



THE CG GAZETTE

Barbara Puchalski - Editor

Terry West—Distribution



President's Message

Spring is in the air and along with Spring comes change to our hidden gem, Country Greens. As your new President my vision is to bring a renewed sense of lifestyle, unity, friendship, and quality of life to our community.

My Mission is to preserve and enhance our sense of community thru effective management of The Association, rules regulations & covenants, to preserve property values and support initiatives and improvements that better the good of the community.

I look forward to serving you, preparing the community for the future and making positive differences.

As I said in my Intent to Run, "It takes a Village." I look forward to doing this **TOGETHER**.

Joanne Slocum, President
Jc371@comcast.net



Mark Your Calendar



☑ Monday - Saturday ~ Water
Aerobics, 8:30 am - 9:15
am

☑ Monday & Thursday ~
Poker, 6:30 pm

☑ Thursday ~ Yoga, 10:00

☑ Wednesday & Friday ~
Mahjong, 12:30 pm

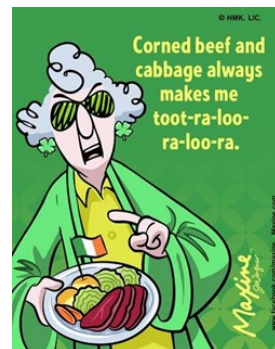
☑ Fri, Mar 6th, 5:30 pm ~
Annual Potluck Dinner

☑ Mon, Mar 16th, 1:00 ~ Book Club

☑ Tues, Mar 17th, 7:00 ~ HOA Board
Meeting

☑ Fri, Mar 20th, 5:30 pm ~
Happy Hour

☑ Sat, Mar 28th,
5:30 pm ~
Supper Club
Corn Beef
and Cabbage



Property Manager

Kris Elliott 561-432-2703

Kris@campbellproperty.com

Office: 561-432-2703 (Kris)



Campbell Property Management

Serving South Florida Since 1953

561-432-2703

Fax 561-432-2181

Bookkeeping at Campbell:

Teri Burgess 954-427-8770

ar@campbellproperty.com

COMMUNITY REMINDERS

Visit Our Country Greens Website

www.mycountrygreens.com

Login: enter@mycountrygreens.com

Password: shady12467

and Facebook Page



Country Greens at
Westchester,
Boynton Beach, FL

**FOR THE LATEST
COUNTRY GREENS NEWS**

COUNTY MOSQUITO CONTROL

can be contacted by individual home owners to come out and to spray around their residence when there is a problem. 561-967-6480



Parking

Resident and guest parking is allowed on the streets from 6:00 am until 1:00 am. Commercial vehicles from 8:00 am until 8:00 pm



Overnight parking is permitted in designated parking areas between 10:00 pm and 8:00 am, Please **NOTIFY** a board member of the license plate number in case of an emergency.

Trash must be placed in a closed container while awaiting pickup. Garbage cans and recycle bins should be stored in an area out of sight.

TRASH goes out Mondays and Thursdays late afternoon for next day pickup.



HURRICANE SEASON IS OVER!! STILL BE PREPARED!



PICKING UP AFTER YOUR DOG IS NOT JUST BEING POLITE



Dog poop carries millions of bacteria, parasites, pathogens and viruses that can be transmitted to both other animals & people. How would you like it if you or your dog tracked it into your home or car? NO? Then pick it up!! We are so fortunate that our community allows our beloved pets to live here. Please do not ruin it for the rest of us.

**CAUTION
SPEED
LIMIT
20**

Please respect
the speed limit

Inspect your home regularly.

Does your fence or driveway need to be repaired, pressure cleaned or painted? Are your gutters clean? Are your screens torn and is the roof look like it's in good repair. All issues need to be addressed prior to hurricane season and at the end of the rainy season.



By working together we make our
community a home

Dogs must be on
leash at all times



NO EXCEPTIONS!

Homeowners are responsible for pest control inside their homes. This is why garage doors should be closed when not in use. This will help keep out unwanted pests and unwanted "guests".



PLEASE!

Clean up after
your dog

Violators will
be brought
before the
Grievance
Committee

**IT'S THE
FLORIDA
STATE LAW!**

**COUNTRY GREENS @WESTCHESTER HOA, INC.
ANNUAL/BOARD MEETING MINUTES
FEBRUARY 18, 2020 (TUESDAY)
DRAFT TO BE APPROVED**

President Freedman called meeting to order @7:10 pm with quorum established. Proof of notice of meeting was mailed & dated January 29, 2020. Secretary West read & disposed of last years (2019) minutes. Candidates were introduced as follows: Lisa Degnan, Ron Petersdorf, Joe Rana and Joanne Slocum. There were 4 openings on the Board; these 4 filled that slot so no election was necessary. Annual meeting was adjourned on a motion by Marie Allen; seconded by Joanne Slocum; motion passed.

Property Manager, Kris Elliott stated the organizational meeting to be held immediately.

The new slate of officers was announced as follows:

Joanne Slocum, President; Lisa Degnan-Vice-President; Terry West-Secretary/

Treasurer; Bob Freedman, Director; Ron Petersdorf, Director; Jeanne Grimaldi, Director & Joe Rana, Director.

Correspondence: none

Motion made by Secretary T. West to approve minutes of January 2020 meeting with no changes; seconded by J. Rana; motion passed.

Financial: Report given by Sec/Treas. West as of January 31, 2020:

Petty Cash \$400; Centerstate Operating \$65,966.57; Centerstate MM \$81,458.96

TOTAL \$147,825.53

Reserves: 2 CD's \$104,188.15 each; 1 CD \$101,963.69; Valley National \$181,798.25 TOTAL RESERVES \$492,138.24.

Architectural:

12123 FG Dr. request repair driveway crack & TufTop sealer

12245 CG Bl. request paint fence

12215 CG Bl. request install hurricane impact windows

12303 FG Dr. request paint fence (SWA garbage container)

Motion made by T. West to approve all 4 requests with a second by Lisa Degnan; motion passed.

12295 FG Dr: request to extend driveway w/front extension of concrete

Motion made by Ron Petersdorf to deny request; 2nd by Lisa Degnan; motion passed.

Landscape:

12235 FG Dr. request plant annuals in front of villa

Motion made by T. West to approve request; 2nd by Lisa Degnan; motion passed.

Information given to Board by T. West that she & Lillian Baumann attended a "water & wetland" symposium @Tuscany Bay clubhouse featuring 4 panelists discussing environmental water issues. One panelist was Laurie Albrecht, an environmental/horticulture agent with University of Fla. Extension Palm Beach County. Terry contacted Barbara Puchalski; CG landscape committee who knows Laurie & will work with her to inspect CG landscape problems. Ron Petersdorf wants to work with Joe Mignano to address these issues. Motion made by T. West for Ron Petersdorf to meet with Mignano until June 1st, 2020 & report back to Board; 2nd by Joe Rana; motion passed.

DRAFT OF MEETING MINUTES ~ TUESDAY, FEBRUARY 18, 2020 ~ CONTINUED

Newsletter:

Submit articles to barbaracountrygreens@gmail.com; 2020 phone directory will be delivered to publisher this week for printing & will be delivered with monthly Gazette.

COBWRA:

February meeting (Feb. 19, 2020) will be included in Gazette.

Pool:

D. Prosser, Chair reported pool OK; pool grouting will be done in June.

Property Manager:

Kris stated she will be mailing letters to members that have issues with fences, driveway & paver cleaning, gutters etc.

Social/Activities: Flyer posted for Feb. 29th (Saturday) Breakfast

Master Association (Westchester):

Mark Rappa stated area @Military Trail & Pipers Glen Blvd. in discussion for Landscaping issues.

OLD BUSINESS:

Awning Update: B. Freedman stated proposal to install new awning on existing aluminum frame is \$5-6,000; to upgrade \$12,000.

Roof Cleaning: Discussion held. J. Rana made motion to contact 3-4 company's to clean roofs with option of all community or the roofs most in need of cleaning; 2nd by T. West & passed. Terry will volunteer to obtain the bids to present to the Board for decision.

NEW BUSINESS:

Pest Control (Clubhouse): Item tabled to obtain new bids; the bid submitted by Home & Garden for \$45/month was not acceptable. Joe Rana & Mark Rappa will give Terry phone numbers to contact.

Pool Patio beautification: a palm tree with Ganoderma had to be removed leaving an open area; discussion held. Motion made by Lisa Degnan to place pot with flowers; 2nd by Joe Rana; motion passed.

Board meeting adjourned.

Floor opened to present members.

Respectfully submitted,

Terry West, Secretary/Treasurer

Dear CGHOA residents.

It has been my honor to serve as your HOA president for the last 4 years. It is not a position I sought, but with the illness of Beverly Wagner, the obligation fell to me as vice-president. It is a difficult job to balance individual needs and those of community. I believe I met my responsibilities with integrity and only with good intentions. With the assistance of the board, these were positive productive years which included the installation of the pavers at the pool and the updating of the documents and rules. In the last 4 years, we have made an effort to be more open in our decision making and welcoming of extensive community input. I have tried to be understanding with those who have disagreed with the path we have followed. At times, in my zeal, I expressed my position loudly which could have been perceived as impatient. Despite my ability to talk in a public setting, I am really quite introverted. I care deeply about others, do my best to be fair, and hope that I have expressed my appreciation of others adequately. The wellbeing of the community has been and will continue to be my greatest concern.

The current board has chosen Joanne to be the next president. She is well qualified and having worked closely with her these past 2 years, I know she be an outstanding leader. This transition can lead to a more efficiently run community as she is a full time resident and I return to my Catskill Mountain home 4 months in the summer. I am especially pleased that there are new board members who I am confident will bring new ideas and enthusiasm to do the hard work of guiding Country Greens.

Thank you all for allowing me to serve.

Bob



**SCHEDULE OF EVENTS FOR
COUNTRY GREENS SOCIAL CLUB
February - December 2020**

Sat, Feb 29th, 9:00 am ~ Annual Breakfast with French Toast, Eggs, Bacon
 Fri, Mar 6th, 5:30 pm ~ Annual Potluck Dinner / Meatless Dishes Welcome
 Fri, Mar 20th, 5:30 pm ~ Happy Hour/ Hot Dogs & Hamburgers& Fish
 Fri, Apr 3rd, 5:30 pm ~ Happy Hour/Hot Dogs & Hamburgers
 Fri, Apr 17th, 5:30 pm ~ Happy Hour/Hot Dogs & Hamburgers, Sausage & Peppers
 Tue, May 5th, 5:30 pm ~ Cinco de Mayo Party
 Fri, May 15th, 5:30 pm ~ Happy Hour/ Hot Dogs & Hamburgers
 Mon, May 25th, 4:00 pm ~ MEMORIAL DAY CELEBRATION Pool & Pizza Party
 Fri, Oct 3rd, 5:30 pm ~ LUAU, Fall Season Opening
 Sat, Oct 31st, 5:30 pm ~ ANNUAL HALLOWEEN PARTY
 Wed, Nov 11th, 5:30 pm ~ ANNUAL VETERANS' DAY CELEBRATION
 Wed, Dec 9th, 6:00 pm ~ ANNUAL HOLIDAY PARTY

(Individual items in this schedule are subject to change)

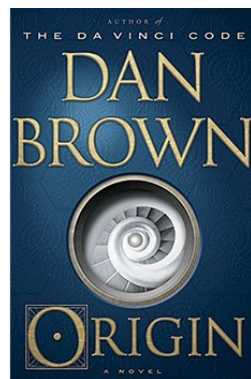


BOOK CLUB

**Mon, Mar 16th,
1:00 pm**

ORIGIN By

Dan Brown



Things Book Lovers Do



COBWRA

COALITION OF BOYNTON WEST RESIDENTIAL ASSOCIATIONS

DELEGATES MEETING HIGHLIGHTS • CORAL LAKES • FEBRUARY 19, 2020

WELCOME

- **COBWRA PRESIDENT BETH RAPPAPORT** called the meeting to order, thanked **CORAL LAKES** for hosting the meeting' and recognized and thanked **BILL CAMPBELL** from **CAMPBELL PROPERTY MANAGEMENT** for sponsoring the breakfast.
- **CORAL LAKES DELEGATE BERNARD DOMBROWSKY** and **HOA PRESIDENT BEVERLY ROSENDORF** welcomed the delegates and guests to their newly refurbished clubhouse.



Pictured: Congresswoman Lois Frankel with President Beth Rappaport

ELECTED OFFICIALS' REPORTS

CONGRESSWOMAN LOIS FRANKEL reported that the House of Representatives recently passed legislation to reduce drug prices and to address gun violence.

The House also passed a package of election reforms that would make Election Day a national holiday, remove dark money from politics and protect the voting process. All legislation has been sent to the Senate.

DISTRICT 3 SCHOOL BOARD MEMBER KAREN BRILL reported that the School Board is monitoring potential legislation that would permit parents to have their children opt-out of certain courses that are now mandatory. She is also encouraging the Board to revisit the school calendar.

FIRST RESPONDERS' REPORTS

PBSO CAPTAIN & COMMANDER SHAWN EASTMAN reported the tragic loss of three Deputies. PBSO is also working to disseminate information about various scams being thrust upon residents in the area.

PALM BEACH COUNTY FIRE CHIEF REGINALD DUREN reported that the first responders are happy that new hiring is in process making it possible to have an additional person on response vehicles. Chief Duren also noted that new stations are being constructed, the department is working toward earning a *Class 1* designation, and they continue their efforts to educate about the environment and cancer prevention.

NOMINATING COMMITTEE REPORT

COMMITTEE CHAIR SHARON REUBEN thanked the committee members for their work in selecting the following proposed slate of officers for 2020/2021: President: BETH RAPPAPORT (Colony Preserve); 1st VP: BARBARA ROTH (Bellaggio); 2nd VP: STEVE WALLACE (GreyStone); Treasurer: STEVE KIRSCHNER (Tuscany Bay); Secretary: Cheryl Dodes (Valencia Isles). With no floor nominations being offered, the slate, as proposed, will be formally elected at the March 18th Delegates meeting.

Highlights by Bruce Brodsky and Sharon Reuben

PRESIDENT'S REPORT

PRESIDENT BETH RAPPAPORT

- Reported on the COBWRA legislative team's trip to Tallahassee for Palm Beach County Days, lobbying on issues regarding the environment, fracking and well drilling, Purple Alerts (senior citizens), increasing teacher and mental health professionals' pay, and opposing legislation that would pre-empt local government from controlling vacation rentals.
- Announced that the first COBWRA-sponsored Buddy Bench was installed at Starlight Cove Elementary School.
- The Water and Wetlands Symposium was a huge success with 120 people in attendance.
- The next COBWRA-sponsored CANYON TOWN CENTER CONCERT SERIES will be held on March 7, 2020.

AG RESERVE COMMITTEE REPORT

AG RESERVE COMMITTEE CHAIR/PAST PRESIDENT MYRNA ROSOFF reported that the Lake Worth Drainage District is proposing to sell its canal rights of way to developers as preserve land for \$24 million. The sale would result in the construction of hundreds of additional homes in the Ag Reserve, putting additional stress on already overcrowded roads and schools.

GROWTH MANAGEMENT REPORT

SECOND VICE PRESIDENT STEVE SLADE presented Certus Memory Care, a 64-bed CLF facility proposed for a site on Woolbright Road west of Jog Road. The Growth Management Committee and the Executive Board recently voted to recommend approval of the project, with the following conditions:

- More varied elevation in the architecture
- Deliveries and dumpster moved closer to Woolbright Road
- Possible use of Garbage Compactor
- Limiting time of day for trash pickup and deliveries to the building (No earlier than 9:00 a.m. and no later than 5:00 p.m.)
- Landscaping – add annuals and more tropical vegetation to all sides of the building
- Color scheme for building and signage to be in keeping with new residential trends
- Gray slate-like roof

An amendment to the recommended *Conditions* was offered as follows: *to add a Condition to the above list to require a solid six foot fence on the west and south sides of the property.* Both the amendment and the main motion were approved by the Delegates.

SPECIAL PRESENTATION

DROWNING PREVENTION COALITION OF PALM BEACH COUNTY MANAGER ANNA STEWART discussed, S.U.R.E, a program teaching people *How to Escape A Sinking Vehicle.*



Pictured (l-r) President Beth Rappaport, Battalion Chief Terrel Patterson, PBCFR Fire Marshal David DeRita, Anna Stewart, Fire Rescue Administrator Chief Reginald Duren

FOR YOUR HEALTH

How Acupuncture Helps with Chronic Pain

We often hear that acupuncture ‘helps the body heal itself.’ In terms of chronic pain, acupuncture has powerful applications as a rehabilitative modality. While the initial goal of an acupuncture treatment plan is pain relief, the longer-term initiative is to heal, mitigate, and rehabilitate the area of the body affected by chronic pain.

A rehabilitative acupuncture treatment plan enables the body to do extraordinary work. By releasing trapped energy and improving the flow of the ‘qi’ in the body, inflammation is also reduced. With less pain the cycle of inactivity, atrophy, and worsening pain can be broken. For those who suffer chronic pain, this is significant. Chronic implies that the condition will not improve and must be simply managed. However, with acupuncture and complementary integrative medicine, many patients do reverse their chronic pain conditions.

Scientific research is now revealing that acupuncture also involves the connective tissue around the acupuncture points (acupoints). Studies suggest that acupuncture’s effects may extend into connective tissue around acupoints and promote remodeling at the cellular level. In a 2018 article released by the National Center for Biotechnology Information (NCBI), researchers studying how acupuncture reduces pain took an in-depth look at the importance of connective tissue planes that surround acupuncture points. The results of various studies indicate that acupuncture needling reduces the mechanical stress in the tissue surrounding acupoints, thus reducing chronic pain and discomfort.

In a post-opioid prescription world, there is rapidly growing interest in how acupuncture can help with the treatment of chronic pain. Chronic pain sufferers and the medical community alike are seeking reliable and effective pain management for chronic conditions including back and neck pain, osteoarthritis pain, joint inflammation and headaches. Acupuncture is used in chronic pain management to 1) provide relief from the pain itself; 2) promote healing and long term mitigation of pain through rehabilitation; and 3) support the body’s ability self-regulate by reducing inflammation, improving sleep, and aiding in digestive functions.

Activating the body’s self-healing mechanisms triggers pain relief

Acupuncturists apply specific points based upon the individual’s complaint. The Chinese theory behind this practice is that stimulating specific points prompts the body to release a flow of energy, known as “qi,” and allows energy to travel through “meridians.” Meridians, in Chinese medicine, are channels that form throughout the body and through which our vital energy, qi, flows. Where energy is blocked, we have pain. Through the application of fine needles, the energy can be released and the flow restored, and pain subsides.

A ‘Western’ explanation for pain relief experienced by patients is that needles stimulate nerves that send signals to the brain and the brain releases beta-endorphins. These chemicals, when released by the brain, go to work as the body’s own opioids and lower the pain level or threshold. As an integrative healing therapy, acupuncture can be combined with complementary healing modalities to achieve faster, such as massage, chiropractic, yoga, also provide more effective results. For sufferers of chronic pain, inflammation and disrupted sleep patterns play an enormous role in the vicious circle of inactivity, atrophy, and increasing pain, or musculoskeletal pain that surfaces in other areas of the body. Pain is a drain on energy, overall wellbeing, and emotions.

Inflammation covers a broad range of both causes and symptoms of pain. Inflammation of tissue can be related to soft tissue injury, chronic conditions, disease, or illness. Integrative medicine puts a bevy of complementary solutions in the hands of acupuncture physicians and patients and allows for target-specific treatment plans. Taking a holistic approach to inflammation is logical. Rather than treat pain with a single solution, such as a prescription alone, holistic medicine addresses symptoms and sources of inflammation.

Finally, at first it may seem a stretch to discuss digestion and energy level in a discourse on chronic pain. However, in the context of an integrative approach to chronic pain management and healing, the elimination of waste and toxins from the body plays a supporting role. On the first visit, new patients presenting with pain from a chronic condition like lower back pain or headaches may be surprised when the acupuncture physician asks questions about sleep, digestion, stress, diet, and energy levels. During the course of treatment, the interconnections with chronic pain and the body as a whole becomes clear and follows both human logic and scientific research.

For any further questions about how acupuncture can help you, please contact our office at:

ChahAcutherapy

561/249-0447

Maria Chah, Ap, DOM
Acupuncture Physician
Doctor of Oriental Medicine



Sources

1"Cellular Reorganization Plays a Vital Role in Acupuncture Analgesia"¹ Conner E. Liddle and Richard E. Harris, PhD; Med Acupunct. 2018 Feb 1; 30(1): 15–20. Published online 2018 Feb 1. doi:10.1089/acu.2017.1258.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5799886/>

IN THE GARDEN ~ CUT FLOWERS FOR COOL WEATHER

While many gardeners take advantage of Florida's temperate winters to grow vegetables, our cooler weather also provides lots of fun to be had with flowers.

Winter weather might drive us indoors, but that doesn't mean we can't take some flowers with us. Most flowering plants can be cut to enjoy inside, but some produce longer-lasting cut flowers than others.

Many Florida gardeners think to bring camellia blooms indoors to enjoy during the winter, but there are many other wonderful plants that will give you great flowers, both outside and inside your home.



Snapdragons are lovely in the garden; they make great borders, are beautiful when planted in groups, and can even thrive in containers. They range in size from six inches to three feet tall and come in reds, yellows, oranges, and even maroon, so you can select a variety that fits your landscape. The interesting flowers are also lovely in a vase. You can plant snapdragons once weather cools in the fall.

Delphinium is treated as an annual in Florida. What makes this plant so exceptional are its true-blue blooms, which are rare in the plant kingdom. If blue is not your hue you can find delphinium in other colors like yellow, pink, and white. Delphinium also has delicate, lacy foliage that can add a soft texture to garden beds or container plantings. Starting in March, delphinium produces spikes of blossoms that are great for cutting and using in arrangements.



Dianthus, or Sweet William, is a great cut flower that provides you with cheerful color and a pleasant fragrance. Other Dianthus species include "pinks" and carnations. Most parts of the state should wait until October to plant it in flower beds. Dianthus will flower through winter and spring, only stopping when temperatures rise, usually in May.

Pansies, violas, and Johnny-jump-ups are charming cold-tolerant annuals that you can plant in winter and enjoy through spring. Pansy flowers can be two to three inches wide, while violas are smaller. They come in a range of colors, including red, white, purple, yellow, and apricot. Some pansy flowers are a single bright color, while others have a dark "face." Not only can pansies add a splash of color to your table in a vase, these edible flowers can also be used to adorn your plate!



Calendula, or pot marigold, produces cheerful, daisy-like flowers. It can be planted in sun or partial shade, and forms a dense, rounded shape. Calendula flowers are either single or double and can be yellow or orange. They hold up well in floral arrangements. The flowers are also edible and can be used whole as a garnish.



**&
Read**

STOP MEANS STOP AND SLOW DOWN!

It has been noted that many are not coming to a full stop at the stop signs. In fact, some don't even slow down! We are also a community full of lead feet. Note that the speed limit is 20 mph. As the winter season is in full swing, we are having more guests on our streets. Many are small children are excited to be going to the pool or riding around on bikes. We also have lots of dog walkers at all hours. We just don't need to be considerate of one another but we need to keep each other safe.



THANK YOU

**Only Working
Smoke Alarms
Save Lives**



A special thanks goes out to everyone involved in helping with the install of the smoke alarms through the American Red Cross and Palm Beach Fire Department. 150, 10 year alarms were installed within our community. Note that many of the hard-wired alarms within our homes were not working. **Please check your alarms and check them regularly.**



From the Editor

I am looking for community involvement with **OUR** monthly newsletter, The Gazette. Please send me your to go to hotspots, pet info and even a biography about yourself so we get to know our neighbors better.

Barbara Coulter Puchalski, barbaracountrygreens@gmail.com

Submissions needed by the 4th Sunday of each month

THANK YOU IN ADVANCE!