



# Boynton Leisureville Post

## For An Active 55+ Community

Your Monthly Neighborhood Newsletter

50¢ NON-RESIDENTS

PUBLISHED BY THE BOYNTON LEISUREVILLE COMMUNITY ASSOCIATION, INC.

JULY 2020

# CELEBRATE SAFELY

**PLEASE USE CAUTION • STAY AT HOME, IF POSSIBLE • USE MASKS**



*Please turn to page 6 for the President's Message*



### **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 Switchboard .....             | 742-6000       |
| Animal Control.....                     | 742-6210       |
| Poison Control .....                    | 1-800-222-1222 |
| Boynton Leisureville Clubhouse .....    | 732-2307       |
| FirstService Residential.....           | 1-866-378-1099 |

*Just A Reminder*

### **CONTACT US:**

Email: [boyntonleisurevillepost@gmail.com](mailto:boyntonleisurevillepost@gmail.com)  
Website: <https://www.boyntonleisureville.com>




**Boynton**

*Leisureville*

An Adult Community Since 1975

1807 S.W. 18th Street  
Boynton Beach, FL 33426

U.S.  
POSTAGE



# Boynton Leisureville Post

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.*

**DIRECTORS AND OFFICERS:**

|                 |                |
|-----------------|----------------|
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| Term: 2020-2022 |                |
| Regina Martini  | Vice President |
| Term: 2020-2022 |                |
| Avis Peterson   | Secretary      |
| Term: 2020-2022 |                |
| William Hebert  | Treasurer      |
| Term: 2020-2022 |                |
| Pat Mihalik     | Director       |
| Term: 2020-2021 |                |
| Joe Hish        | Director       |
| Term: 2019-2021 |                |
| Rick Petersen   | Director       |
| Term: 2019-2021 |                |

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Cindy Prilik, Secretary  
Clarona Pierre-Louis, Administrative Assistant

**MANAGING EDITOR:**  
Jean Sliwa

**ASSISTANT TO MANAGING EDITOR:**  
TBA

**ADVERTISING ACCOUNTING MANAGER:**  
John McAnallen (734-6186)

|                     |                               |
|---------------------|-------------------------------|
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| Treasurer           | TBA                           |
| Staff Writers       | Tom Collins                   |
|                     | Sarah Lyons                   |
|                     | Joanne Panciera               |
|                     | Moonyeen Park                 |
| Typists             | Mirjam Konkola                |
| Circulation Manager | Bob Del Greco and Bill Hebert |

**HONOR ROLL**

|                                 |                           |
|---------------------------------|---------------------------|
| David Sobel - Mg. Editor        | Ray Gabel - Mg. Editor    |
| Rita Nelson - Asst. Editor      | Ed Bowley - Mg. Editor    |
| Marian Frank - Asst. Mg. Editor | Guy Barrella - Cir. Mgr.  |
| Marie Mattlin - Mg. Editor      | George Tucker - Cir. Mgr. |
| Norma Miller - Mg. Editor       | Leonora Keyes             |
| Tina Bowley                     | Jean Sliwa - Mg. Editor   |

**BOYNTON LEISUREVILLE POST POLICIES:**

Policy Committee Editorial Staff

**ADVERTISING:**

NEITHER THE BOYNTON LEISUREVILLE POST NOR THE BOYNTON LEISUREVILLE COMMUNITY ASSOCIATION ACCEPT RESPONSIBILITY FOR OUR ADVERTISERS' CLAIMS OR WORK PERFORMANCES.

Our advertisers enable us to prepare and distribute this newspaper without cost to the Community. Although we cannot endorse our advertisers, your patronage will assure their continued support in this effort.


**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



## Boynton Leisureville

An Adult Community Since 1975

1807 S.W. 18<sup>th</sup> 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 RESIDENT THAT IS 55 YEARS OF AGE OR OLDER**

**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**

**July 30**

**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: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

☐ RoboCall      ☐ Text      ☐ 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.






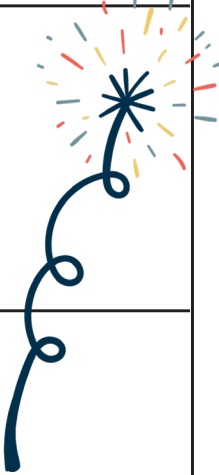
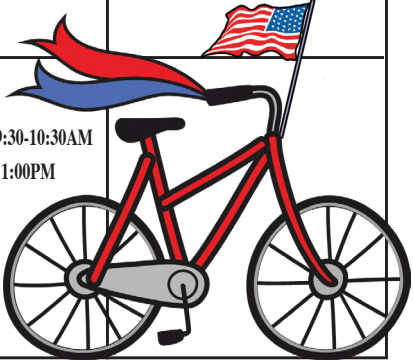
Please Email the information to:  
**BoyntonLeisureville@gmail.com**

# KEEP CALM — STOP THE SPREAD



# JULY 2020

**DATES MAY NOT BE CERTAIN  
PLEASE CHECK AHEAD**

| Sun   | Tues   | Wed  | Thu   | Fri  | Sat   |
|---|--|--|---|--|---|
|              |  | <b>1</b><br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>BILLIARDS 9:00AM<br>HAND & FOOT 6:00PM<br>PINOCHLE 6:30PM | <b>2</b><br>BULK P/U<br>GARBAGE/VEG P/U<br>VOL. SEWING 9:00AM<br>YOGA/MEDIT. 11:00AM<br>DOMINOS 1:00PM<br>PINOCHLE 6:30PM   | <b>3</b><br>WATER AEROBICS 9:30-10:30AM<br>HAND & FOOT 1:00PM  | <b>4</b><br><br>INDEPENDENCE DAY                                   |
| <b>5</b>  | <b>6</b><br>TRASH & RECYCLE P/U<br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>YOGA 5:00PM  | <b>7</b><br>DUPL. BRIDGE 1:00PM<br>DANCERCISE 2:00PM<br>BOARD GAMES 4:00PM   | <b>8</b><br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>BILLIARDS 9:00AM<br>HAND & FOOT 6:00PM<br>PINOCHLE 6:30PM  | <b>9</b><br>BULK P/U<br>GARBAGE/VEG P/U<br>VOL. SEWING 9:00AM<br>YOGA/MEDIT. 11:00AM<br>DOMINOS 1:00PM<br>PINOCHLE 6:30PM                            | <b>10</b><br>WATER AEROBICS 9:30-10:30AM<br>HAND & FOOT 1:00PM  |
| <b>12</b><br> | <b>13</b><br>TRASH & RECYCLE P/U<br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>YOGA 5:00PM | <b>14</b><br>DUPL. BRIDGE 1:00PM<br>DANCERCISE 2:00PM<br>BOARD GAMES 4:00PM  | <b>15</b><br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>BILLIARDS 9:00AM<br>HAND & FOOT 6:00PM<br>PINOCHLE 6:30PM | <b>16</b><br>BULK P/U<br>GARBAGE/VEG P/U<br>VOL. SEWING 9:00AM<br>YOGA/MEDIT. 11:00AM<br>DOMINOS 1:00PM<br>PINOCHLE 6:30PM                           | <b>17</b><br>WATER AEROBICS 9:30-10:30AM<br>HAND & FOOT 1:00PM  |
| <b>19</b>   | <b>20</b><br>TRASH & RECYCLE P/U<br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>YOGA 5:00PM | <b>21</b><br>DUPL. BRIDGE 1:00PM<br>DANCERCISE 2:00PM<br>BOARD GAMES 4:00PM  | <b>22</b><br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>BILLIARDS 9:00AM<br>HAND & FOOT 6:00PM<br>PINOCHLE 6:30PM | <b>23</b><br>BULK P/U<br>GARBAGE/VEG P/U<br>VOL. SEWING 9:00AM<br>YOGA/MEDIT. 11:00AM<br>DOMINOS 1:00PM<br>PINOCHLE 6:30PM                           | <b>25</b><br>  |
| <b>26</b>   | <b>27</b><br>TRASH & RECYCLE P/U   | <b>28</b><br>DUPL. BRIDGE 1:00PM<br>DANCERCISE 2:00PM<br>BOARD GAMES 4:00PM<br>BINGO 5:45PM                                | <b>29</b><br>FITNESS 9:00-10:00<br>WATER AEROBICS 9:30-10:30AM<br>BILLIARDS 9:00AM<br>HAND & FOOT 6:00PM<br>PINOCHLE 6:30PM | <b>30</b><br>BULK P/U<br>GARBAGE/VEG P/U<br>VOL. SEWING 9:00AM<br>YOGA/MEDIT. 11:00AM<br>DOMINOS 1:00PM<br>ARTISTS' LEAGUE 3:00PM<br>PINOCHLE 6:30PM | <b>31</b><br>WATER AEROBICS 9:30-10:30AM<br>HAND & FOOT 1:00PM<br> |





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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- Screening Programs
- Vaccines & Flu Clinic
- Weight Loss and Nutritional Counseling
- Chronic Care Management
- Healow Patient Portal
- Patient Education
- In-House Pharmacist
- Diabetes Prevention Program
- Chronic Heart Failure Clinic
- Patient-Centered Medical Home Certified
- Hypertension Clinic
- Botox and Fillers

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- Eye Screening for Glaucoma
- EKG
- Pulmonary Functions Test (Spirometry)
- Holter Monitoring
- Bone Density Scanner (Mini Omni)
- Body Composition
- Peripheral Vascular Study
- Nebulizer Treatments
- Injections
- PT INR Clinic

“Coordination of care leads  
to healthcare excellence.”



MMR HEALTHCARE  
2015 Ocean Drive Suite #11  
Boynton Beach, FL 33426

Main Office Hours:  
Monday- Friday 8 a.m. - 5 p.m.  
Urgent Care Walk-In Suite #7:  
Saturday 9 a.m. - 4 p.m.  
Sunday 9 a.m. - 2 p.m.

(561) 364-8056  
info@mmrhealthcare.com  
MMRHEALTHCARE.COM  
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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

**HEAT-RELATED DISORDERS**

Heat stroke occurs when the body no longer sweats and body temperature reaches dangerous levels. Symptoms of heat stroke include:

- Dry, hot reddish skin and lack of sweating
- High body temperature
- Strong, rapid pulse
- Chills
- Confusion
- Slurred speech

Heat exhaustion is the body’s response to the loss of water and salt, typically through sweating. Symptoms of heat exhaustion include:

- Excessive sweating
- Weakness or fatigue
- Dizziness and/or confusion
- Clammy skin
- Muscle cramps

Usually on neck and upper chest, groin area, under the breasts, and in elbow creases.

- TEN HOT WEATHER SAFETY TIPS:**
1. **Stay hydrated.** Drink plenty of fluids; drink about 16 ounces before starting and 5 to 7 ounces every 15 or 20 minutes.
  2. **Avoid dehydrating liquids.** Alcohol, coffee, tea and caffeinated soft drinks can hurt more than help.
  3. **Wear protective clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat. Change clothing if it gets completely saturated.
  4. **Pace yourself.** Slow down and work at an even pace. Know your own limits and ability to work safely in heat.
  5. **Schedule frequent breaks.** Take time for rest periods and water breaks in a shaded or air conditioned area.
  6. **Use a damp rag.** Wipe your face or put it around your neck.
  7. **Avoid getting sunburn.** Use sunscreen and wear a hat if working outside.
  8. **Be alert to signs of heat-related illness.** Know what to look for and check on other workers that might be at high risk.
  9. **Avoid direct sun.** Find shade or block out the sun, if possible.
  10. **Eat smaller meals.** Eat fruits high in fiber and natural juice. Avoid high protein foods.

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

|                    |                      |                   |
|--------------------|----------------------|-------------------|
| Anastasio, Andrew  | Ekvall, Nile         | Melkonian, Simon  |
| Anderson, JoAnne   | Farrell, Patrick     | Merritt, Geri     |
| Anderson, Ronald   | Garside, Janice      | Mihalik, Patricia |
| Anthony, Lottie    | Holmes, Jim          | Miller, Geraldine |
| Antonellis, Janet  | Holmes, Susan        | Ortagus, Nancy    |
| Antoniou, Patricia | Khan, Karen          | Ortagus, Bill     |
| Benning, Wanda     | Klingerman, Tom      | Ortiz, Marian     |
| Bifora, Peter      | Konkola, John        | Panciera, George  |
| Bosco, Frank       | Konkola, Mirjam      | Panciera, Joanne  |
| Breines, Bonnie    | Kopystynsky, Leanne  | Roman, Connie     |
| Bruzzese, Lillian  | Kopystynsky, Richard | Romanoff, Carol   |
| Butchko, George    | Kubiak, Theresa      | Ryan, Claire      |
| Butchko, Susan     | Laffin, Judy         | Schoenrock, Ruth  |
| Cirigliano, Mary   | Lawrence, Diane      | Sliwa, Jean       |
| Cohen, Bernie      | Lawrence, Robert     | Smith, Janet      |
| Cole, Jeffrey      | Lonergan, Rose Marie | Sutain, Jeffrey   |
| Cole, Julia        | Loomis, Jean         | Sutain, Gertrude  |
| Cox, James         | Loomis, Jerry        | Tonko, Joe        |
| Cox, Margaret      | Lorenzo, Dolores     | Tonko, Sue        |
| Davis, Laura       | Lovett, Dana         | Waldman, Barbara  |
| Deidun, Franklin   | Lutman, Jacqueline   | Weiss, Arthur     |
| Delaney, Joyce     | Mainville, Catherine | Wolf, Rudy        |
| DiAmantis, Emilio  | Markl, Marsha        | Wolf, Veronica    |
| Doyle, Ed          |                      | Wunsch, Gerry     |

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



**COP Business Sponsors 2019-2020 Season**

Anna Quaranta — Hudson Realty, AAM Industries  
Robert McGowan Air Cond., Robert L. Levine, MD  
Scobee Combs Bowden Funeral Home & Crematory  
Mignano’s Lawn Care, Dave Ernst — Hudson Realty  
Bailey’s Home Improvements, A-Appliance Service  
RID-A-PEST, Affordable Medicare Solutions  
Janice Robinson — Coldwell Banker

**COP Resident Sponsors 2019-2020 Season**

Richard & Lyn Sarli, Bill Quinette & Janet Block

*Support the businesses that support us!*

**Happy Birthday to our C.O.P.  
Members Celebrating  
Birthdays in July!**

Lillian Bruzzese 7/5, Dana Lovett 7/9



## 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  
One Nation Under God!*

## BASIC INTEGRITY INSURANCE

HELLO TO ALL MY FRIENDS IN LEISUREVILLE!  
I’m **DAWN DIMAMBRO**, Owner/Agent and I’ve been serving  
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& let our friendly staff assist you. We look forward to  
hearing from you, your family and friends!

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- Umbrella Policy
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- Auto



**2206 S. Seacrest Blvd., Suite #1, Boynton Beach, FL 33435**  
**Office 561-734-4006 / www.basicintegrityinsurance.com**  
\*\*We are located East of I-95. Woolbright Road to Seacrest Blvd.,  
turn South ½ mile. New location East side of road, next door to the pre-school.

# President's Message

Hello Leisureville Residents and Homeowners.

We are still under restrictions resulting from the Coronavirus, but the Association continues to operate, and it has been a busy month. The Board continued with normal operations, including home sales and rental approvals, Architectural Modifications approvals and Board meetings. The Board held its monthly meeting using ZOOM on June 1st. ZOOM meetings have become exceedingly popular with 117 devices logged on. Many people were watching and taking part in the meeting live. The meeting went quite well, and a lot of business was conducted. The Association's insurance coverage was ratified at a cost of \$61,806. Coverage includes: Property, General Liability and Crime, Directors and Officers, Workers Compensation, and an umbrella policy. The Board also approved a contract with Miami Pool Tech to maintain chemical levels in the pool on weekends. This service is required by State law and the County. The Board also ratified two emergency contacts with Kilbourne for a sinkhole repair on Roma Way and a broken pipe in the roadway on Sixteenth Street.

Budget season is upon us. John Mainville is forming a Budget Committee and will work with the Board and FirstService to develop the best budget for Leisureville. We have already saved considerable amounts on the weed control and the pump maintenance contracts. We will continue to examine cost centers for savings.

The Board also voted unanimously to open the pool on June 8, under CDC and Palm Beach County requirements. Gina, Avis and all the staff, worked extremely hard to make the pool available to residents under the current conditions. So far, with the cooperation of residents, it has gone very well. All necessary supplies for opening the facilities are on hand and a Plexiglas shield has been installed on the office window. All available precautions are being considered. We are all looking forward to the next phase.

I know we are still in the pandemic, but now it is hurricane season. Please trim your trees and remove coconuts from your palm trees. It is in consideration for your neighbors that you secure everything that could become a missile in the storm. Checklists for hurricane preparedness are available. If you need help, call the office. The staff has started to prepare the facilities for the storm season.

We, as a community, are facing a great many challenges. The Coronavirus has made life more difficult, creating anxiety among our residents. And now, we are facing our storm season with the usual problems. I hope everyone is well supplied and has made arrangements for storm preparation.

Now, more than ever, we must be united as a community. Get to know your neighbors and form contact lists. We have been physically isolated for many months, but we must remain a community in the times ahead. We should be in a position where we can aid neighbors.

The Board of Directors has been working with staff to maintain operations during these times. We wish everyone a happy and safe summer.

Howard Weisberg, President, Board of Directors



## 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.**

|||||



**(561) 966-6262**

*When your Air Conditioner is on the blink, you don't need some smooth talking repairman. You need INTEGRITY.*

PREVENTIVE MAINTENANCE GIVES YOU THE MOST EFFICIENT COOLING FROM YOUR UNIT AND REDUCES THE CHANCES OF COSTLY BREAKDOWNS.

**PREVENTIVE MAINTENANCE INCLUDES:**

|                                    |                                      |
|------------------------------------|--------------------------------------|
| • Check Filtration System          | • Tighten All Electrical Connections |
| • Flush Drain Line & Add Algaecide | • Check Amp Draws                    |
| • Check Freon Pressures            | • Check Heat-Mode                    |
| • Lubricate Motors                 | • Clean Condenser Coil               |
| • Calibrate Thermostat             | • Check Temperature Differential     |

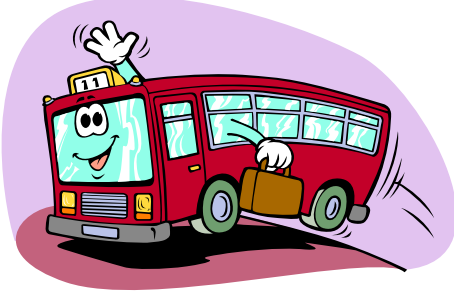
**\$50.00**

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| • FPL Participating Contractor  |  |

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**DICK ALTMAN — OWNER**  
*"We Keep Appointments"*

**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



**COMCAST CUSTOMER SERVICE CENTER**  
**Boca Raton**  
**7201 N. FEDERAL HIGHWAY, 33487**

**HOURS OF OPERATION**  
**MON-FRI: 8:00 AM - 5:30 PM**  
**SATURDAY: 9:00 AM - 1:00 PM**  
**CLOSED SUNDAY**

**YOU CAN SPEAK WITH A CUSTOMER SERVICE PERSON AND GET ANSWERS TO YOUR QUESTIONS OR PICK UP EQUIPMENT AT A CONVENIENT LOCATION TO LEISUREVILLE.**



**RID-A-PEST, Inc.**  
**Termite & Pest Control**  
**Locally Owned & Operated**

**Let Us Help You With All Your Pest Problems**

- **Termite Warranties**  
At Reasonable Prices!
- **Pest Control**  
Ants, Roaches, Fleas

- **Termite Inspections**  
Selling or Buying a Home?
- **Lawn Care**  
Fire Ants, Chinch Bugs, Fertilization, Fleas

**(561) 498-4623**

**Vickie Beane Mitchell**  
*From a family of exterminators  
Serving Palm Beach County  
Over 40 Years*

**5236 Adams Road**  
**Delray Beach, FL 33484**

**L~P INTERIOR DESIGN TEAM**

***You Deserve To Have A Beautiful Bright Home!***

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# Theatre Guild

By Fred H. Yawitz, Director

There have been folks thru the years who have come and gone... in the show one year, then not in it for a year or two, then want back in, then are gone, again. And, that is perfectly fine. But, it will take many shows before that person will ever see the “Best” awards — no matter how good that person actually may be. Does that sound harsh? I hope not. Rather I hope that the system sounds like a “fair” system, and that the awards are not forced to become a “popularity contest.”

We have continued to work on the redux of the big 40th anniversary production of *“A Walk On The Wildside — 2021.”* Every song will have a sense of “wildness” about it, a sense of being wild, going wild, out of control, and, of course, where that gets you at the end. This year’s show may come across as maybe slightly “edgier” than Leisureville may be used to, but, after all, we are an adult “55+” community... and, it will still be a family show... just maybe a

little more “PG-13” rated. We can handle that, yes? Yes!

We have had several new residents and friends with a desire to be on our stage. We have even had members who say that they can really sing and yet are settling for a pantomime song. If you are one of these, or know of someone who can really sing “live,” please do not hesitate to let me know. I cannot give you a microphone if I do not know if you can use one.

With the current number of cast members, plus those additional ones, our normal two- and one-half-hour show would be closer to a three-hour show, as it was this past time. Could our audiences sit that long? Even with a 15 minute intermission? I would hope so... or, we may need to simply say that not every cast member would be doing two numbers. We can always have cast members solely be in the chorus and not be required or expected to have “solo” numbers. We already have a couple in that category. Nothing wrong with that.

This year, the main “open casting call” will be held on Thursday, October 15th at 6:30pm. Most of our snowbirds are home by then. This year, there will again 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 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 and how much the cast insisted on doing the rehearsals.

As we begin working in earnest on the new production, I am reminded of the costume storage area behind the kitchen. With our new acquisitions over the last couple of years, our needs have expanded. We must find a place to expand our storage area. Hopefully, there could be found a larger storage spot somewhere. Maybe we could do a little re-arranging in the boxes themselves, like getting

new plastic bins that could hold more in a smaller spot. Seems to be working nicely for Mix ‘N Mingle...

We had already begun to put the new show on rehearsal CDs, and we are running low on our supply. Please check your piles very closely, because some of the missing CDs may be from previous years, as well. Thanks in advance!

Now... on to March 20 and March 21... and the celebration of our big 40th anniversary, with *“A Walk On The Wildside — 2021.”* And several surprises for the Gala party, too.

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 also for those who have gone on ahead of us. They are all still loved, and very much missed. So, in the meantime, stay safe, stay healthy, and please stay home!

# Before You Sign a Pre-Paid Funeral Contract, Read Between the Lines

At Scobee-Combs-Bowden Funeral Home & Crematory, we feel an obligation to caution the public and our customers when signing pre-paid funeral contracts. Unfortunately, some funeral homes and cemeteries do not protect your money, nor will they always provide a refund at customers request.

At Scobee-Combs-Bowden Funeral Home & Crematory, Boynton Beach, we guarantee:

- We will refund 100% of your monies should you decide to cancel your contract at any time. Not all funeral homes do this.
- 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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## Coming Soon!

# “A Walk On The Wildside — 2021”



## 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.

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*



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**2300 SW 21st Way**  
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**Asking \$ 259,900**  
*Courtesy of W Douglas Harris*



**1902 SW 16th Avenue**  
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**Asking \$ 199,000**  
*Compliments of BAR Invest Realty*



**2087 SW 13th Terrace**  
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Of POSH Properties  
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CERT HURRICANE EMERGENCY SUPPLY KIT SHOPPING LIST



Emergency Supply Kit Shopping List

Everyone needs to prepare for emergency situations, but shopping for supplies can be expensive and strenuous. Shopping for items a little at a time before an event, can reduce the stress of recovery by avoiding long lines and empty shelves.

Get a Head Start & Be Prepared!

Palm Beach County  
Public Safety Department  
Emergency Management Division

[www.pbcgov.org/dem](http://www.pbcgov.org/dem)



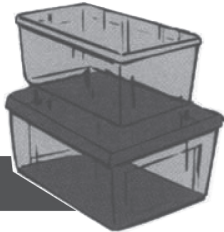
Palm Beach County  
Board of County Commissioners

In accordance with the provisions of the ADA, this brochure can be made available in an alternate format. Contact Emergency Management at (561) 712-6400.

Rev. 06/12

Keep in a Waterproof Portable Container

- Will, insurance policies, contracts, deeds, stocks, and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)



TO DO LIST Before the Season Starts

- ☐ Make a family plan. Who does what and where will your family ride out the storm
- ☐ Locate your water meter and electrical shutoff
- ☐ Know the disaster plan of your child's school or daycare
- ☐ Trim trees and store loose objects
- ☐ Install/test your smoke detector
- ☐ Use a video camera to tape the contents of your home and store videotape with a friend who lives out of town
- ☐ Photocopy important papers and store safely
- ☐ Make plans to board your pet if you plan to go to a shelter
- ☐ Obtain cash or travelers checks
- ☐ Establish an out-of-state contact to call in case of emergency

Food Week 1

- ☐ 1 Gallon of water per person per day for at least 5 days, for drinking and sanitation
- ☐ Sandwich bread (freeze until needed)
- ☐ 3 Boxes of quick energy snacks (i.e. granola bars or raisins)
- ☐ 2 Cans of ready-to-eat-soup
- ☐ 1 Box of crackers
- ☐ Dry cereal
- ☐ 4 Cans of fruit
- ☐ 5 Cans of meat
- ☐ 4 Cans of vegetables
- ☐ 1 Jar of jelly or jam
- ☐ 1 Large can of juice
- ☐ Instant coffee/tea/powdered drinks



Water

Water will be needed for drinking, cooking, and bathing. Store enough bottled water for all members of your family and pets before the storm. Clean water that could be used for bathing & washing dishes is in your water heater.

Storage Week 2

- ☐ 2 Boxes of large plastic zip bags
- ☐ Plastic wrap
- ☐ 2 Rolls of aluminum foil
- ☐ Assorted plastic containers with lids
- ☐ 3 Boxes heavy-duty garbage bags
- ☐ Waterproof portable plastic container with lid

Preserving Food & Important Documents

Electrical power can be off for several days after a storm, so plan for power outages. Also, use waterproof containers to protect important papers.



Health & First Aid Week 3

- ☐ 1 Bottle of shampoo
- ☐ 1 Box sanitary hand wipes/liquid
- ☐ 1 Large tube of toothpaste
- ☐ Antiseptic
- ☐ Deodorant
- ☐ Tweezers
- ☐ Adhesive bandages, assorted sizes
- ☐ Rolls of gauze or bandages
- ☐ Hydrogen peroxide
- ☐ First Aid book
- ☐ First Aid tape
- ☐ Petroleum jelly
- ☐ Rubbing alcohol



First Aid

During a storm, phone and electrical lines go down. Dangerous weather conditions prevent emergency vehicles from responding to emergency situations. Preparing yourself and your family with CPR and First Aid training can save the life of a loved one.

Cleaning & Supplies Week 4

- ☐ 2 Packages of eating utensils, paper cups, paper plates
- ☐ Facial tissues (i.e. Kleenex)
- ☐ 2 Rolls of paper towels
- ☐ 4 Rolls of toilet paper
- ☐ Liquid dish soap
- ☐ Mosquito repellent
- ☐ Matches
- ☐ 2 Pairs of latex gloves
- ☐ Broom, mop, and bucket
- ☐ Unscented liquid bleach

Use What You Have

Stock up on personal care and cleaning items. Check your supplies now to make sure you have these supplies on hand. Don't forget disposable plates, cups and utensils, paper towels, and toilet paper. Insect repellent and sunscreen should be included. If you have an adequate supply on hand, you will not need to purchase them when you go shopping.



Medications Week 5

- ☐ Extra supply prescription medication(s)
- ☐ Aspirin and/or acetaminophen
- ☐ Anti-diarrhea medicine
- ☐ Adult vitamins
- ☐ Thermometer



Special Needs Shelter

The county Special Needs Shelter only accepts residents with a physical condition requiring medical or nursing care that cannot be provided for in a general population shelter. Individuals must be able to sleep safely on a cot or mat and meet one of the following criteria:

- Need nursing assistance with medications or medical care administration
- Monitoring vital signs or medical conditions or activities of daily living but do not need hospitalization
- Need constant electrical power for medical equipment

Pre-registration is required for individuals needing to use the Special Needs Shelter.

To register call: (561) 712-6400

Common Tools Week 6

- ☐ Battery operated radio
- ☐ Flashlights
- ☐ Flashlight batteries
- ☐ Assorted safety pins
- ☐ Scissors
- ☐ Screwdrivers
- ☐ Pliers
- ☐ Vise grips
- ☐ Hammer(s)
- ☐ Heavy-work gloves
- ☐ Stove fuel/charcoal, lighter fluid
- ☐ Camping or utility knife
- ☐ 1 Box disposable dust mask
- ☐ Plastic safety goggles



Tune In

Local media are your primary source of information during disaster. They work with the Emergency Operation Center to provide up-to-date information that can keep you safe. Be sure to have a battery-operated radio and stock up on plenty of batteries. Stay informed about weather conditions, hazards, closed roads, curfews, and relief center locations.

Heavy Tools Week 7

- ☐ Plywood & fasteners to cover windows
- ☐ Tarpaulin, canvas for temporary roof repair
- ☐ Handsaw and/or chain saw & fuel
- ☐ Assorted nails
- ☐ Wood screws
- ☐ Hatchet
- ☐ Crowbar

Safety

Most hurricane related injuries occur after the storm when people are cleaning up debris. Wear proper safety gear, make sure you know how to properly use power tools and machinery and never work alone. It may be best to hire skilled and insured professionals to do some work.



Special Items Week 8

- ☐ Special foods for special diets
- ☐ Extra hearing aid batteries
- ☐ Items for denture care
- ☐ Spare eyeglasses or contact lens supplies
- ☐ 1 Gallon of water per pet
- ☐ Leash or pet carrier
- ☐ Pet food
- ☐ Baby food
- ☐ Diapers
- ☐ Baby wipes



What You Need

Only you know what you need. Some families will need special items added to their disaster list. These include baby food and baby care items as well as items for your pet. Make sure you have spare batteries for your hearing aid and a spare pair of eyeglasses. Remember *pets are not allowed in general shelters*. If you live in an evacuation zone, *pets can be pre-registered for the Pet Friendly Shelter* by calling (561) 233-1266. [pubsafety.pbcgov.org/animals](http://pubsafety.pbcgov.org/animals)

Smart Supplies Week 9

- ☐ Batteries for camping lantern
- ☐ Battery powered camping lantern
- ☐ Portable camp stove or grill
- ☐ Video or disposable camera

Your Property



Before hurricane season, make a complete inventory of your valuables and personal property. Store important documents and valuables in a safe dry place. If you evacuate, take them with you if you can. Take a photo inventory before the storm and then take photos of any damage after the storm and then take photos of any damage after the storm for your insurance adjuster. Be sure that you are properly insured and understand all of the conditions of your policy prior to a disaster. This will save you from unfortunate surprises during recovery.

Helpful Supplies Week 10

- ☐ Games/activities for kids/family
- ☐ Extra radio batteries
- ☐ Local and state road maps
- ☐ Gas cans

Have Patience

Damage after a hurricane is unpredictable. It can take several days, and in some cases, several weeks to restore power. Crews will begin work as soon as they can to clear roads and restore services. Be patient. Plan for loss of power, phones, water, and cable television. Have activities on hand for your family. Remember that everyone in the community is experiencing the same disaster. **DO NOT HOARD FUEL.** *Work together and help your neighbor.*



Everyday Safety Week 11

- ☐ ABC certified fire extinguisher
- ☐ Smoke detector with battery
- ☐ Carbon monoxide detector

Everyday Supplies

Disasters can happen without warning. It is a good idea to have disaster supplies on hand year-round. Make sure you always have a working fire extinguisher, smoke detectors, and a carbon monoxide detector. These items save lives and reduce property damage. To reduce risk of fire, **DO NOT USE CANDLES**. Never use a generator or charcoal grill inside your home or inside your garage.



Palm Beach County  
Public Safety Department  
Emergency Management Division

[www.pbcgov.org/dem](http://www.pbcgov.org/dem)

Palm Beach County  
Public Affairs Department

[www.pbcgov.org/dem](http://www.pbcgov.org/dem)



# ATTENTION

## AUDIO - VISUAL HELP NEEDED

The Audio/Visual Team is looking for volunteers to operate the sound and video equipment in the auditorium, for meetings and events.

I prefer someone who has some electronics background, and/or experience with sound and video equipment. I will provide training and visual guides for the equipment. If you are interested, contact Team Leader, Bill Hebert, at 561-740-2820.

If you see anything that MIGHT be suspicious or strange — make the call!!! If you do nothing else, call the police non-emergency

**# 732-8116**

*You may remain anonymous*

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**CLUBHOUSE HOURS ARE 6:00 AM TO 10:00 PM!**

**THE ALARM IS AUTOMATICALLY SET TO GO ON AT 10:00 PM. IF YOU ARE STILL IN THE BUILDING AND THE ALARM GOES OFF, WE CAN CHECK THE VIDEO CAMERAS TO SEE WHO SET OFF THE ALARM, AND IF WE ARE BILLED FOR A FALSE ALARM FROM THE POLICE DEPARTMENT, YOU WILL BE BILLED FOR THE CHARGES!**

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## ATTENTION

**Pool gate is not to be propped open at any time. This is a security violation and could cause your swipe card to be deactivated.**

**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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*Wendy Elias*

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The Speed Limit within our community is 25 miles per hour. Please drive slowly.



## HELP WANTED

Help is needed maintaining the Boynton Leisureville Website. The requirements are:

1. An interest in promoting a positive image of Boynton Leisureville.
2. Basic computer skills with Microsoft Office modules a plus.
3. An understanding of the informational needs of the community of Boynton Leisureville.

Contact: Jim Holmes at:  
info@BoyntonLeisureville.com





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**JULY 28, 2020**  
**Doors open 5:00pm**  
**Early Bird 5:45pm**



**BICYCLE RIDERS**  
**PLEASE NOTE**




**WHEN YOU ARE RIDING YOUR BICYCLE DURING THE DUSK TIME OR EARLY MORNING PLEASE BE SURE YOUR BICYCLE IS EQUIPPED WITH GOOD LIGHTING AND/OR LARGE REFLECTORS. THIS IS FOR YOUR SAFETY AS WELL AS FOR THE VEHICLE DRIVER.**

**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





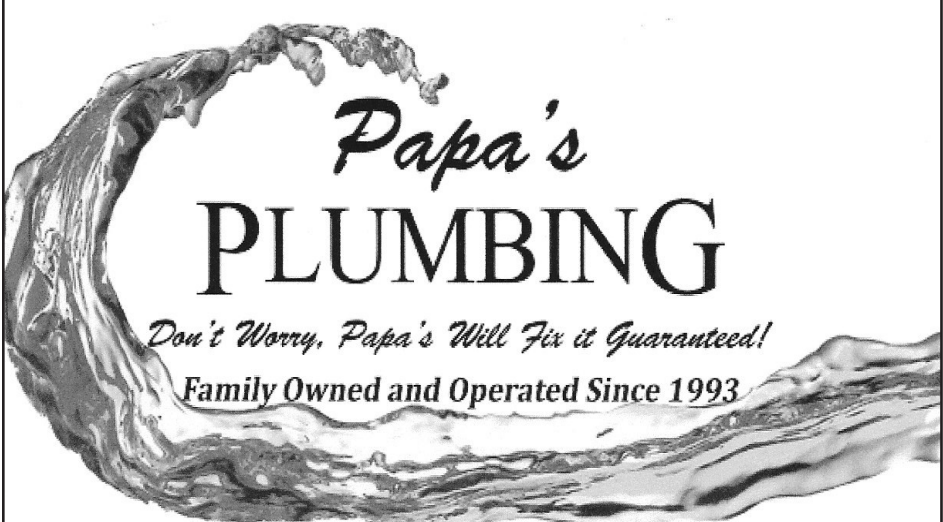
**NOTICE TO HOMEOWNERS**

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.

“By-Owner” home sales, especially, should be aware that these forms are required.



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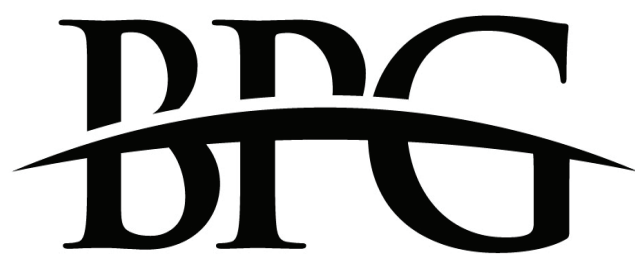
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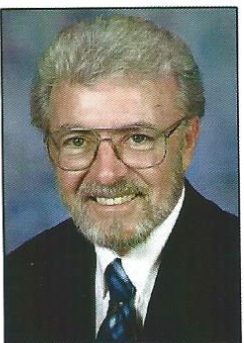
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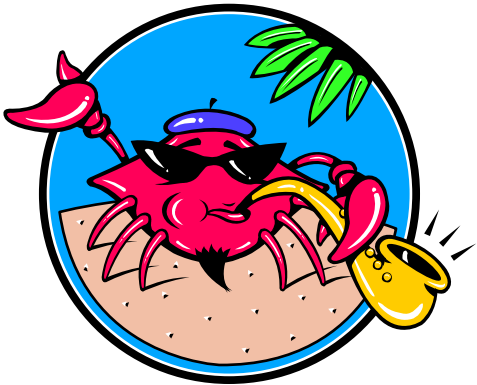
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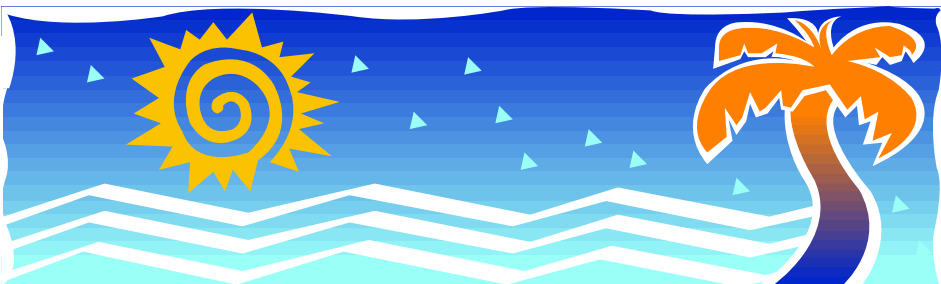
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# COMMENTARY

## Bits & Pieces

By Sarah Lyons

## ALL ABOUT ADJUSTING

By Joanne Panciera

## Tomfoolery

By Tom Collins

Cleaning my old desk out, I saw a lot of old folders and old letters and envelopes from family and friends. I thought, what am I doing with all this for so long? But, I did peek in them and saw so much of what the people wrote that it put tears in my eyes and now I know why I saved them. I thought that life left me long ago.

While it is true that aging can be the touch note for spiritual growth, it can also be the stimulus for depression. When we come to that time in our lives when we realize we are not going to live forever, it can be a crossroad, pointing us in many different directions. Some of us make a conscious decision to lead a more spiritual life or continue the spiritual path we are on. We want to live a meaningful life, perhaps return to our old region, or explore a new spiritual direction. Others might fall into depression, losing interest in activities that once gave us pleasure. We might find ourselves sitting in front of the TV more often or lost in the computer.

Yet, others might follow that old slogan, “Eat, drink and be merry, for tomorrow you might die.” We pursue fast cars, gambling, or become addicted to alcohol or drugs, only to wonder at the end of the day why we are not really happy. We are never too old or too young to explore what we think is important, to examine and reexamine how we want to live our lives.

Today, I will go with the flow and try to be what I want to be.



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My kitty, Whiskers and I, are morning people, but my husband likes to sleep later. My kitty sure has his routine early in the morning, and he keeps me on the straight and narrow. I swear he should have been a farmer’s cat, because he sure likes to bring George and I field mice in Connecticut, as a gift and puts them on the porch. The people in the neighborhood love him. Of course, here he has to be an inside cat and he adjusts very well.

So, if my cat can adjust, how are you doing? It’s amazing how we can change and try to get a different routine. Lucky we love it here. Love my home, my neighborhood and basically, I am happy and healthy. Yoga, cooking, and lately I have been refreshing my furniture with paint. That’s keeping me busy until this virus thing hopefully will be over.

You know Amelia Earhart once said, “A single act of kindness throws roots in all directions, and the roots spring up and make new trees.”

Now, let’s have berries and cream, instead of an ice cream sundae.

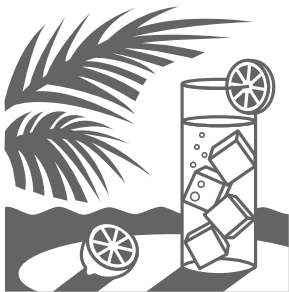
1 cup of mixed berries (fresh or frozen) topped with 1/4 cup of fresh whipped cream. If you can’t do dairy, try whipped canned coconut milk!

For lunch or dinner, I like to have soup and salad with lots of veggies and slivered almonds. Soup should be like cream of broccoli, tomato or lentil.

Hope all is well and see you next time.

Joanne

★ ★ ★



### 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.

I remember as a youngster, my Uncle Pete made beer in the basement. He and my Granny lived on the first floor, and we lived upstairs, in a big two-story house in Gary, Indiana.

Uncle Pete let me help with the bottling. I’d sit in front of the capper and he would hand me a bottle of fresh brewed beer. I would set the full bottle on the little machine and place a metal cap on it. Then I’d pull the lever down. That would squeeze the cap onto the bottle and keep it air tight.

When we finished a batch, he would give me a quarter and as a special bonus, he would let me drink the foam from his first glass of beer. This was during prohibition and Uncle Pete would sell the beer to the neighbors ... sell all that he and my dad didn’t drink.

In 1933, when prohibition ended and Mr. August Bush sent a case of Budweiser to President Franklin D. Roosevelt, my uncle was out of the beer business.

But, that doesn’t end my beer story. Guinness Stout, a beer brewed in Dublin, Ireland, claimed in their advertising, that their beer was good for you. So good in fact, that back in the twenties and thirties, it was given to hospital patients recovering from surgery.

Well, that was all dear old Granny had to hear. She drank a half pint every night before going to bed. I remember I was jealous of her nightly ritual. My beer lust started early.

A British beer company, now out of business, manufactured the strongest beer ever made. The stuff tasted as strong as its claim. I only tried it because of its name, HAIR OF THE DOG. I just had to try it.

This column was brought about by an article that stated 25 percent of the beer consumed in the United States is downed by women. I don’t know a woman who is a beer drinker, and back when I was part of the dating scene, I never met one. Everyone I dated had a taste for the more exotic (and expensive) libations. And worst of all, they seemed to suffer from cenosillicaphobia.

Well, it’s time for a cold one, so I’ll say adieu for this month. Oh, by the way, “that word?” It means, “fear of an empty glass.”



# CHEAP WATCHES

In 1880 ... who sold them? Where would you go to get one? A store? No ... try the train station.

The railroad didn’t sell them. But, the Telegraph Operator did. They were located in the train station. The telegraph lines followed the tracks, which was the shortest distance between stations. The railroad right-of-ways had already been secured by and for the rail lines.

Our story happened only because it was all arranged by “Richard,” on duty at the North Redwood, Minnesota railroad station. It happened that one day a huge crate of watches arrived from the East. No one ever came to claim them.

Richard dutifully sent a telegram to the manufacturer. They didn’t want to pay the freight back, so they asked if Richard could sell them. Richard immediately sent a wire to every agent in the system asking if they wanted a good, cheap pocket watch. Sold out in two days ... with a handsome profit.

That started it all. Richard ordered more. He asked all the other operators to set up a display case in each station offering high quality watches at a cheap price to all travelers. Soon, many were traveling to the train station to buy their watches. They sold more watches than any store.

Richard got so busy that he hired Alvah, a professional watch maker, to help out with all the orders. The business took off and expanded into many other lines of dry goods.

Richard left the train station and he and his partner, Alvah, moved their company to Chicago. It’s still there today.

The biggest watch retailer in the country had its beginnings in the North Redwood, Minnesota, railroad station ... telegraph operator “Richard Sears” and his partner, “Alvah Roebuck.”

*As told to Charles Mann, by an anonymous historian and a friend of “Now you know the rest of the story.”*



DEAR SHIRLEY

## CARING AND SHARING

By Shirley Jacobs,

Human Relations Counselor, Behavior Therapist And Hypnotherapist

### *This Week’s Topic: Positive Alternatives*

Each one of us is a total of all our thoughts, feelings, awareness and beliefs. As soon as we realize this, we stop blaming other people and things for our misfortunes and begin working on our own minds. Take the responsibility now to experience happiness and serenity.

Thoughts are things. The mind becomes disturbed merely by our own thoughts. It is impossible not to think. Since we all have beliefs, it is wise to not to select thoughts that will not disturb or bother our mind.

As an adult, you may, unfortunately, carry around some leftover negative childhood habits. They may have had meaning to you years ago, but this is the time to get into reality and your Here-and-Now. How do you replace your broken-down habits with new positive ones? Everything starts in the mind. Start with positive thinking NOW. Know that YOU are in complete control of your mind and body. You can choose to keep your mind and actions in your Here-and-Now. Mentally put an X through your past. It is just that — your past history. Imagine that you dip a large paintbrush into a bucket of black paint, and put a huge X through the image that you want to eliminate. Now, you are free to live in your present moments.

The next step is positive action. Teach yourself and others how you want to be treated by acting the way you want to be. Decide what your goals are, and take the first step.

For daily peace of mind and tranquility, be careful to choose what you think about. Most of the time you can discipline your thinking to the sunnier side of life. When a negative thought jumps into your mind, you can turn it off instantly and substitute a constructive, creative, pleasant idea. Since two thoughts cannot occupy your mind at the same time, as soon as you choose the optimistic, positive thought, the negative one will leave. Start with positive thinking NOW. Program your mind for happiness and serenity. Practice, practice, practice. Every day in every way, you will get better and better.

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# COMING EVENTS



## SAVE THE DATE! ENTERTAINMENT COMMITTEE EVENTS

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| Sat., Oct. 31, 2020  | 7:00-10:00PM   | Halloween Party with<br>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 —<br>Eric Kearns |
| April 2021           | —              | TBD                                     |
| May 2021             | —              | TBD                                     |

*Keep watching the Bulletin Board in front  
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★ **SAVE THE DATES** ★

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## Step 2



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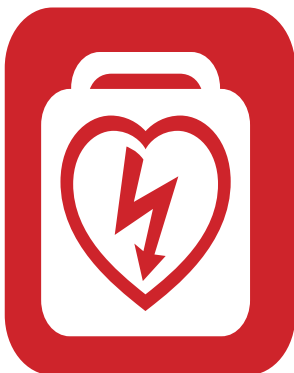
Cover the person's mouth and nose with a face mask or cloth.

## 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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\* Must provide this ad at time of estimate. Additional terms may apply. Ask for details.



# DIVALICIOUS SHOW

## Hosted by the Entertainment Committee

PHOTOS — SUBMITTED BY AVIS PETERSON



Delightful, delicious, and such a Diva! Holly Faris was hysterically funny as Joan Rivers for her opening act and then went on to amaze us with her impersonations of Cher, Liza Minelli, Bette Midler, Marilyn Monroe and Tina Turner. Her facial expressions and actions were spot on; her wig and outfit changes were quick, and her interactions with the audience (especially the men she brought on stage) had everyone laughing the entire time.





# GARAGE DOORS

YOUR ASSOCIATION AND YOUR NEIGHBORS REQUEST THAT YOU KEEP YOUR GARAGE DOOR CLOSED WHEN NOT ESSENTIALLY IN USE. THIS WILL GREATLY ENHANCE THE BEAUTY OF OUR COMMUNITY AS WELL AS BE FOR YOUR PROTECTION AND THE PROTECTION OF YOUR PROPERTY.



BOARD OF DIRECTORS

## OUR E-MAIL ADDRESS IS:

Boyntonleisurevillepost@gmail.com  
www.BoyntonLeisureville.com



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)

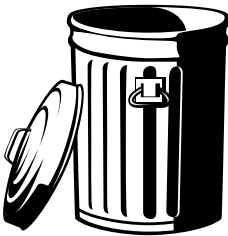
### GARBAGE COLLECTION SCHEDULE

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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We have some wonderful and generous donations to the Gift Shop. We encourage you to start your shopping with us! We have beautiful pictures, wine glasses, dishes, picture frames and baskets. There are also small appliances, lamps and shades, collectibles, greeting cards, and puzzles. We have several bookcases of paperback books at just .25 apiece. Boynton Leisureville residents are able to sign out movie CD's for free. Just enjoy and then return them to the Gift Shop. Come on in!

Your Gift Shop Volunteers



## Gift Shop

10:00 A.M.-12:00 P.M.

And

1:00 P.M.-3:00 P.M.

Monday-Friday

Tuesday Evenings 6:00 P.M.-8:00 P.M.

We sell all your donated, no longer used (but still working) items, all year long.

Come on in to browse, to buy or donate



Happy 4th of July!



## HELP WANTED

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

Yoga with Moongeen Park

Breathe Stretch Meditate

Stretch to relieve stiffness, using  
joyful breath and healing  
visualizations

Mondays at 5:00PM in the auditorium

Appropriate for all levels, bring a mat or blanket

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WELLNESS COMMITTEE PRESENTS

REIKI  
MEDITATION CIRCLE  
WITH DON LEWIS



LAST WEDNESDAY OF MONTH  
5:00 PM  
CONFERENCE ROOM  
STEP INTO THE LIGHT



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.

You can reach me at the email listed in this newspaper or by calling my number, and leaving a clear message providing your name, address and a phone number where you can be easily reached.

Jean Sliwa  
561-736-5586





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CARING AND SHARING

By Shirley Jacobs,  
Human Relations Counselor, Behavior Therapist And Hypnotherapist

YOU CAN IMPROVE YOUR MEMORY!

The concept that people become forgetful and set in their ways as they grow older is a self-fulfilling prophecy. In reality, studies have shown that many people have become more tolerant, more open-minded and have better memories as they grow older!

Your memory is your private library to file info, thoughts and feelings. You can retrieve this information at will. Your memory works from the beginning of your life — first in an unconscious learning process, then in conscious ones. YES, YOU CAN HAVE A BETTER MEMORY! Start NOW to use MIND CONTROL for MEMORY IMPROVEMENT. Here are some simple, effective techniques to practice for quick memory retention!

Many of us have tried tying a string around our finger to help remember something. How many times have you forgotten why the string was there? A more effective technique I have discovered, is to turn your ring around the opposite way. As you do, mentally repeat your memory, such as, “Buy the Vitamin C,” or “Call Mother.” When you physically feel and see the ring on backwards, your mind will trigger to recall.

To remember a name, associate the name with appropriate words. Example, “Joy” can be under the category of HAPPINESS. “Mr. Marlin” will remind you of a fish. Conjure up an image of a fish. When you meet someone for the first time, repeat their name after the introduction, then use it again in a sentence. Many times, we never hear the name to begin with. We need to get the facts, so make sure you get the proper name.

In learning while reading, stop occasionally to review what you have read. Go over the entire material to get the complete picture, then go back and review part by part. BEFORE you begin your study, take a slow, gentle breath as you inhale, and think, “RELAX.” As you exhale, think, “RETAIN.” When you need to remember the material, inhale and think, “RELAX,” exhale and think, “RECALL.” Simple and effective!

First, it takes desire and motivation for a good memory. EXPECT to have a good memory! No matter how long you have been absent-minded,

“X” out the negative past. Begin Here-and-Now to look forward to your wonderful memory retention. It works!  
*Have a problem? Call: Shirley Jacobs — 877-2805.*

DISCOVER YOUR HIDDEN ENERGY

Your enthusiasm creates energy! Allow yourself the experience of keeping interested in the joys of daily living. Boredom is a major cause of fatigue. There is a vast difference between relaxation and laziness! You can draw from your own natural supply of energy when you are relaxed. Self-Hypnosis produces relaxation free from stress and tension. Come alive today: create a realistic dream; pick a wonderful goal. You can have unlimited fun and energy NOW!

You don’t have to surround yourself with constant complainers. You can make a decision to enjoy and appreciate life even when grumps and grouches attempt to drag you down with them. When you are complaining, self pitying, negative people, you will find your energy being drained. When you feel tired of listening to someone’s complaints, you can choose to spend more time with positive-thinking and acting people. Look for and enjoy the loving qualities in yourself and others. What you look for, you will find.

Try to avoid talking or thinking negative words, phrases and sentences. You can get physically and emotionally tired from your own worrying and complaining. You have control over thoughts you allow to enter your mind as well as food you choose for nutrition and energy. Think of problems as challenges — learning experiences for personal growth.

To dehypnotize yourself from negative, fatigue feelings, start auto-suggesting with thoughts of enthusiasm and energy. Tell yourself daily, “I was created to be a vibrant, healthy, happy, successful person.” Another effective affirmation is, “I have the energy, health and enthusiasm to win.” The key to energy and enthusiasm is to use this three step process: 1. Choose new positive attitudes, which leads to 2. New feelings and 3. Your new positive behavior patterns.

Creative aliveness is searching for the best in every moment. Ask yourself, “How can I make this a wonderful experience?” ENJOY.  
*Call: Shirley Jacobs — 877-2805.*

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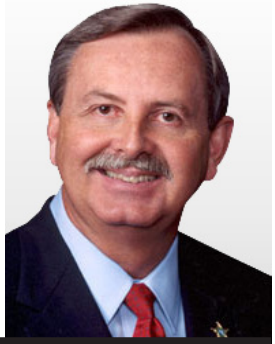


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(B) Use of Licensed and Insured Contractors. Whenever a lot owner contracts for maintenance, repair, replacement, alteration, addition or improvement of any portion of the lot or common property, whether with or without Association approval, such owner shall be deemed to have warranted to

the Association and its membership that his contractor(s) are properly licensed and fully insured, and that the owner will be financially responsible for any resulting damage to person or property not paid by the contractor's insurance.



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# COVID-19 and Child and Infant CPR

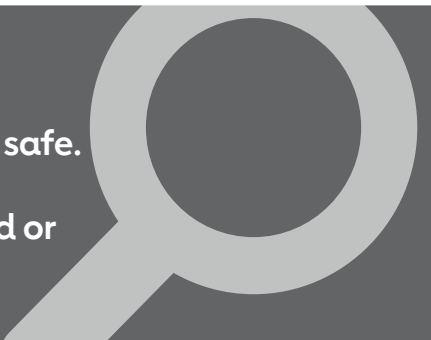
If a child or an infant’s heart stops and you’re worried that they may have COVID-19, you can still help.



## Step 1

Make sure the scene is safe.

Check to see if the child or infant is awake and breathing normally.



## Step 2

Shout for help.

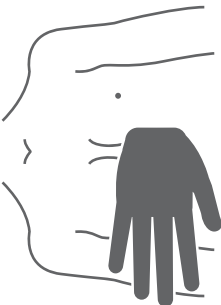
If you’re alone, phone 9-1-1 from a cell phone, perform CPR with 30 compressions and then 2 breaths (if you’re willing and able) for 5 cycles, and get an AED.

If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.



## Step 3

Provide CPR with compressions and breaths (if you’re willing and able).



### ■ Start child CPR

Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.



### ■ Start infant CPR

Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.

KJ-1424 4/20 © 2020 American Heart Association

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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



## HAND AND FOOT



Friday, 1:00 PM

Come join us.

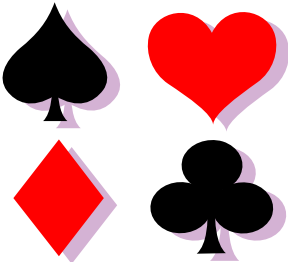
It's a fun game!

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!!!

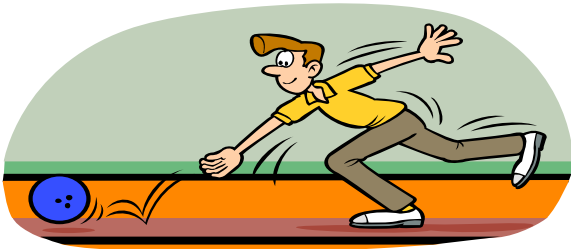
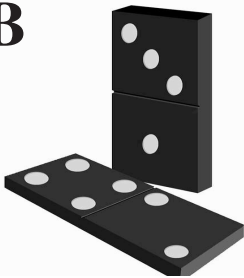


## DOMINO CLUB

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

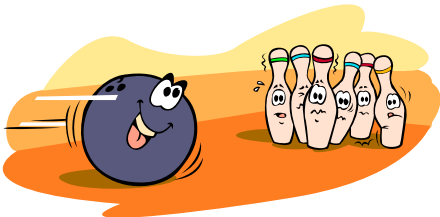


## BOWLERS NEEDED: BOYNTON LEISUREVILLE MEN’S LEAGUE

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](mailto:jtheis52@aol.com).



## LEISUREVILLE MIXED BOWLING LEAGUE

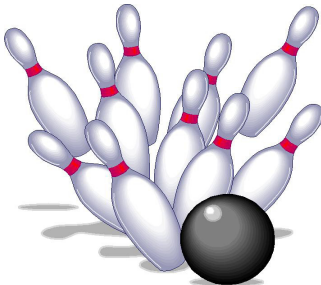
Mondays, 9:00AM — AMF Lanes on Boynton Beach Blvd. Great times. Great people. Lots of fun, \$14.00 per week (\$3.00 for each missed week).

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



## 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

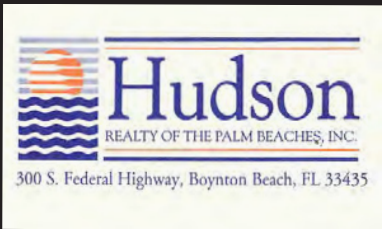






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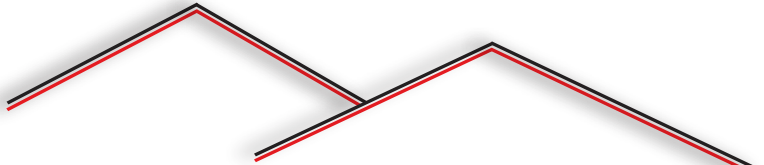
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