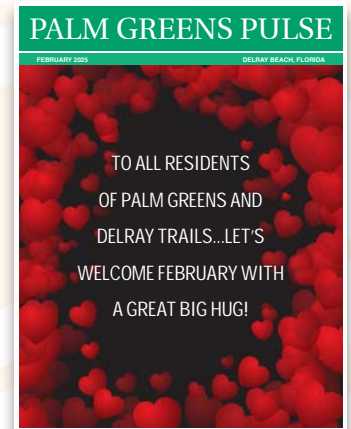


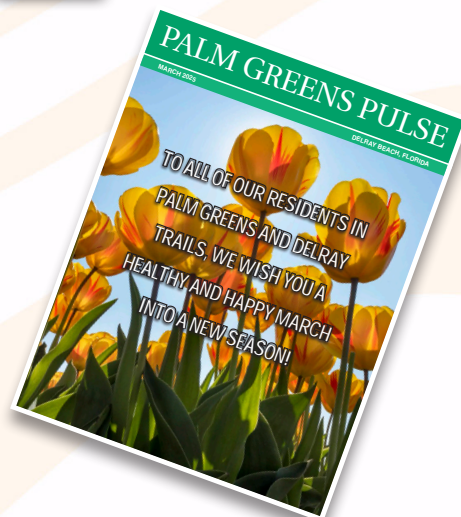
PALM GREENS PULSE

APRIL 2025

DELRAY BEACH, FLORIDA



**IT WAS
A VERY
GOOD
SEASON!**



Palm Greens Pulse

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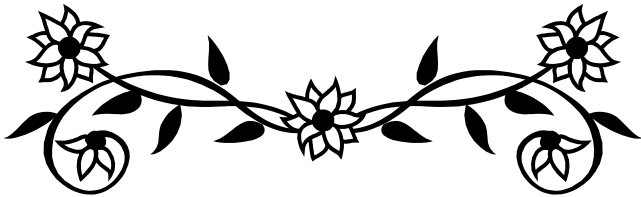
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Thank you for not bringing drinks and food into the pool area. And thanks for cleaning up after you finish with your refreshments.

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Nobody Asked Me But...

News From The Shuffle Board Courts

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CONDO ONE

by Linda Brier



Hello, Neighbors! Once again, here we sit in the lovely Florida sunshine, while our friends and family up North are dealing with snow, ice roads, and big heating bills.

We're really blessed to have this weather while we celebrate Passover and Easter this month, and there's much good news to report from Palm Greens Condo 1.

Work has begun on the well to be installed on the northwest corner of Condo 1, El Clair Ranch Road and Via Delray. This should be a big assist in solving our watering and irrigation issues. Our property manager James Harwood has been working diligently to address the difficulties of an aging sprinkler system and water resources. We should be seeing some big improvement in our grassy common areas this summer. Meanwhile, the Landscape Committee is making plans to address overall issues across an affordable timespan.

After thoughtful vetting and interviewing, we've decided to use Kaye Bender Rembaum associates in Pompano Beach as our new condo attorney. With a full professional staff and a reputation for integrity, the firm will be assisting in collections and providing other legal guidance as needed.

Board Director Iris Bernstein is offering "Resident Reminders" via email to everyone. The published information includes reminders about rules and regulations, as well as ideas for saving water (one of our largest expenses), taking care of trash collection, and considering alterations or improvements to your residence. Please make sure the Condo Office has your email address on file, so you don't miss out on this helpful information.

The Condo 1 Compliance Committee was officially activated at our March meeting. With guidance from the property manager and the board, these folks are committed to Condo 1, ensuring that rules and regulations are followed to maximize the appearance and operation of all the elements of Condo 1. The committee has a process for addressing violations with correspondence and ultimately, the possibility of fines, to maintain the integrity of our neighborhood.

There's an easy, practical system in place to request changes and alterations throughout PG1, but homeowners can be assured that this committee is dedicated to maintaining the high standards we have used in times past.

Next meetings: April 9 and May 14, 7 p.m. Enjoy your holiday!

CONDO TWO

Please be advised your Condo 2 board Members are:

Anthony DiGennaro - President

James Hodson - Vice President

Jerry Carlin - Secretary

Todd Marrazzo - Treasurer

Marge Fattori - Director

This board is committed to the Condo 2 community and working together to resolve all of your concerns about the appearance of the community and resolving the lawsuits.

To make ourselves more accessible to you, Jerry Carlin will be holding "office" hours every Wednesday from 10:30 to 12 in the Condo 2 office. He will again be sitting in the lobby of the clubhouse from 6:30 to 7:30 to speak with residents.

We are happy to report that the sinkhole on Princess Palm will be under repair.

If you have questions for any of us please call the office and leave a message.

We hope everyone has a wonderful Passover and Easter this month.

To all our snowbird residents, please remember to make sure your unit is secure in your absence and have a safe trip home.

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ALLIANCE OF DELRAY RESIDENTIAL ASSOCIATIONS

by Judy Goldberg



Time is flying and with April here, our snowbirds and snowflakes are starting to head to their other homes. Safe travels to all. Enjoy family, Easter, Passover and whatever you celebrate. We will miss you until next season. That being said, Palm Greens community has activities planned for spring and summer for our Palm Greens and Delray Trails friends. For information, watch our announcement boards in the Clubhouse lobby.

The Delray Alliance meeting began with Dr Lori Vinikoor, our President of the Alliance. She started the meeting at 9:30am with a few updates. On April 2, at 6PM, Marcy Woodward, County Commissioner for our District 4, will host a meeting at the South County Civic Center to discuss the proposed Milani Park, a new beach front city park that is being developed in Highland Beach and will serve all of our communities in Palm Beach County. It is important for Delray Beach community to attend this important meeting as it will be a huge benefit for all of us. Lots of parking as well!

Also, Our June breakfast for all Alliance members will be the 1st Friday in June.

This next item is as big as the proposed GL land swap from a few years ago that was defeated. The new one is our county tax collector has purchased land in the Agriculture Reserve without letting the public know. We are starting an ad hoc committee, to ask all of us to send letters and support the plan to swap land/ for example; the land behind West Boca Library. Lyons and Atlantic cannot support a huge facility filling 3.9 acres and the traffic that it would bring. As stated In the County Resolution of a few years ago, all prospective purchasers were requested to bring their plan before the Alliance of Delray as we have a pulse on the community and traffic congestion.

We have a letter writing campaign to send a letter to change the application to help our Lyons Road communities. It will be on the April 3rd agenda to change the application from agriculture to public ownership. No limitation of size or width of setback! We encourage you to let our Commissioners know what you think!

Our next speaker was Chief Bill Stansbury of the

(continued on page 18)

FROM THE MANAGING EDITOR

by Mel Clapman



As the cover shows, we had a very fulfilling season. We covered the majority of the activities that took place here. We recommended what we believe are Points of Interest for you to explore. And, as usual, our writers did their consistently good job, covering their areas of expertise. We thank them and hope to see them back next season.

Before I say farewell for the season, I want to make you aware of a few items you might find interesting.

First and foremost, I have decided to stop soliciting for a possible replacement for the position of Managing Editor. For the past six months, we have appealed to the community at large for the next ME position and have received no replies...ZERO! So, I have decided to continue doing it, along with Beth Villanova, our Production Manager, and Beverly Clapman, our Treasurer. If there is anyone out there who feels that they are qualified for the ME position, please call me at 347-645-7671 and let's talk. For openers, I'm looking for someone with an editorial background, someone who can put a community publication together and, most important, someone who is here full time.

We are also looking to expand our advertising base, so if you know of anyone who would like to place an ad in the Pulse, please give them my phone number.

The bottom line of all of this is we need help to continue publishing The Pulse. Just take a step back and try to imagine what it would be like to discontinue this newsletter that has been on the Palm Greens scene for more years than I can remember. "Nuff said.

For those of you who are heading back North for the Summer, safe trip and we look forward to your return for next Fall. For the rest of us, we will tough out the Florida heat and take advantage of the activities that will be coming soon, courtesy of the Women's Club and The Four Seasons. Based on past events, we can all look forward to an interesting season.

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THE FOUR SEASONS CLUB

by Eleanor Horowitz



Seasons come and Seasons go.... Our Four Seasons Club keeps on providing entertainment for your pleasure all year round! As we say farewell to our winter snowbirds, we look forward to spending more good times with our year-round residents. We wish everyone joyous holidays and safe travels on your Spring and Summer adventures.

We had a very interesting bus trip in March to the Benzaiten Center for Creative Arts to take a tour and to see an amazing glass blowing demonstration. We hope all participants enjoyed the trip.

On April 6th we will be having our Annual Brunch. A copy of the amazing menu is on our flyer in the Clubhouse lobby. We hope you have already made your reservations for this outstanding event where we will be entertained by the talented Warren Hill. For questions contact Ellen Euse at 781-608-3323.

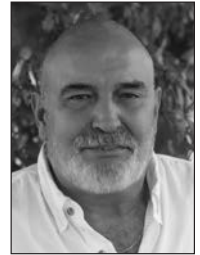
We don't stop making fun events. In May we will get together for an ICE CREAM SOCIAL and in June we will be doing PIZZA AND BINGO. Then comes our salute to America at our JULY 4th BARBEQUE. Watch for the flyers in the Clubhouse lobby, e-blasts and our website at palmgreens.org for all of these events as they are fast sellouts and we want to see YOU there.

To join in the fun, please also complete the membership form that is available in the clubhouse. Annual dues are \$20 per person. We welcome all to join. Singles, couples, owners, renters and the residents of Delray Trails. Membership questions?? Please contact Ellen Euse.

Thank you to all of the committee members for their help this year. If any of our Four Season Club members have ideas for events, contact Marcia Davis or Judy Goldberg. Come and join the committee as we plan for the next season of the Four Seasons Club.

CAR CARE

by Jorge Goyanes



Top ten car care commandments:

- 1.Thou shalt check air pressure in tires once a month
- 2.Thou shalt change oil every 3,000* miles
- 3.Thou shalt rotate your tires every 6,000 miles
- 4.Thou shalt flush your radiator every two years
- 5.Thou shalt change transmission fluid every 3 years**
- 6.Thou shalt do a wheel alignment every two years***
- 7.Thou shalt do a fuel injection service every two years
- 8.Thou shalt change your fan belts every 60,000 miles
- 9.Thou shalt change air and fuel filters every 36,000 miles
- 10.Thou shalt change timing belt every 70,000 miles

* unless synthetic oil is used

** unless your car has lifetime fluid

*** unless you hit a curb, then right away

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TENNIS COMMITTEE

by Mark Melnick



It's April and our tennis rotation season will be completed at the end of the month. The last scheduled rotation will be April 30th. Of course, our year-round players will continue to enjoy the courts all summer long. The weather has been fantastic for most of the season. We had a few rainouts for our league matches which took a while to make up.

We had lots of new players in our rotation program this year and we hope to include even more next year so if you are interested in playing tennis stop down to the tennis office any morning and introduce yourself or send an email to ttnscenter@gmail.com to ask questions. We will be happy to add you to our email list. Delray Trails residents were finally able to participate in our programs and we look forward to including even more of our "condo 3" neighbors next season.

This season we had lots of events in addition to our regular rotation and league activities. There were 3 tennis/pizza events including the famous Cinderella match. Our 4-pro event was held on February 2nd and was well attended by over 70 people. Players enjoyed the clinic which was followed by a fabulous courtside brunch. The Palm Greens Cup pitted the American players vs our Canadian players and was a loud weekend full of competition and fun.

Our March events were not yet completed as of press time for this issue. Information and photos regarding these events will be in the October issue of the Pulse. The annual singles tournament took place in March. Did the favorites win again or was there an upset this year? Our Spring Tennis "Ball" was held on March 20th at the South County Civic Center. It was hard to believe that it would be possible to top the fun of last year's party but we did it!

A group of us attended the Miami open on March 26th. Thanks to Terri Barry we were able to obtain 50 tickets to the quarterfinals and we traveled together in a chartered bus from Palm Greens to Miami and back.

We had nine teams from Palm Greens participate in the Palm Beach Senior Tennis League this season. During the 10 week season our women's teams played on Monday mornings and the men's teams played on Thursdays. The away matches give our players a chance to visit other communities and see how our tennis facilities compare to those in the surrounding area. Congratulations to our

(continued on page 19)

TIPS FROM OUR TENNIS PRO

by Jim Boardman
(USTPA Pro and Pickleball Pro)



Before losing in doubles try these positional changes.

Having a hard time returning your opponent's first serve? Ask your partner to stand back with you on the baseline. If you hit a high return, you will not get killed. If the server misses the first serve, move your partner back up to the service line in the traditional up and back position. This will take pressure off the receiver.

Your partner's serve is so soft or weak that you are getting attacked all the time. While at the net move back to the baseline with your partner and wait for a short ball to attack the net position. At least this way you can move to the net under your own conditions.

You are serving to the ad court and the receiver return constantly pulls you wide off the court. Play Australian. Place your partner near the net and close to the center line on the same side as you are serving. This will take away the extreme cross court and allow you to hit the serve and cross over to the opposite half to return down the line return. It can work on both sides to take away the opponent's strengths.

You are on the baseline and the next shot goes to your partner at the net. Go to the net and join him or her. Remember no one is paying attention to you. Gain the offense.

Always remember to follow all your successful lobs that go over the opponent's net player head to the net. Usually you will receive a lob which you can hit as a weak overhead. If you get into a lobbing war, remember you can take lobs out of the air and move in instead of letting them bounce where you can probably lose the lob war.

Over 80% of all shots in doubles are hit down the middle of the court. When you and your partner are at the net worry about the middle not the alleys.

If your opponents seldom lob, stand near the net. If they lob often stand back 2 steps and rule out the lob before worrying about the volley. Remember to shift with your partner at the net. The rule of thumb is to try to stay 12 feet from your partner all the time.

You might be losing in part because you and your partner are in a rut concerning your position. Keep changing your position and keep your opponents guessing. It's a nice feeling to think and move.

If you love, just love to compete, you're a real competitor.

COMPUTER CORNER

by Enio Cordoba



ChatGPT and Medicine, I am going to share my personal Cancer experience as part of this month's Computer Corner article. Hopefully, Artificial Intelligence (A.I.) can serve you in the future when you encounter medical issues. Over Thanksgiving, I discovered that the cancer that I had treated just three years ago had returned in a more aggressive form. Before switching to my current career as a dancer, I studied pre-medicine at USC. For many years after, I continued my subscription to the Harvard Medical School Newsletter just because I loved the technical articles. Having studied Latin in high school, medical terms intrigue me.

Too many seniors take a single diagnosis as be all and end all. Prior to selecting my treatment, I spent one month creating a glossary of related terms and exploring the different procedures. I called the most esteemed cancer centers from Stanford & UCLA on the West Coast to MD Anderson in Houston, Langone NYU, Mayo, Roberts in Philadelphia, Harvard, and Moffitt in Tampa. I learned about seven different treatment options, comparing aftereffects, life expectancy, and even treatments not ready for prime time. In total, I was able to negotiate with my oncologist the treatments in a responsible way, yet as I said to him, "Sell your procedure to me as if I'm buying a car and deciding between your Mercedes and the other doctor's Land Rover." I could understand his technical terms.

One thing I have learned from many friends following my progress, too many doctors are stuck in the old school procedures, uneducated to all the new treatments, too happy to cut out offending organs rather than treat them with HIFU, Tulsa Pro, or Proton Beam treatments that are available at the cutting edge medical centers. Some of these treatments are noninvasive, don't involve chemo or radiation, are relatively pain-free, and take as little as one day. Now, why do these procedures warrant notice in this column? If you are not confident with medical terminology or just don't think of pertinent questions to ask, A.I. could easily create a glossary of terms and comparison of recurrence statistics, find the highest-rated practitioners, and even add reviews from those who have had great or horrible outcomes.

Before you even walk into the doctor's office, you

(continued on page 20)

POINTS OF INTEREST FOR PALM GREENERS

by Mel Clapman

OK, so you are here in Palm Greens. And it's summer. And you're really looking to get away for a nice leisurely day trip. Where would you like to go? To close out our season, we suggest four spots that we think you'll find more than interesting. Ready?

Lake Okeechobee - 900 Florida, Okeechobee, FL - (863) 763-6950

Lake Okeechobee is the largest freshwater lake in Florida, and it is filled with bass so be sure to bring along your fishing gear when making this 70-mile drive. While there are plenty of trails to explore near the lake, you also need to consider visiting Clewiston, which is nicknamed America's sweetest tour. Head out on the 10-mile Lake Okeechobee Scenic Trail where you can find outlooks allowing you to see a variety of birds and alligators. Consider venturing on to enjoy the historic town of LaBelle, Florida, where the bookstore is a great place to stop and browse.

Cape Canaveral - 100 POLK Ave, Cape Canaveral, FL - (321) 868-1220

Just about two hours north of Delray Beach is Cape Canaveral with its Kennedy Space Center where you can learn to be an astronaut, see historic rockets and much more. While many people spend a day at the Kennedy Space Center, there is much more to do in Cape Canaveral. You can tour the largest manufacturer of craft beer in the state with a tour of the Florida Beer Company. Visit the Air Force Space and Missile Foundation to understand more about man's flight history. Alternatively, test Lady Luck by going on a half-day gambling cruise or just relax in the sun at Jetty Park.

Big Cypress National Reserve - 33100 Tamiami Trail East Ochopee FL - (239) 695-2000

There are so many things to do at Big Cypress National Reserve that you might want to consider making it a weekend adventure by camping under some of the darkest skies in the world. There are plenty of places to put a kayak or a canoe in the water. Park rangers often lead exciting activities. Bring along your bike as the paths through this park are fabulous. This preserve also has two scenic drives through large forests and open prairies.

Bocca Raton - Lyons Rd, Boca Raton, FL (954)

(continued on page 20)

FACE THE FALL

by Terryl Jones



Falling is a very real concern to most adults over the age of 65; even athletes are not immune. Natural age-related atrophy in nerves and muscles brings slower reaction times and a loss of strength. Proprioception is the body's ability to sense its position and movement in space, and it begins to decline at age 50. This decline impacts balance and coordination and increases fall risk. Studies have shown that people who are taking five or more medications are more prone to falls. Vision, inner ear, blood sugar, and issues with feet and ankles are medical issues that can contribute to falls and should be discussed with your doctor. Yes, we are in a vulnerable age category, and it's not possible to prevent all falls, but we can reduce the risk of falling and minimize the negative results of a fall.

Since falls can impact people of all fitness levels, each person will have a different approach to fall prevention. For the most vulnerable, it starts with shoes with good traction and using a cane or walker. Everyone should remove tripping hazards from their home and have someone help them check their home for risks factors that they may be overlooking. We can then focus on reducing the risk with exercises to improve balance and strength and learn to fall more safely. When you start any exercise program, be sure to first check with your doctor. Take your time, a gradual progression plus proper form will avoid injury and maximize benefits. Regular practice is crucial; mini workouts done frequently are better than super hard challenges done periodically. Think frequency over quantity. If you exercise with or around others, you are not only safer, but you may be incentivized to exercise more regularly.

Exercises for fall prevention require three primary skills: strength, balance, and coordination. The whole lower limb, the knees, ankles, and feet are particularly negatively affected by aging. Therefore, much of the strength work focuses on the legs and core. Strength exercises are pretty straightforward: leg extensions for your quads, side leg raises for your legs and core, and the Bird Dog Pose for your core. Good ol' Sit to Stand from a chair improves both strength and balance; you can use weights for added resistance. Your balance exercises would include heel raises and the Tree Pose.

(continued on page 20)



WOMEN'S CLUB

by Steffi Carmel
and
Roberta Minerva



Where does the time go? We just celebrated New Years and poof, here it is March.

Our Breakfast at Tiffany's was super successful; we had 99 Women who enjoyed a chatty morning with great food and a variety of jewelry to buy.

Our Fab Fashion show luncheon is on March 28. Make sure you join us again. Look for the flyer and menu for your luncheon choices.

Remember Bunco, is the third Tuesday of every month. We had a full house last month and are looking forward to seeing you in the clubhouse TV room March 18, 6:30 pm.

We are looking to do a bus trip in April. Check the E-blast for time and destination.

We are happy the Women's Club is keeping our community together and are enjoying our new friends from Delray Trails. The camaraderie, from throwing dice to chatting at our events, has brought a smile to the Women's Club.



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DELRAY TRAILS

by Mark Melnick

For this month's Pulse article, I decided to try out one of the AI apps to see what information it might tell me about Delray Trails. I was amazed at how it "read my mind" and came up with a lot of the things that I think of about our new community.

From ChatGPT - "One of the defining aspects of life at Delray Trails is the strong sense of community. The neighborhood fosters a tight-knit environment where neighbors know each other, and social events and gatherings are a regular occurrence. Whether it's a block party, holiday celebration, or a casual get-together at the clubhouse, Delray Trails residents often come together to build lasting relationships and create memories. The community's low traffic volume and peaceful surroundings contribute to the overall calm and neighborly vibe."

We've had 3 great block parties in the past year, lots of other celebrations, and our residents have become more active at the clubhouse and participate in Palm Greens clubs and events.

More from AI - "While Delray Trails provides a peaceful and secluded retreat, it is far from isolated. Residents are just a short drive from the best that Delray Beach and the surrounding area have to offer. For nature lovers, the nearby Wakodahatchee Wetlands and the Green Cay Nature Center provide beautiful walking paths and opportunities for birdwatching. The stunning beaches of Delray Beach are also easily accessible, offering a perfect spot for relaxation and water activities."

Yup, Delray Trails is in a great location with easy access to all that Delray Beach and the surrounding towns have to offer. That's one of the reasons to live here.

"The community features a large clubhouse, perfect for hosting social gatherings and events. Additionally, residents can enjoy the community's state-of-the-art fitness center, which allows them to stay in shape without having to leave the neighborhood. For those who enjoy spending time outdoors, Delray Trails offers several walking trails and green spaces, ideal for jogging, cycling, or simply enjoying a peaceful walk with family and friends."

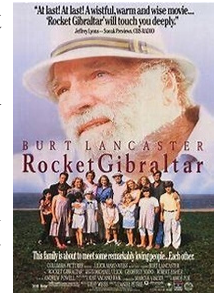
We do have access to a large clubhouse, and we are looking forward to the new clubhouse and all of its amenities. We are lucky to have our own beautiful

(continued on page 20)

MOVIE REVIEW

by Mel Clapman

I think I'm going through a Burt Lancaster phase. Whatever; here's another winner featuring Burt and supported by Suzy Amis Cameron, Patricia Clarkson, Frances Conroy, Sinead Cusack, John Glover, Bill Pullman, Kevin Spacey and Macaulay Culkin in his film debut.



The story focuses on an aging writer Levi Rockwell (Lancaster) who is dying, but his large family doesn't know it as he invites them to his big beach house in the Hamptons to celebrate his 77th birthday. After they arrive, Levi sticks close to his many grandchildren, especially Cy Blue Black (Macaulay Culkin).

The youngsters are much less afraid of talking about mortality than their parents are, so Levi reveals his last wish is to have an impressive Viking funeral. The kids aim to make it a reality as Levi tries to get closer with his own kids.

During the course of the family reunion he bonds with his youngest grandson, 4-year-old Blue. One afternoon Blue brings his grandfather some lemonade and sees a scale model ship. Levi explains that it's a Viking ship. Later that evening Blue and his older cousins are discussing what to get grandpa for his 77th birthday. While bike riding Blue and his cousins see a boat in the tall grass. They decide to restore it as a birthday present for their grandfather.

Levi's health begins to fail and he voices a sentimental request that he be given a Viking funeral after his death. With his adult children consumed by their own personal worries, his 7 grandchildren honor Levi's last wish.

The acting and story line will captivate you as only a cast like this one can. Enjoy!



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A hot band, great food, and a whole bunch of Palm Greeners added up to a show-stopping evening of The Roaring Twenties event, sponsored by The Four Seasons. A big round of applause for Marcia Davis, Judy Goldberg, Ellen Euse, Gail Nachman, Karen Wenzell Madeline Welsing and Kate Dalton for putting together a memorable night for one and all. Here are some of the highlights.



COMMUNITY HIGHLIGHTS

As we said on the cover “It Was A Very Good Season”. Check out the photos for proof positive that when it comes to putting on an event, Palm Greens can’t be beat!





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NOBODY ASKED ME BUT...

by Mel Clapman

...When life gives you lemons, squirt someone in the eye!

...Tough times never last, but tough people do.

...Arguing with a fool proves there are two.

...If we cannot be clever, we can always be kind.

...The trouble with reality is that there's no background music.

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NEWS FROM THE SHUFFLE BOARD COURTS

by Eilene Gerofsky

Ladies shuffle board is doing well. We had four courts enjoying the Friday morning get together. This was followed by our first this year of lunch off campus... we will continue playing all summer. More information to follow.



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 and leave your name and a telephone number where we can reach you.

ALLIANCE OF DELRAY.. *(continued from page 4)*

PBC Fire Rescue gave us updates. Call volume is down and when the snowbirds leave, summer is quieter. We have about 3000 calls a month. Station 45 at Lyons and Flavor Pic will soon be replacing the temporary trailer. Busiest stations 45 at Linton and Jog. Over 600 calls a month. Multiple rescue groups are ready to help. Hurricane season is coming so stock up on supplies early so you don't have to compete with all the last-minute shoppers. Better selections, too.

Next, we heard from Miles Osbourne, Lake Worth Drainage District. Before hurricane season, it's a good time for COAs (Condominium Owners Association) to check our drainage infrastructure and make sure that all is clear. Our May meeting will be about hurricane season with Emergency Operation District discussing preparation. Time to plan ahead.

Captain Michael Morales, PBSO Safety and Security Seminar, will be running the program today. He thanked Major Keene for his support. Partnerships are important to have a safe and sound community. Open lines of communication. Any issues, call Dr. Vinikoor and your concerns will be addressed.

Today, we had tips and recommendations to avoid becoming a victim, plus tips on driving habits that will help avoid incidents. First, we have Detective Scott Yoder, supervisor of Vehicle Homicide Unit, Traffic Division. Lyons Road issues. Traffic Speed Trailers...2 purposes, collect data through us for speed feedback. Also Crash data, or physical observation from our officers. Digital signs give us feedback as well. Example: Slowdown, wear seatbelts, move left or right, etc. All give us feedback. Speed trailers warn driver, speed getting high. Cameras. And capture speed data. Time of day when speeding occurs. Then we can put our traffic officers at areas that have a speeding issue. Traffic County Engineering Dept. helps them understand where traffic speeding is an issue. Aggressive driving units to help enforce the driving rules. Motorcycle Police, many sources to work on varied driving issues. 2024 traffic fatalities in our district. 46 accidents in south region.

Detective Sergeant Philip Eckes. Crime trends. Shopping center crime. Distraction thefts. Take apart purse in carriage. Leave your cart for a few seconds and the bag is gone! NEVER, leave your purse. We are being watched. Targeted! Especially the elderly. If you believe that you are being watched, speak up, say "I see you" looking at me...is there a problem? They will leave as they do not want to be fingered. The Spam

calls. Spoofing Sheriff's office phone number: PBSO District 4. YOU think that it is the police. They pretend to be an officer and say that you have a warrant... talk you through, get your info and get your credit card or get you to pay them with gift cards. The Sheriff's office does not call us! Hang up on any strange calls and call the office direct. Send questionable calls to voicemail. They usually will not leave a message!

Next was Senior Criminal Analyst, Tim Eramo. District 4, is behind the scenes crunching numbers to help our detectives and deputies investigate crimes. He handles crime stats and crime reports for West Delray, answer questions from higher ups. Crime mapping is the fastest way to identify information! Take information of crime etc. and put it on a map. Frauds, robberies. Trends that come through. Top 3 crimes. 1. Battery, unwanted touching. Neighbors or friends shoving or pushing over a parking spot. This is crime. Keep your hands to yourself! 2. Fraud. #1 loss of money. Criminals call and say there's a problem with an account. Do not follow their instructions. Hang Up! Call the number on your credit card or bank card. Stop, Think, Do Not Panic. Do not google the number you need. Google has advertising, and the most money spent gets top billing. Be sure that you are calling the correct number! #3 Romance scams. Handsome guy, or pretty woman needs money. Befriends you and starts talking about needing money for whatever. Bitcoin, crypto currency scams. Same idea, calls you, chats and befriends then tells you about a fast way to make money. Be aware and be smart. Hang up!

Car thefts are an issue as the thief knows how to remove your GPS. Get Air Tags as they are very helpful today. A small gadget that can find your stolen car or misplaced luggage. About \$25. They are placed in your car or luggage; they work off of bluetooth. Facial recognition is another source to catch a thief. They use it to go through criminal photos and compare with current photo. Lastly, take key fobs out of car, lock your car everywhere, and do not park away from other cars. Easier to steal. Always look around and be aware. Log on to crimemapping.com to see publicly displayed crimes in our area.

Our last speaker was Scott Poritz of the Threat Assessment Unit. Crime Prevention. The technology is a bit overwhelming. Look up the information that you don't know. Ask experts. Crime prevention fused with infrastructure. What can we do to structure your home, business, house of worship, all to stop crime. Alarm

ALLIANCE OF DELRAY.. (continued from page 18)

systems, hurricane windows, hard to break. Cameras are a great tool. Layers of safety. Infrastructure for all our water systems. Civilian response to active shooters. Crime prevention liaison program. Put out small fires before they become big fires. Quality of life representatives. Threat assessments. When you go into a building look for exits immediately! Movies, restaurants, meeting places. Restaurants usually have an exit through the kitchen. Crime prevention can be scary, Lock the cars. This cannot be emphasized enough! Be a “nosy neighbor”, look around and be aware of your neighborhood. A suggestion was made to have a wallet that blocks thieves from copying your card info. A bullet proof vest for your cards.

Our next meeting will be on Wednesday, April 2, 2025. The topic will be **Planning, Zoning and Building**. The meeting will be held in the South County Civic Center, 16700 Jog Rd, across from Morikami Gardens. Doors open at 9AM when refreshments are served. The meeting starts at 9:30AM and always concludes by 11AM. All are invited to attend. See you there!

TENNIS COMMITTEE.. (continued from page 6)

Men’s Level 8 team captained by Francois Masse and Denis Paquette for qualifying for this season’s playoffs. At the time of this writing, 2 of our other men’s teams are still vying for a coveted playoff spot. Final results will be published in the next Pulse issue (October) and will be the topic of an eblast. Thanks to our team Captains and Co-Captains this season, Lee, Kathryn, Susan, Ginny, Gigi, Madeliene, Jo, Sue, Serge (and me), Raymond, Jerry, Bob, Francois, and Denis. It’s not really a thankless job - we all appreciate what you do.

Our season wouldn’t happen without the help and hard work of so many people. Thanks to everyone on the Tennis Committee for all of their work and input during the season. Our event coordinator, Beth Villanova, works hard to make our season as much fun as possible. Kudos to Raymond Vincent for his help with the rotation and his creative input into our events. Thank you to Terri Barry for (wo)manning the desk in the tennis office and to Jacques Rinfret for taking care of our ball machine and training players on its use. Thanks always to Norm Wasserstein for his tennis wisdom and input into our program and to Elliott Yezer for always helping us improve our strokes and for taking over Jim’s clinics when he wasn’t available. Thank you again to Bernard and Christiane Rondeau for providing us with lots of team and event photos and videos during the season, as well as Bernard’s drone videos of the community. A special thanks to the group that I refer to as the “Merry Band of Volunteers.” You guys are always around to help with anything we ask, from set up and cleanup of events to sweeping the lines on the courts before matches. It’s our group of volunteers that makes our tennis community so special.

Thank you to all the Rec Board members for their support of Palm Greens tennis as well as the PG employees that help our tennis program. Charles Medina, the recreation property manager, is always around to make sure the facilities are running smoothly. Phyllis in the office is always helpful with anything we ask. Our maintenance crew (Aubrey, Luis, Renel, and Jermaine) keep our courts in great shape for both rotation and team matches. Our pro, Jim Boardman, is on the courts daily, monitoring court conditions and giving encouragement to the players.

Of course, my biggest thanks to my favorite tennis player, Sharon, for her support (and toleration) of me while I am doing PG and PBSTL tennis activities.

Hopefully, next year our annual gala will be in our new clubhouse and we will see our additional tennis and new pickleball courts constructed.

Enjoy the summer. See you on the courts...



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COMPUTER CORNER.. *(continued from page 7)*

are well-armed with intelligent questions and are not easily overwhelmed. As the tsunami of A.I. technology rolls out, our ability to use it will greatly enhance our lives in ways yet to be imagined. “Talkshow host Glen Beck made a great observation.” A.I. is simply a tool to use, just like a shovel. Either you learn to control it, or it will be used to control you.” How easy is it to use A.I.? Simply download any one of the A.I. programs, such as Chat GPT. Start asking it questions. How is that different than Google? You can respond to ChatGPT and say ‘Explain it like I’m 10 years old’ and it will. Just think of it as Google on steroids. The better you are at asking questions (called prompts), the better your results.

By the way, just last week, Moffitt Cancer Center completed my Stereotactic Beam Radiation in just five visits, and I rang the bell.

POINTS OF INTEREST.. *(continued from page 7)***818-9470**

If you are looking for a city escape, then consider Boca Raton. Go on a shopping adventure at Mizner Park or the Town Center before touring the Boca Raton Museum of Art. Learn more about sea turtles at the Gumbo Limbo Nature Center. See a vast collection of costumes worn on Broadway during a stop at the Costume Museum at the Wick Theatre. Delight your children with a stop at Sugar Sand Park or the Boca Express Train Museum.

Please note: Before you make a selection, do your research and call ahead for prices, times of operation and any special events. It will make your trip that much easier.

FACE THE FALL.. *(continued from page 8)*

Try challenging your balance by narrowing your stance or shifting your weight completely to one foot. Challenge it more by closing your eyes or standing on an unstable surface like a foam pad or wobble board. Work up to holding these challenges for 10-30 seconds. Coordination exercises would include some already mentioned exercises, but you can also try walking Heel to Toe, dance, yoga, Tai Chi, various sports, or games of skill. Find something you find fun, and you will be more likely to be consistent.

It would be ideal to prevent falls, but that would be an unreal expectation; we all will fall at some point. It may be on a tennis court, or it may be in our bathroom.

Like any other skill, there is a skill to falling. When you do fall, there are safe falling techniques, such as the tuck and roll that will minimize your risk of injury. Ideally, you would find a safe environment to have someone teach you to fall. Some martial arts or Tai Chi teachers have the training and equipment for you to practice falling safely. In general, when you begin to fall, don’t resist it by becoming rigid; instead, go with the fall by lowering the body toward a squat to reduce the distance to the ground, pivot toward your side, tuck your chin to avoid hitting your head, and roll into the fall. Here is a link to a video of a 95-year-old man demonstrating how to practice falling: (<https://www.youtube.com/watch?v=Fyan2o7PaxA>). I love watching him embrace a fall; there is no fear, and he is childlike in his playful practice of falling. We are all going to fall, so practice for it, train for it, and most importantly, do it wisely.

DELRAY TRAILS.. *(continued from page 9)*

walking paths that wander through beautiful lakes and increasingly plentiful wildlife. It’s great to step out of the house and be able to walk a few miles without even leaving the community.

Again, from ChatGPT - “Known for its luxurious homes, family-friendly atmosphere, and prime location, Delray Trails offers a peaceful and serene environment while still being close to all the amenities and excitement that South Florida has to offer. With its modern homes, stunning landscapes, and a variety of recreational options, Delray Trails has become one of the most sought-after communities in the area.”

Wow, how does ChatGPT know how I and many of our residents feel about our new community? At this writing, almost all of the single-family homes and more than half of the villas are sold. We look forward to the completion of the new amenities during the next year. The residents are quickly forming friendships within Delray Trails as well as Palm Greens and sharing many activities. We all look forward to meeting more of our new neighbors and sharing fun times together in the future.

Have a great summer. We will have more to report about our amenities and community when the Pulse returns in October.





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| 23 | 24 | 25 | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | | | | | 30 | | | | | | | 31 |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 6 4 Seasons Spring 11AM | 7 Water Aerobic 8:30AM Meditation 4PM | 8 Water Aerobic 8:30AM Yoga 10AM Craft Class 1PM Craft Class 1PM | 9 Water Aerobic 8:30AM Dance Fitness 10AM Craft Class 1PM Canasta 1:30PM Rummikub 4PM | 10 Water Aerobic 8:30AM Chair Exercise 10:30AM Craft Class 1PM Laughter Yoga 4PM | 11 Water Aerobic 8:30AM Ladies Shuffleboard 9:30AM ESOL English 1:30PM | 12 Water Aerobic 8:30AM |
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