

Boynton Leisureville Post For An Active 55+ Community

Your Monthly Neighborhood Newsletter

50¢ NON-RESIDENTS

PUBLISHED BY THE BOYNTON LEISUREVILLE COMMUNITY ASSOCIATION, INC.

AUGUST 2020

MEALTH & SAFETY FIRST

USE MASKS • STAY HOME, KEEP SAFE • PLEASE USE CAUTION

President's Message

Hello, Residents.

I hope everyone is well and coping with isolation. The Board is continuing to do everything possible to keep our residents safe. That has been our top priority and we appreciate your cooperation and patience. We know it is a desire to return to normalcy as soon as possible. But, as a Board member with a vulnerable population, we must base our decisions on what is best for our community.

We would love to open the facilities, but we must consider the consequences. What is more important than my neighbor's health? If we all adopt that attitude with compassion, we will be a better community. We should be grateful for the opportunity to look after one another. This pandemic will end, and the hope is we will be a stronger, better, and more united community. Discretion is the better part of valor.

The Board conducted a Board meeting July 6th, utilizing ZOOM. The agenda items included purchasing a new DVR for the security camera system. Also, we voted for a maintenance contract for the palm trees. The Board also approved many Architectural Modifications and home sales. We are doing our best to maintain the operations of the Association during the pandemic.

As a reminder, we still have hurricane season to deal with. Please have a plan for your outside pots, furniture and other loose items. It is another opportunity to keep the development safe for your neighbors.

Again, practice the protocols and we should all be safe.

Howard Weisberg, President, Board of Directors



CONTACT US:

Email: boyntonleisurevillepost@gmail.com Website: https://www.boyntonleisureville.com



IMPORTANT PHONE NUMBERS

Emergency (Police, Fire, Medical)911	
Police Department (Non-Emergency)732-8116	
Fire Department (Non-Emergency)732-8166	
FPL (Emergency Service)994-8227	
City Hall Switchboard742-6000	
Animal Control742-6210	
Poison Control1-800-222-1222	
Boynton Leisureville Clubhouse732-2307	
FirstService Residential1-866-378-1099	







U.S. POSTAGE



Published by the
Boynton Leisureville Community Association, Inc.
1807 S.W. 18th Street
Boynton Beach, FL 33426
Telephone: (561) 732-2307

E-mail: boyntonleisurevillepost@gmail.com Website: https://www.boyntonleisureville.com

Correspondence to the Boynton Leisureville Post should be sent to the above address.

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NEWS CONTRIBUTIONS:

The Editorial Staff reserves the right to condense and edit material without changing the intent of the article. Deadline for all copy is on or before the eighth of the month prior to publication. All copy should be typed and double spaced if possible. All articles MUST be signed to be considered for print.

Articles should be of interest to residents, with minimum details due to limited space. When using material from another source, please give credit to that source, with copyright approval.

Opinions expressed by advertisers or authors of the various articles in this issue are not necessarily those of the BLCA Board of Directors.

Editor



1807 S.W. 18th Street Boynton Beach, FL 33426 Phone: (561) 732-2307 Fax: (561) 732-2899

Email: boyntonleisureville@gmail.com

URGENT RESPONSE REQUIRED

KEEP BOYNTON LEISUREVILLE A 55+ ADULT COMMUNITY

Federal law requires all Adult Communities to certify that 80% of the homes in the community are occupied by at least one registered resident that is fifty five years of age or older. In order for Boynton Leisureville Community Association to maintain its Adult Community status we MUST certify that we do in fact have 80% of the homes occupied by at least one registered resident that is fifty five years of age or older. This Survey will serve as the official form of certifying with the Federal Government to ensure that we retain our 55+ status. If you fail to respond to this survey Boynton Leisureville runs the risk of forfeiting its 55+ Adult Community Status.

Please fill out the information below and place this survey in the postage paid return envelope provided.

PLEASE LIST THE NAME OF ONE REGISTERED

PRINT NAME: SIGNATURE: BOYNTON LEISUREVILLE ADDRESS:

INSTRUCTIONS

- 1. Print the name of one registered resident that is fifty five years of age or older.
- 2. Provide the Boynton Leisureville (local) address.
- 3. Place survey in the postage paid return envelope, or
- 4. Hand deliver the survey to the office of the Association no later than September 15, 2020.

RETURN NO LATER THAN September 15, 2020

The Wellness Committee presents

Leisureville Artists' League

Must be a resident

Established artists and those who want to have fun join us. The purpose of the league is to inspire and support one another. Each month we will have a theme to inspire our work.

The last Thursday of the month at 3:00PM in the Patio Room

August 27

DATE MAY NOT BE CERTAIN
PLEASE CHECK AHEAD

What to bring: Your art tools, brushes, paint, pens, pencils, canvas, drop clothes, tablecloths, water vessel and paper towels. No oils please.

ATTENTION RESIDENTS

Dear Boynton Leisureville Resident:

In an effort to be more responsive to the need for communications to you during this time of unusual circumstances, the Board of Directors is asking you to provide the following information to the office:

The current system FirstService uses for Robocalls will also send messages via Text and Email, as well as voice. You may list more than one telephone number and/or email if you wish to receive messages on more than one device.

Since the Office is currently closed, we are asking that you:

Please Email the following information to:
BoyntonLeisureville@gmail.com
PLEASE TYPE CAREFULLY!!!

Name:				
Street Address:				
Telephone number	er: ()			
	O RoboCall	O Text	O Both	
Email Address:				

Your information will only be used by FirstService and/or at the direction of the Board of Directors to send you communications that are of an important nature and cannot wait for the publication of the *Boynton Leisureville Post*.

The information will only be visible to FirstService employees and will not be used for any other purpose. It will be kept on systems that are secure and not available to anyone outside of FirstService employees.

If you do not have an Email address, please call the Office at: 561-732-2307 to have your telephone number entered into the system for Robocalls and/or Text messages. Thank you for your participation in this vital Community Service.

Please Email the information to:

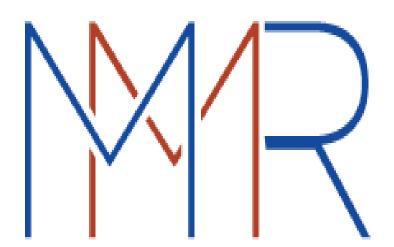
BoyntonLeisureville@gmail.com



KEEP CALM — STOP THE SPREAD

AUGUST 2020

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2015 Ocean Dr. Suite 11 Boynton Beach, FL 33426 (561) 364-8056 info@mmrhealthcare.com

> From left to right: Maria Diaz, ARNP, Dr. Martha M. Rodriguez, Dr. Leo Robb, Ivan Corredera, ARNP, Tia Bowden, ARNP

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- Patient-Centered Medical Home Certified
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- EKG
- Pulmonary Functions Test (Spirometry)
- Holter Monitoring
- Bone Density Scanner (Mini Omni)
- Body Composition
- Peripheral Vascular Study
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- Injections
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Saturday 9 a.m. - 4 p.m.
Sunday 9 a.m. - 2 p.m.

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BOYNTON LEISUREVILLE CITIZEN OBSERVER PATROL

JOIN A GREAT GROUP OF PEOPLE AND PROVIDE A VITAL SERVICE TO YOUR COMMUNITY!

JOIN C.O.P. TODAY!

Capt. Theresa Kubiak, 369-0747
Capt. Gerry Wunsch, 336-2275
Capt. Leanne Kopystynsky, 806-9929

Article by Richard Kopystynsky

Police Terminology

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vcin	vandalism	trespass	statutory rape
robbery	rap sheet	public intoxication	probable cause
petit larceny	perk	pbt	ncic nlets
misdemeanor	miranda	magistrate	linx
intoxilizer	implied concent	homicide	hit
habitual offender	gsr	fto	fi card
felony	extradite	eta	dui
drivers license	doa	dmv	criminal justice
criminal history	cit	cid	calea
cad	burglary	breathalyzer	bolo
battery	assault	arson	arrest

DUE TO THE COVID 19 VIRUS THAT IS GOING AROUND, ALL PATROLS HAVE BEEN SUSPENDED PER ORDER OF THE BOYNTON BEACH CRIME PREVENTION UNIT UNTIL FURTHER NOTICE.

ALL RESIDENTS SHOULD TAKE EXTRA SPECIAL CARE IN PROTECTING THEIR HOMES AND CARS. KEEP YOUR FRONT DOOR LIGHT ON AT NIGHT. MAKE SURE YOUR CARS ARE SECURED. IF YOU SEE SOMETHING SUSPICIOUS, DO NOT HESITATE TO CONTACT THE BOYNTON BEACH POLICE DEPARTMENT. THE NON-EMERGENCY PHONE NUMBER IS: 561-732-8116. BE SAFE.

Anastasio, Andrew Anderson, JoAnne Anderson, Ronald Anthony, Lottie Antonellis, Janet Antoniou, Patricia Benning, Wanda Bifora, Peter Bosco, Frank Breines, Bonnie Bruzzese, Lillian Butchko, George Butchko, Susan Cirigliano, Mary Cohen, Bernie Cole, Julia Cox, James Cox, Margaret Davis, Laura Deidun, Franklin Delaney, Joyce DiAmantis, Emilio Doyle, Ed

Ekvall, Nile Farrell, Patrick Garside, Janice Holmes, Jim Holmes, Susan Khan, Karen Klingerman, Tom Konkola, John Konkola, Mirjam Kopystynsky, Leanne Kopystynsky, Richard Kubiak, Theresa Laffin, Judy Lawrence, Diane Lawrence, Robert Lonergan, Rose Marie Loomis, Jean Loomis, Jerry Lorenzo, Dolores Lovett, Dana Lutman, Jacqueline Mainville, Catherine Markl, Marsha Melkonian, Simon

Merritt, Geri Mihalik, Patricia Miller, Geraldine Ortagus, Nancy Ortagus, Bill Ortiz, Marian Panciera, George Panciera, Joanne Roman, Connie Romanoff, Carol Ryan, Claire Schoenrock, Ruth Sliwa, Jean Smith, Janet Sutain, Jeffrey Sutain, Gertrude Tonko, Joe Tonko, Sue Waldman, Barbara Weiss, Arthur Wolf, Rudy Wolf, Veronica Wunsch, Gerry

We hope everyone is having a good summer! Be Happy, Healthy and Safe!



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Richard & Lyn Sarli, Bill Quinette & Janet Block

Support the businesses that support us!

HAPPY BIRTHDAY to our C.O.P. Members celebrating during the month of August!

Janet Antonellis 8/4, Emilio DiAmantis 8/5 Bill Ortagus 8/13, Bernie Cohen 8/17 Rudy Wolf 8/18



CITIZEN OBSERVER PATROL

Security Information — Be Informed

Sign up to receive a weekly briefing from the Boynton Beach Police Department,

Crime Prevention Officer.

Send your email to:

BoyntonLLCOP@gmail.com

Include your name, address, phone number and email address. Once you are signed up,
Sgt. Rosemarie Lonergan will send you the Weekly Briefings

Rose Marie
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Shrink Your Tummy

By Stephen Chang, MD

Submitted By Moonyeen Park

She who possesses an enlightened digestive system will be blessed with stronger immunity and happiness.

(Not to mention potentially looser-fitting jeans.)



A disarmingly simple method to lose weight and inches ... and promote proper digestion, sound sleep and a healthy heart. It is unfailingly effective.

The conventional methods for losing weight and inches are quite often not only very difficult, but also very expensive!

The simplest and most natural way to lose weight is by this effortless two-minute exercise: There are two principal components to this exercise. The first part begins by lying flat on your back. Relax. Put the palm of your hand on your navel. Then simply rub — nothing more. Start to rub clockwise from the center, first in small circles and then gradually expand the movement until the upper and lower limits of the stomach and abdomen are being rubbed. When you have completed the first movement, then reverse it, rubbing counterclockwise in smaller and smaller circles until you are back to the center of your navel. You needn't press down with any force. Rub slowly and with gentle pressure. Repeat this clockwise and counterclockwise motion as long as you feel comfortable, or have time to do so.







FREE MOVIE IN AUDITORIUM



LEISUREVILLE FRIENDS,

AS OF NOW, WE ARE PLANNING THAT OUR NEW SEASON OF MONTHLY MOVIES WILL RESUME ON TUESDAY, OCTOBER 6TH.

WE'RE LOOKING FORWARD TO SEEING EACH AND EVERY ONE OF YOU AND WE HAVE A TERRIFIC LINE UP OF MOVIES ON THE SCHEDULE.

PLEASE STAY WELL ... WE'LL SEE YOU IN THE FALL!!

Bill and Donna Hebert Lou and Grace Zito Barbara Smernoff

PARKING ON THE LAWN OR STREET OVERNIGHT IS NOT PERMITTED.
REPEATED OFFENSES MAY RESULT IN A FINE.

PALM BEACH LEISUREVILLE CASINO BUS TRIPS



The Pennsylvania Club at Palm Beach Leisureville has made arrangements with Calder Casino in Miami Gardens to have a bus come to Clubhouse 3 on the second Thursday of the month. The bus will leave around 11:00 a.m. If you are interested, call Diane McCracken, 561-200-4208, or Sue Kruse, 561-369-7721, by the first of the month.



HELP YOUR COMMUNITY

★ SIGN UP FOR C O P PATROL ★

CALL CAPT. THERESA KUBIAK AT 369-0747



Once again, we will be printing corrected phone numbers and missing phone numbers (including new residents who wish to be included). This will appear monthly, and if you first decided not to be included and then changed your mind, you may

do so. The changes will be shown each month, so this item will be available as new residents move into our community.

To those residents requesting to have the Yellow Dot to alert medical personnel of their medical conditions; they will be available and distributed as soon as I can obtain it from the Police Personnel.

Thanks for your patience.

Jean Sliwa



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Boca Raton

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As a safety precaution our crews will be wearing masks when we enter your home

We Are Your Leisureville Neighbors



Theatre Guild

By Fred H. Yawitz, Director

We have chosen a special "wild" theme. Emphasis should be on fun — remembering our growing up period from the 60's, 70's, 80's and — whenever. In last month's article, I called the next show a little bit "edgier" than in previous years... No cause to be scared or worried. Edgier does not necessarily mean "risque," well, maybe just a little. After all, it is still a family show.

The next planning meeting of the Theatre Guild will be on Thursday, October 15th, 2020. Covid-19 allowing, it will be at 6:30pm in the patio room. Most of our snowbirds are home by then. Always a "work in progress," as I like to say... So, come at that time to be a part of the show. For those of you who have already told myself, David or Barbara, that you want to be on stage, or at least connected somehow with the show for this up-coming year, I will be holding you to that commitment.

Remember, too, that you can always let me know at any time

your concerns or feelings. You do not need to wait until October to let me know what you think. I know that some of you may not even be back in town by the October meeting. So, please send me an email at fyawitz@juno.com to let me know!

As is well known in Leisureville, our Annual Spring Show is usually always on Palm Sunday weekend. This year, because most snowbirds usually fly north immediately before or after Easter, we must also take Passover dates into consideration. This next year brings Easter a week earlier than last year, so Palm Sunday is also earlier, and, so is, Passover. Therefore, our final week of dress rehearsals and stage setup begins on March 14th and continues daily through to the show on Sunday, March 21st and then the Gala Cast party on Wednesday, March 24th. After all, it is "a movable feast," and in the following year, 2022, the show will be again on April 9 and 10th, along with the Gala party on April 13th, so clubs early in the month will not be affected.

During that last week, the auditorium is totally transformed. We add a large stage addition, lighting and video table, and over 200 chairs. The adjacent "patio room" is also transformed into the ladies dressing area with huge curtains, floor to ceiling, for privacy. As always, we thank the other clubs, groups and committees for their patience and understanding, especially the ones with meetings early in the month, as we transform the auditorium into a major theater experience for all Leisureville residents and guests. This may be inconvenient to some clubs, but I hope it won't be too much so.

As we – again — begin the new production, I am reminded of the costume storage area behind the kitchen. With our new acquisitions, our needs have expanded. Just two years ago, we were given a donation of costumes from the Coastmen Chorus. Still, however, we must find a place to expand our storage area and only the shed behind the Recreation Center comes to mind. Hopefully, there could be found a larger storage spot, or possibly new plastic bins could be provided to replace the aging cardboard boxes currently in use.

This year, there will still be much detail paid to choreography, not only in the big production numbers, but also in the smaller numbers. The audience has loved the dancing over the last couple of years, and some have even said how much more entertaining the show was this past year. I can only credit this to the amount of choreography we added (Thanx, again, Barbara,)

and how much the cast insisted on doing the rehearsals. The same exuberance I hope will also carry over into the new show.

I have said before, but it bears repeating, that I am very proud of my "core" group of cast and crew members. Losing several good people is never a comfortable thing, so I am always on the lookout for new talent. If you know of new neighbors on your block, or see new residents at Mix 'N Mingle dances, or Entertainment Committee shows, etc. Or, even on the golf course, or swimming pool, please mention the Theatre Guild. Although the main idea for the next show is already "set in stone," we have several new members committed to being on stage. We may not actually "need" more folks in the cast, however, we always can use more folks in the audience. There is no show if there is no audience. Please also mention our show to any of your friends who may live "on the other side," in Palm Beach Leisureville. I am still trying to foster more cooperation between our two "sister" communities.

Now ... on to March 20th and 21st, and "A Walk On The Wildside," as we again try to celebrate the 40th anniversary of the "Annual Spring Show."

Please continue to pray for our Leisureville friends who are still suffering from illness, for those who have moved away and cannot be part of our shows any longer, and for those who have gone on ahead of us. They are all still loved, and very much missed. And always remember to stay healthy, and stay home!



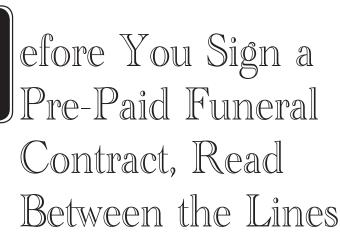
THANK YOU to all who work so hard at having your articles sent to me in a timely manner.

If I do not have your article by the end of the eighth day of the month, we will hold them for the following month, when information is still appropriate.

Thanks, Jean Sliwa

NOTICE

We have had several complaints of people soliciting in Boynton Leisureville. Notices have been posted at each entrance to Boynton Leisureville saying "NO SOLICITING." Please don't open your door if you don't know who is knocking. Notify the office if a sales person knocks on your door. If you are concerned for your safety, call 911.



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- We do not insist that you take delivery of merchandise caskets, grave markers, vaults, urns, etc. in the event of cancellation or death elsewhere. Some funeral homes insist that you take delivery or lose your money.

If you have a pre-paid funeral contract or are anticipating purchasing a contract, one of our licensed funeral directors will gladly review your contract with you at no obligation, as well as inform you of your rights as a consumer. We are also available to speak on this topic to all church groups, clubs and fraternal organizations. Call us at (561) 732-8151 to schedule an appointment or to inquire about pre-paid funeral contracts.

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Proverbs and SayingsRarely Spoken Today

By Charles A. Harrington

My late 8th grade teacher, Sister Rose Paula (Sisters of Notre Dame), would often say to our class, when a student spoke out of turn or spoke without raising a hand: "Many a sharp tongue hides a dull mind."

Today, we hear few proverbs, expressions or sayings, over the years, they seem to have fallen by the wayside, years ago, in our youth, they were common, often uttered with a lesson to be learned to the recipient, given from an adult. In researching expressions, I tried to ascertain what their intended meaning was and when they began, often with limited success. Here are some:

"Strike while the iron is hot."

To act at the appropriate time; to seize an opportunity and act on it quickly. The figurative use is quite old, going back to 1386.

"Let a sleeping dog lie."

This refers to let a matter stay at rest being careful not to bring up anything from a previous unpleasant situation or argument that may add fuel to the fire.

"No ifs, ands or buts."

No back talk, no arguments. We can all relate to this, when given an assignment from our parents, especially one that we did not like to do.

"Every dog has his day."

Some day, a time will come when one can throw their weight around, and come out on top of a situation or dispute.

"A bone to pick."

An issue to be resolved or a dispute that needs to be settled between another person.

"Keep your eyes peeled."

Be observant, keep a sharp lookout, such as looking for an exit number while driving.

"Bite off more than one can chew."

To think that one can accomplish more than one actually can, it happens many times to many of us.

"On the cuff."

Asking for credit, it could of started in a barroom, when drinkers ran out of money and asked for credit.

"On the fritz."

Not working or out of order, not sure when it started, it has been around quite awhile, and became popular around 1900.

"Skeleton in the closet."

It is not known who started this expression. The Oxford Dictionary points out this expression has known to be in use since 1845. We all have skeletons in the closet, things that we did that were not always correct, proper, and wrong, whatever it was, we want to keep them a secret.

"Without rhyme or reason."

Lacking in making sense or justification. We often question why someone took such an action that was contrary to common sense. English use dates back to the 16th century.

"To take down a peg."

To get off your high horse and lower one in his own opinion. It also can be slightly changed to: "He needs to be taken down a peg or two."

"Hold your horses."

Don't be in such a hurry. Have patience. This expression can be traced back to county fairs, with horse races taking center stage. The horses were often difficult to move into the starting gate. This holds true today at major races events such as the Kentucky Derby.

"Do under others as you be done unto."

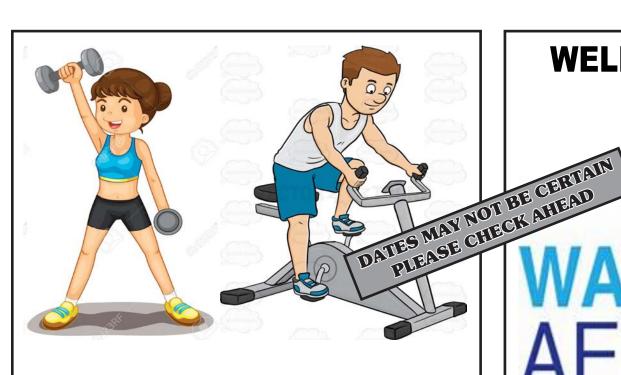
We can all relate to this expression in our early days of school, it is my personal favorite, but it not always practiced the way it should be. It translates to treat others the same manner that you like to be treated.

I miss hearing these old expressions, they provided a lesson, and they seemed to be used in simpler times when we moved at a slower pace.

Stay well and have a happy and safe summer.

Charles Harrington is a Boynton Beach resident and retiree of the Boston Globe.





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Thank you for your cooperation.



STROKE

Several people have sent this around via e-mail. Being such a common concern among most of us, this is a condensed version of those messages.

These are '3' (three) helpful ways to recognize a STROKE.

S — Ask the individual to smile.

T — Ask the individual to SPEAK a simple sentence.

R — Ask the person to raise his or her arms.

(An added item is to ask the person to STICK OUT his or her TONGUE). If it appears to be crooked, this can be another warning sign.

Getting medical help for the victim can usually reverse the damage of the STROKE. So, act promptly, call 911.

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- 2. Basic computer skills with Microsoft Office modules a plus.
- 3. An understanding of the informational needs of the community of Boynton Leisureville.

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PICK UP AFTER YOUR PET!!!!

Please pick up and dispose of your dog/ cat's waste after its walk. We continue to find "POOPY" bags in the lakes, a result of pet owners throwing them into the storm drain, which lead directly to the lakes. And you guessed it, it then gets broadcast onto your lawns via the irrigation system.

When walking your pet, be sure to keep them on a leash. It's an ordinance in the City of Boynton Beach.

Thank you, The Manager



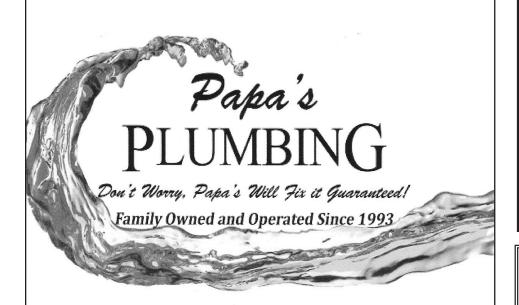
NOTICE TO HOMEOWNERS



If you are planning to sell your home, be sure to contact the Boynton Leisureville office for the proper paper work and outside inspection form that needs to be done. Failure to have these done could result in unnecessary delays.

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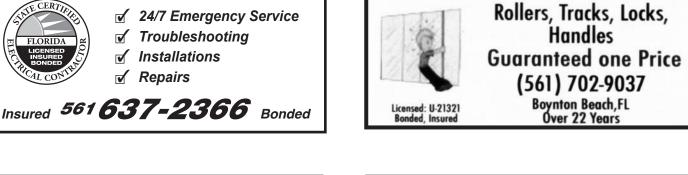
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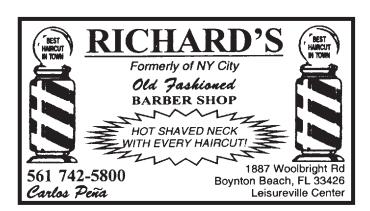
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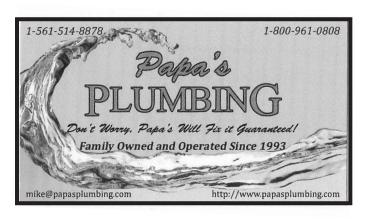


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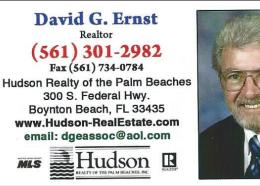
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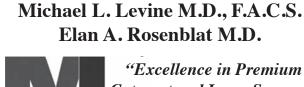












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COMMENTARY

Bits e³ Pieces

By Sarah Lyons

Here we are in the "BLAH" month of August. When we lived up North, we used to say August was the hottest month of the year. Of course, we only had (and, if we were lucky) four months of summer. In Florida, we have about eight months of summer and about four months of winter. But you know what, I don't mind, we have some beautiful days, with low humidity and a blue sky. We have to enjoy what we get.

This reminds me of what happened a few days ago. We were at a get-together with some friends and one of the guests asked me what I thought was the best time of the year, because life went by so quickly. I said, "NOW." He said, "Why?" I thought of a saying a friend told me. "If we have one eye on yesterday, and one eye on tomorrow, we will be going cockeyed today." When we got home, I thought, "Why did I say that?" Then, I remembered an article I read and it said "habit." I have a bad habit of not thinking and answering too fast. But, life is too short to think of tomorrow when we are in today. When we think of today, we will feel much younger and lighter and all thoughts of the past and the future and stay mindful of the present moment. I guess "habit" is a large part of our life. That is why we feel so stressed out some days.

With August being such a "BLAH" month, now is a good time to relax and rest our mind a "bit." It's a little hard to do in Florida when we always have warm weather and look at the beautiful blue sky and think, "I really should be doing something." But, I will not say that, I will say goodbye to stress and hello to joy, and that will put a smile on your face.

Well, I am a little tired and have a headache, so it is time for me now to relax with a nice glass of cold iced tea and forget tomorrow and enjoy today. "Amen" to that ... Just a little note: We can use all we have learned to help someone else.

ANYONE SUBMITTING AN ARTICLE

It is certainly your choice on whether you wish to have your name published when we print your article (phone number, as well). Please indicate with your article whether you choose to remain anonymous or prefer to be mentioned. Either way, we need your name and number for clarification. Thank you.



LET'S SPICE UP YOUR LIFE

By Joanne Panciera

Your health is extremely important. I know mine is and if you're feeling a little down lately, maybe you're not eating the right foods with herbs and spices.

So, what are the best spices for your health?

- 1. Cinnamon to lower blood pressure sugar. This popular spice comes from the bark of the cinnamon tree and is used in everything from pumpkin spice lattes to chili.
 - 2. Tumeric to fight inflammation.
 - 3. Ginger to relieve nausea.
 - 4. Garlic to boost heart health.
 - 5. Cayenne to ease pain.

Herbs and spices fight inflammation and reduce damage to your body's cells. Research shows that they are chock full of healthy compounds and many have health benefits. That's because each one is rich in phytochemicals, which are healthful plant chemicals.

Spices and herbs are nutritional powerhouses. They have phytonutrients that have antioxidant, anti-inflammatory or even anti-cancer properties, and in the case of spices, these phytonutrients can be concentrated.

Rosemary showed one of the strongest protection effects against inflammation and oxidation. The other top spices were tumeric, cloves and ginger.

Tumeric is certainly the most powerful herb on the planet. It's from the ginger family that's primarily grown in India, Indonesia and China. It contains various compounds with medicinal properties. Example, tumeric contains curcumin, which is a powerful antioxidant that boosts the body's own antioxidant enzymes.

Herbs in oil reduces some of the browning and freezer burn that herbs can get in the freezer. Some people do freeze soft herbs in bags without any water or oil, which essentially preserves then drying them out.

For me, the best use of the freezer when it comes to herbs is preserving hard herbs in oil or broth, although I prefer oil (olive). The aroma of the herbs really infuses the oil in the freezer, which is a bonus.

Freezing Herbs In Oil

Chop herbs fine. Pack the ice cube trays about 2/3 full of herbs. Pour extra virgin olive oil over herbs. Cover lightly with plastic wrap and freeze overnight. When frozen, remove cubes and store in freezer containers or small bags. Don't forget to label each container with the type of herb and oil that's inside.

Until next time.

Joanne

Tomfoolery
By Tom Collins

Annie and I decided to try a restaurant we had heard about but never visited. Old Florida charm was one of the ways it had been described.

Always ready to find a new spot, we headed north from Boynton Beach. The trip took about twenty minutes. I drove up Congress to avoid the stomach problems that arise from the fun drive on I-95.

I found the place on the first try, and there was ample parking, even though there were more cars than I expected from the size of the building. We walked around the front from the rear parking lot.

When I pulled the door open, I couldn't believe the scene. This was last August, not February. There was wall to wall people. We squeezed through the crowd up to the reservation desk and gave the hostess my name.

Since it was my first time there, I got the usual look when she heard it. "Honest," was all I could say, and that got a laugh out of her. She handled the crowd so smoothly, I had to figure this was a nightly thing.

"I know you'll find this tough to believe," she said with a straight face. "About twenty minutes." How many times have I heard that from a crowded hostess station?

We went over to the three-deep bar, no easy task. Nudging our way through the crowd without banging into anyone's elbow and spilling their drink. Years of dining and drinking in crowded restaurants have trained us to drink with our arms pinned to our sides, never spilling a drop.

Jammed as we were, one of the conversations within earshot was about having Florida lobster available for dinner tonight. That's one of our favorite dishes, but Annie said the price would be prohibitive.

"No way," I replied. "The papers are full of restaurants advertising Maine lobster from \$9.95 to \$12.95. Bringing lobster from the third reef off Dania Beach has to be less costly than flying them in from Maine."

My name was called and we were escorted to a quiet booth. Of course, after the bar noise, a boiler room would have seemed quiet. We looked over the menu, no Florida lobster. I looked up and asked our waitress about the Florida lobster. She smiled and said they had it tonight, but they didn't put it on the menu.

Her, "Not on the menu," remark made me wonder, so I asked, "How much?"

Without so much as raising an eyebrow, she replied, "\$29.95."

Later, as I munched on my barbecued ribs, I tried to figure out how those Maine lobsters could fly to Palm Beach County cheaper than Florida lobsters could swim in from the third reef

President's Memo on Swimming Pool Remodel and Upgrade

I hope everyone is well and you are enjoying the reopened pool. If everyone follows all the guidelines, it should be a good step towards normalcy. At the June 1st Board meeting, I said I would inform the community when I had more information on a possible pool replacement and upgrade. I received a possible planning number from One Stop Pool. His rough estimate for pool replacement is approximately \$210,000 to \$250,000. This includes lighting for night swimming, but does not include any retrofits required for the lights. It also assumes our existing pool equipment will be reused. It does not include the electrical retrofits in the equipment room. The removal and reinstallation of the pool deck and pavers would also be a separate subcontract, but all coping is included. The spa would be included in the cost of the pool replacement. Not included in this number are permits and engineering. It is way too early to determine the cost without going for formal bids. Formal bids would require more detailed drawings. The cost for the next phase of engineering would cost \$7,000. As a planning number, the project cost would be somewhere between \$320,000 to \$380,000.

We have received drawings from ACE Engineering for pool replacement. ACE advised that our pool is too small, according to new codes, for the 892 homes. Currently, our pool surface is 1737 sq. ft. These drawings and estimate include an increase of 47% to 2560 sq. ft. The January 2021 code would allow us to go even bigger. Our footprint could accommodate the increase, due to the inefficient shape of our existing pool. New features would include ability to swim laps. It also includes a sun shelf for lounging in the pool. Zero entry into the pool would make it easier for everyone to enter. The pool entrance is also moved so you walk into the pool directly from the shower. This would be a major upgrade to the development. This would give us a more modern and efficient pool with night swimming.

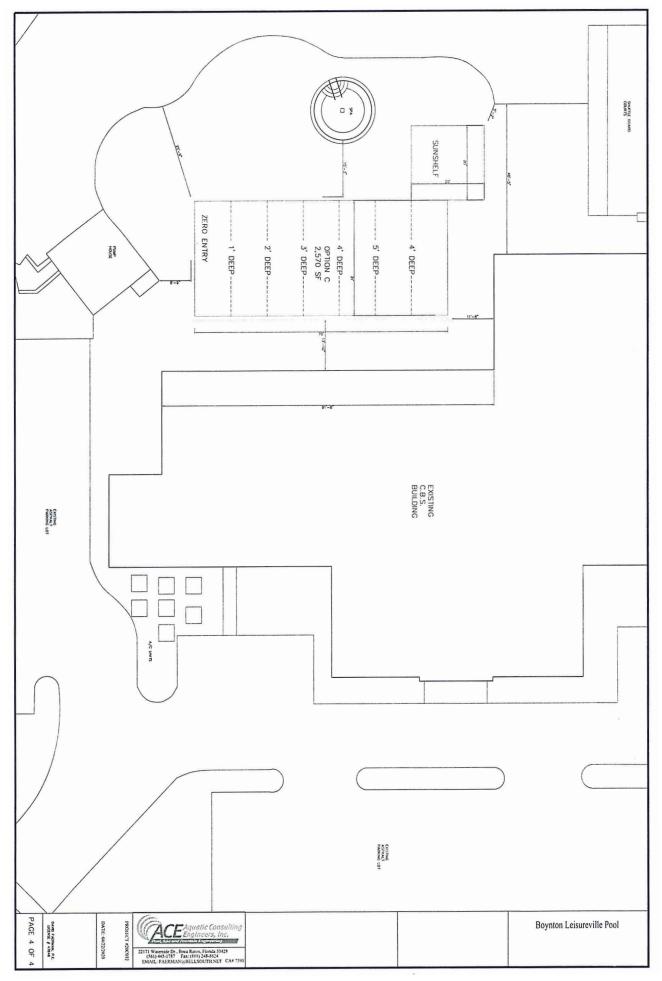
For planning purposes, we should factor in costs avoided. Lighting the current pool for night swimming could cost approximately \$110,000, and we are due for resurfacing at a possible \$40,000. And, remember, it is not possible to have lights in this pool. Also, the pool is also old, not in great shape and has no warranties.

This memo is for planning purposes only. It does not indicate any decisions or discussions by the Board. It is for informational purposes only and is only a best guess planning number. Funding has not been identified or discussed.

I have attached a preliminary schematic drawing. The main purpose of the drawing is to show the required size pool and the amount of space required. The specifics would be determined after a detailed planning process.

I wish everyone the best and I hope you are enjoying your life in Leisureville.

Howard Weisberg, President, Board of Directors



OUR E-MAIL ADDRESS IS:

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(you may send your articles here)

I know that it seems pretty long; however if you type once and put it into your contacts list — you can just click and send. This will ensure your privacy.

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COMINGEVENTS



SAVE THE DATE!

ENTERTAINMENT COMMITTEE EVENTS

Sat., Sept. 26, 2020 7:30PM Comedy Hour Show Sat., Oct. 31, 2020 7:00-10:00PM Halloween Party with

Random Play

Thurs, Dec. 31, 2020 8:30PM-12:30AM New Year's Eve Party

Fri., Jan. 22, 2021 7:30PM Ashley Cooper Show

Feb. 2021 - TBD

Fri., Mar. 12, 2021 7:30PM Voices of Legends Show —

Eric Kearns

April 2021 — TBD May 2021 — TBD

> Keep watching the Bulletin Board in front of the Clubhouse, Boynton Leisureville POST and Channel 63 for latest information — Website: https://www.boyntonleisureville.com

> > \star SAVE THE DATES \star



DATES 2020

August 25 October 27

September 22 November 24





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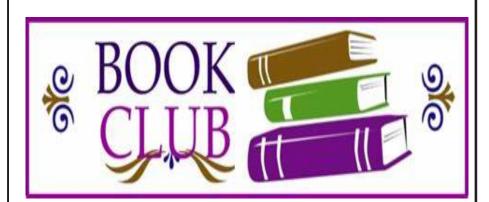
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THERE IS NO SMOKING IN THE POOL AREA. DESIGNATED SMOKING AREA IS BY THE SHUFFLEBOARD COURT ONLY!

NOTICE!!

THE NIGHT AT THE RACES EVENT of the Italian Heritage Club scheduled for March 28, 2020, will be rescheduled for the end of October, or early November. This will allow for our snowbirds to return. PLEASE SAVE YOUR PAID TICKETS, as they will be honored the night of the event.

The next regular meeting of the Italian Heritage Club will be on September 21, 2020. At that meeting, we will install a new Board and select a charity for our 2020 donation.

We hope everyone is safe and well at this time.

Ed Calabritto, President

SHOES ARE REQUIRED WHILE IN THE CLUBHOUSE (RECREATION CENTER)

GARBAGE COLLECTION SCHEDULE

Household Garbage pickup will be twice weekly on Monday and Thursday

Recycling will be once weekly on Monday

Bulk Trash will be once weekly on Thursday



Vegetation will be once weekly on Thursday

If for some reason, your bulk trash is not picked up on Thursday, please call the City of Boynton Beach at 561-742-6000 to arrange for immediate pick up.

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The **Boynton Leisureville Budget Committee** is looking for volunteers to help develop next year's budget. If you have an interest in the budgeting process and where your money is going, the Budget Committee will:

- Identify opportunities to manage HOA costs
- Provide better information for financial decisions
- Develop budget recommendations.

Meetings will be once a month starting in April. The only requirement is an interest in the budgeting process.

If interested, please contact
John Mainville
JPMAINVILLE@GMAIL.COM

RECREATIONAL FACILITIES PARKING PERMIT

If you intend to utilize the clubhouse parking lot for overflow parking from guest or a social function, it is imperative that you first visit the office of the association and obtain a temporary parking pass. You will then place the permit in the front window on the driver's side. This will ensure that your car is not towed away. If your car leaks any type of fluids, i.e., motor oil, brake fluid, power steering fluid, anti freeze, etc... YOU MAY NOT PARK IN THE PARKING LOT. Thank you for your cooperation in this matter.

Ted Sleeman, Property Manager



WELLNESS COMMITTEE PRESENTS

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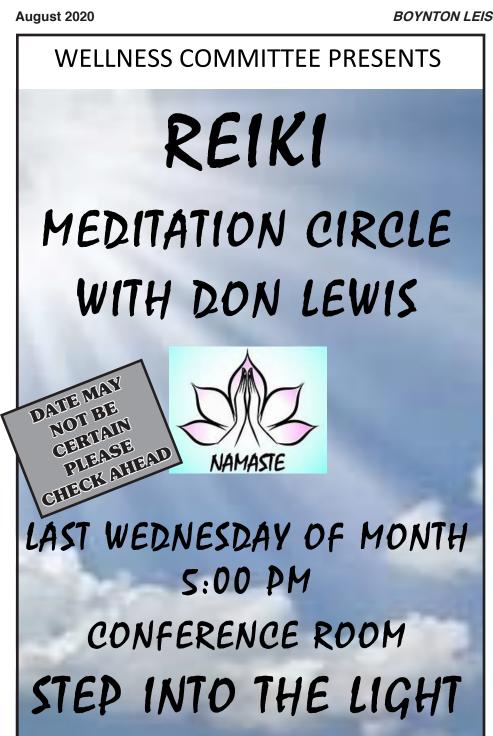
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YELLOW DOT

For several years, we have had a program available to us called "Do the Dot." This program is very similar to the "Vial of Life."

The purpose is to provide information to the emergency crew when you are involved in an incident, allowing them to be aware of your medical status.

You would receive a packet with a guide for you to provide the necessary information and place this in the glove box of your car. Emergency personnel would be aware to look, when they recognize the yellow dot placed on the drivers' side of the rear window of your car.

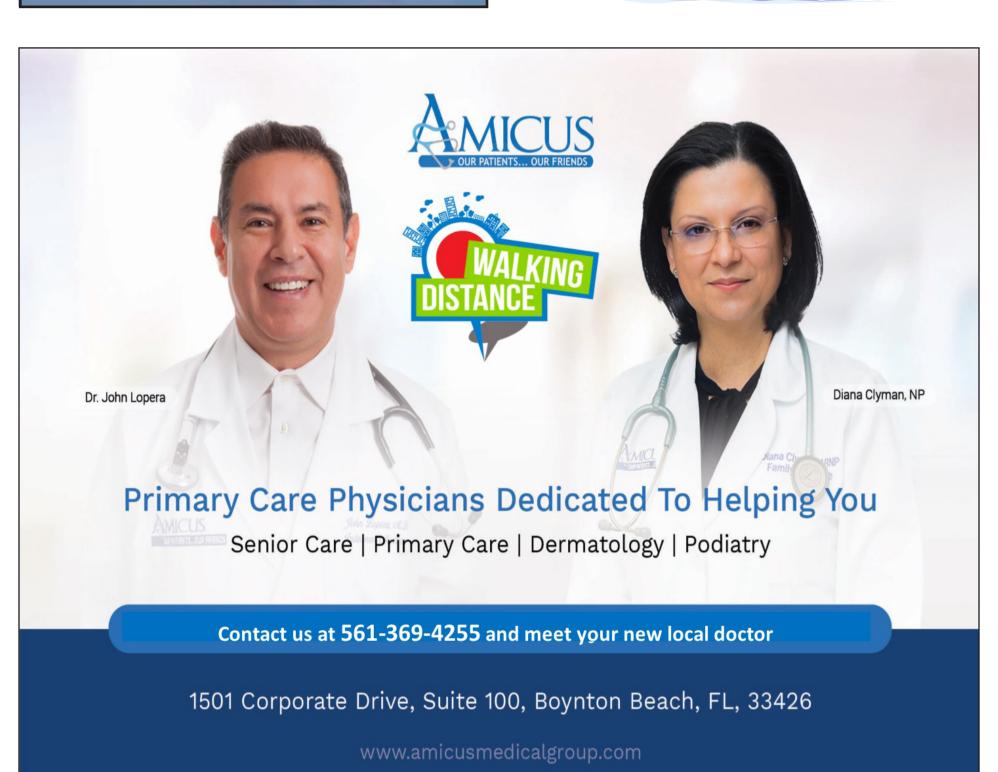
This lifesaving information can help rescue crews decide how to treat appropriately. This is especially important after a car accident where you may be unconscious, in shock or simply unable to communicate clearly.

Currently, Officer Schrecengost has some available and will be ordering more. I will be willing to be the liaison for residents interested in being part of the program.

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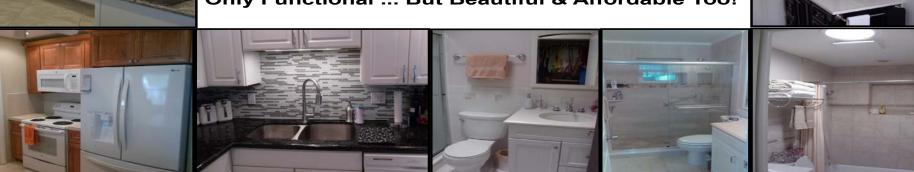
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Step 1



Phone 9-1-1 and get an AED.

Step 2



Cover your own mouth and nose with a face mask or cloth.



Cover the person's mouth and nose with a face mask or cloth.

Step 3



Perform
Hands-Only CPR.
Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

Step 4



Use an AED as soon as it is available.

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HAND AND FOOT

Wednesday, 6:00 PM
Come join us.
It's a fun game!
Questions? Call
Lillian Bruzzese, 736-7030



LEISUREVILLE MIXED BOWLING LEAGUE

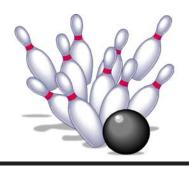
Mondays, 9:00AM — AMF Lanes on Boynton Beach Blvd. Great times. Great people. Lots of fun, \$14.00 per week (\$3.00 for each missed week).

Come join our League — Beautiful Banquet at End of Season — 25 Weeks of Bowling. Off Christmas and New Year's Week — Position Cash Prizes — At End of Season.

Always room for more bowlers.

If interested, please call Rich Cardamone, League President, 561-731-0006, for more information.

Richard F. Smith League Secretary



HAND AND FOOT



Friday, 1:00 PM
Come join us.
It's a fun game!
Questions? Call
Lynn Sarli, 561-200-4444

DO YOU LIKE TO PLAY BOARD GAMES??? CARD GAMES???

Please join us on Tuesdays at 4:00 PM in the game room — And bring your favorite board game — cards — or whatever!!! We love to learn to play new things! Will always have a Rummikub board and decks of cards!!! Please RSVP to Sandy Brandt, 561-271-9221. We will save you a seat!!!



DOMINO CLUB

This club is primarily for "Mexican Train Dominoes." We play at 1:00 PM on Thursdays.

If you have Mexican Train Dominoes, please bring them to the meeting. Other domino games can be played as well.

Stan Monfette





BOWLERS NEEDED: BOYNTON LEISUREVILLE MEN'S LEAGUE

The Leisureville Men's Bowling League is in need of bowlers in order to fill out team rosters. We bowl Thursday mornings at 9:10 a.m. from early-October to mid-April at the AMF Lanes on Boynton Beach Blvd. All men are welcome to join. Cost is \$14.00 per week (and \$4.00 for each week you miss).

We have the "Red Pin" feature in play for all our games. Each "Red Headpin" strike is worth \$1.00. We also have a "Mystery Game" drawing, which has a \$1.00 entrance fee. Numbers are drawn after each of the first two games and the person who's score for that game matches the winning number wins half the entrance pot.

If interested in joining the league, please contact Secretary/Treasurer John Theis, 973-610-3556, or email jtheis52@aol.com.



WANTED: Bridge Players



If you like to play Bridge, please come join us in the Card Room at the Recreation Center. We play on Tuesday at 12:30 PM. All are welcome.



THE BILLIARD ROOM

The Billiard Room is open from 7:00am to 10:00pm in our Clubhouse seven days a week.

At 10:00am every Wednesday morning and Saturday morning, and Tuesday evening at 6:30pm, pool players get together in the Billiard Room. Join them for a good time.



PINOCHLE

Pinochle is played in our Recreation Center on Wednesday and Thursday nights starting at 6:30pm. We are just about making two tables of four. Sometimes only a table of four and a table of three. We are asking if there is anybody out there who knows how to play pinochle and is willing to come and join us. If you played with us before and stopped coming for one reason or another we would love to have you back in the game. If you have friends outside of Leisureville who play don't be afraid to bring them along. They are welcome, too. The more the merrier. We would like to have all the new homeowners join us also. We hope to see more of you joining us for Pinochle.

Bob Del Greco



DATES MAY NOT BE CERTAIN
PLEASE CHECK AFFEAD





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REFRIGERATORS ★ WASHERS ★ DRYERS STOVES ★ DISHWASHERS ★ DISPOSALS

> MAJOR CREDIT CARDS
> LICENSED & INSURED
> FACTORY TRAINED

561.**967.2828**

NO SERVICE CHARGE WITH REPAIR
SENIOR CITIZEN DISCOUNT