily closed to visitors.

- The Cornell Cafe will be serving from a limited menu, using disposable containers and utensils. Seating will be limited and only available on the outdoor terrace on a first come, first served basis.

- The **Morikami Museum Store** will be open regular operating hours from 10:00 am to 5:00 pm.

- Please familiarize yourself with our Health & Safety Guidelines before your visit.

In closing, I must tell you that the overall feeling you will experience while walking around the grounds is soul cleansing. You will feel good just being there. Please call ahead to get the most up-to-date information.

A DAY OF EVENTS THAT EDUCATE AND INSPIRE.. *(continued from page 22)*



March 2024

March 2024

		February '24							April '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S		
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		25	26	27	28	29		28	29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1 Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 1:30PM	2 Water Aerobics 8:35AM
3	4 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM Men's Nine Ball 7PM	5 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM	6 Water Aerobics 8:35AM Women's Club Flager Museum 2:30PM Ladies 8-Ball 7PM	7 Water Aerobics 8:35AM Chair Exercise 10AM	8 Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 1:30PM	9 Water Aerobics 8:35AM Talent Showcase 12PM
10 Men's Breakfast 10AM	11 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM Men's Nine Ball 7PM	12 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	13 Water Aerobics 8:35AM Ladies 8-Ball 7PM	14 Water Aerobics 8:35AM Chair Exercise 10AM 4 Seasons Game Day 11:30AM	15 Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 1:30PM	16 Water Aerobics 8:35AM
17	18 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM Men's Nine Ball 7PM	19 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	20 Water Aerobics 8:35AM Financial Learning 4PM Ladies 8-Ball 7PM	21 Water Aerobics 8:35AM Chair Exercise 10AM Trivia Night 6:30PM	22 Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 1:30PM	23 Water Aerobics 8:35AM
24	25 Water Aerobics 8:35AM Craft Class 1PM Meditation 4PM Men's Nine Ball 7PM	26 Water Aerobics 8:35AM Yoga 10AM Tai Chi 11:30AM Ballroom Dancing 7PM	27 Water Aerobics 8:35AM BUNCO 6PM Ladies 8-Ball 7PM	28 Water Aerobics 8:35AM Chair Exercise 10AM	29 Water Aerobics 8:35AM Craft Class 1PM English (ESOL) 1:30PM	30 Water Aerobics 8:35AM
31	Notes:					

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