



Barbara Puchalski - Editor

THE CG GAZETTE

Terry West—Distribution



President's Message

A New Season

Country Greens is about to begin a very important 2019-20 season. Right now, it is still quiet and very hot, especially for those coming from cooler parts. I hope this newsletter finds our snowbirds and flakes looking forward to their return. There was a record turnover of units since the spring with many new residents. It is my hope that all residents will participate in our activities, volunteer to serve on committees and provide assistance when asked.

We have completed most of the planned projects. However, unexpected expenses have consumed most of projected budget surplus. We are in the process of creating our 2020 budget, which will be voted on by the board in November. The proposed budget will be shared with the community for input before a final vote takes place.

As result of these realities the Country Greens community will be faced with challenges. There will be new opportunities available to help create our future. Four Board seats will be up for election and there are likely to be vacancies available. A new committee system will be in place by January to encourage residents to officially share responsibility for the future. In my mind, the most difficult decisions we need to make relate to the importance of modernize and upgrading the community. Our goal is to remain attractive and increase property value while keeping within a reasonable budget.

Speaking on behalf of the entire board, we ask your patience and understanding. Working together with empathy for others, we will successfully deal with the challenges ahead and end up with community united in the common goal of making our hidden gem shine brighter as a result of our interactions.

Despite our diversity, we are bound together by common concerns. We all need to be understood and be understanding. By living in an HOA, you agreed to limit your individual rights for the sake of the community. The more we see ourselves as part of a community the better our future.

Hope you are all anticipating a great season as we renew friendships and create new ones.

Bob Freedman, President

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

Mark Your Calendar

- ☑ Monday & Thursday ~
Poker, 6:30 pm
- ☑ Wednesday & Friday
~ Mahjong, 12:30 pm
- ☑ Thurs, Oct 31st, 5:30 ~
Halloween Party
- ☑ Sat, Nov 9th, 5:30 ~
Supper Club
- ☑ Mon, Nov 11th, 5:00
Veterans Day Celebration
- ☑ Mon, November 18th, 1:00
Book Club
- ☑ Tues, Nov 19th, **6:30 Early
Sign In** ~ HOA Board and
Budget meeting
- ☑ Wed, Dec 11th ~ Holiday
Party



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 7:00 am until midnight. 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 HERE! ARE YOU 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".



Violators will
be brought
before the
Grievance
Committee

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

COUNTRY GREENS @ WESTCHESTER HOA, INC.
BOARD OF DIRECTORS MEETING
TUESDAY, OCTOBER 22, 2019 ~ DRAFT TO BE APPROVED

Meeting called to order by President Freedman @7 pm with quorum established.

Directors Present: President Freedman, VP Joanne Slocum, Secretary-Treasurer Terry West & Directors Jeanne Grimaldi, Marie Allen, Harvey Brecher.

Absent: Joe Rana

Property Manager (Campbell) Kris Elliott attended meeting.

CORRESPONDENCE: None

PRESIDENTS REPORT: President Freedman welcomed all back from summer vacations; he thanked Joanne Slocum & Terry West as the summer team with issues in the community; he thanked Ron Petersdorf as one of our "fixer-uppers; thanked orientation-interview committee with welcoming our new residents. He discussed the HOA needs more resident involvement with the new committee's forthcoming.

MOTION was made by Harvey Brecher to approve the minutes of June 4, 2019 meeting with no changes made; 2nd by Marie Allen. Motion passed.

FINANCIAL REPORT: Terry West, Secretary-Treasurer read September 30, 2019 report as follows:

Petty Cash \$400; Centerstate Operating \$74,173.54; Centerstate MM \$81,335.55; TOTAL \$155,909.09

RESERVES: TransCap CD (2) @\$103,478.15; (1)@101,256.34; Valley National Bank \$157,107.78 TOTAL \$465,320.42

MOTION made by Jeanne Grimaldi to accept financials as read; 2nd by Joanne Slocum. Motion passed.

ARCHITECTURAL:

12226 FG: replace gutters & paint (completed 9/10/19)

12319 FG: request to install sliding glass door at rear patio for wheel chair use

12202 CG: request replace lanai- Jeanne to contact for permit

12227FG: owner removed screen patio; Property Mgr. to send letter

MOTION made by Harvey Brecher to approve requests; 2nd by Joanne Slocum; Motion passed.

LANDSCAPE:

12303FG: request area front of house hidden by crotons remove weeds & plant marigolds & herbs.

MOTION made by Terry West to approve request; 2nd by Marie Allen; Motion passed.

At suggestion of Mark Rappa let ixora inside pool fence to grow to cover top of fence; Board approved.

NEWSLETTER:

Summit articles to barbaracountrygreens@gmail.com by Sunday, October 27, 2019

COP Crime Watch- Tuesday meetings disbanded; no volunteers

DRAFT OF MEETING MINUTES ~ TUESDAY, OCTOBER 22, 2019 ~ CONTINUED**COBWRA:**

October 16, 2019 meeting held @Palm Isles & attended by Terry West, Delegate, Ron & Carol Petersdorf as guests. Special Program reported by David Jacob, Florida Fish & Wildlife Biologist regarding the IGUANA INVASION. Go to www.myfwc.com/iguana for more information.

POOL: Doris Prosser, Chair reported all OK.

PROPERTY MANAGEMENT:

Kris Elliott, Property Manager reported November is Budget 2020 meeting time; also, all homeowners should be checking their gutters.

SOCIAL/ACTIVITIES COMMITTEE:

Jeanne Grimaldi, Chair reported Halloween Party October 31st & Veterans Party November 11th.

MASTER ASSOC. (WESTCHESTER)

Mark Rappa, Rep. unable to make report; President Freedman stated all new Board being organized. Meetings are open to the membership; watch bulletin board for November meeting @one of the 10 communities.

HURRICANE COMMITTEE:

Lillian Baumann, Chair very pleased to announce that Karen Long & Brad Manion have volunteered to become Captains.

OLD BUSINESS:

SOLAR LIGHTS: Joanne Slocum reported they are on back order.

NEW BUSINESS:

BUDGET 2020: President Freedman stated the Board will meet to discuss a preliminary budget; then meeting will be scheduled to discuss with homeowners before Board votes to approve for 2020.

AWNING:

President Freedman has contacted company for process to clean & install old awning & price of new awning.

COMMITTEES:

President Freedman stated at June meeting decision was made to revitalize our committee system. A letter & application will be sent to all homeowners seeking volunteers. He would like to have this in place in the next couple months.

5 STAR INSURANCE ADJUSTORS:

President Freedman stated this is a work in progress; company in community October 7, 2019 (all week) doing inspections to roofs & rear patio sliding glass doors. He stated you are under no obligation to allow them into your home.

TREE PRUNING BIDS:

Terry West, Landscape Chair & Ron Petersdorf met with Harold Green, Arborist with Duffy's Tree Service to obtain bid for pruning of community hardwood trees. We also had bid from Mignano Tree Service. CPM & PMA did not bid. Prices were Mignano \$8,500 & Duffy's \$5,282.

DRAFT OF MEETING MINUTES ~ TUESDAY, OCTOBER 22, 2019 ~ CONTINUED

MOTION made by Terry West to award bid from Duffy's Tree Service for \$5,282; 2nd by Marie Allen; Motion passed.

SUPPER CLUB:

Marie Allen reminded that February 21st dinner has been moved to Feb. 22nd.

Meeting adjourned.

EXECUTIVE SESSION followed Board meeting:

12281 CG & 12335 CG @Board Attorney for collection

MOTION made by Terry West, Secretary-Treasurer to approve Board attorney to proceed to file lien foreclosure; 2nd by Marie Allen. Motion passed.

Respectfully submitted,

Terry West, Secretary-Treasurer

**The main function
of the little toe on your foot
is to make sure that
all the furniture in the house
is in place.**

MINUTES FOR THE MEETING OF THE COUNTRY GREENS SOCIAL CLUB EXECUTIVE COMMITTEE ON MONDAY, SEPTEMBER 23, 2019

ATTENDING: Jeanne Grimaldi, President; Lillian Baumann; Dolores Crupi; Hedy Jurow; Nancy Rochon; Margie Schlein

1. Jeanne asked the Committee members to consider the following pending schedule of events for the 2019-2020 Season:

Friday, October 11, 2019: Annual Luau. Caterers at the Park Avenue Grill have agreed to provide the same menu as last year at the same price ...\$18.00 charge for Ribs and Chicken and sides. Coffee and Dessert. Hawaiian Shirts for the men and grass skirts for the ladies. 50/50 Raffle and Wine Basket Raffle.....5:30PM.

Thursday, October 31, 2019: Annual Halloween Party. The Regular Menu of Hot Dogs and Hamburgers will be served. Coffee and Dessert. 50/50 Raffle. Traditional contests for Most Original Costume, Funniest Costume and Sexiest Costume, with a \$25 gift certificate awarded for each category.5:30PM

Monday, November 11, 2019: Annual Veterans' Day celebration. Regular Menu of Hot Dogs and Hamburgers. Coffee and Dessert/ Veterans will be provided a free Hot Dog or Hamburger and one drink of beer, wine or soda. 50/50 Raffle. ...5:00PM

Annual Holiday Party will be held on Wednesday, December 11, 2019 at the Westchester Country Club.

Friday, January 3, 2020: First Meeting of the New Year: Annual Dues of \$20 will be collected.

Saturday, January 18, 2020: Dog Races ... 7:00PM

Saturday, February 1, 2020: Pancake and Scrambled Eggs Breakfast

Annual Valentine's Day Dinner is being planned.

Friday, March 6, 2020: POT LUCK ...Required dish f or 10 people or \$6.00 charge.

Friday, March 20, 2020: Hot Dogs and Hamburgers/Happy Hour

Friday, April 3, 2020: Hot Dogs and Hamburgers/Happy Hour ...Fish available.

Friday, April 17, 2020: Hot Dogs and Hamburgers? Happy Hour...Tony Crupi's Special Sausages and Peppers available.

Tuesday, May 5,2020: Cinco de Mayo Celebration.

Friday, May 15, 2020: Hot Dogs and Hamburgers/Happy Hour

Monday, May 25, 2020: Memorial Day Observed: Memorial Day Pool Party.

THE EVENTS LISTED ON THIS SCHEDULE ARE SUBJECT TO CHANGE.

2. THE SOCIAL CLUB EXECUTIVE COMMITTEE INVITES ALL COUNTRY GREENS' RESIDENTS TO SUGGEST NEW IDEAS FOR CG SOCIAL CLUB EVENTS DURING THE 2019-2020 SEASON!!!! PLEASE CONTACT SOCIAL CLUB PRESIDENT, JEANNE GRIMALDI, OR ANY MEMBER OF THE COMMITTEE!!! WE WILL HAPPILY DISCUSS YOUR IDEAS WITH YOU AT OUR NEXT EXECUTIVE COMMITTEE MEETING!!!!

3. The next meeting of the Executive Committee will be on Monday October 28, 2019 at 4PM.

THE COUNTRY GREENS SOCIAL CLUB

COBWRA

COALITION OF BOYNTON WEST
RESIDENTIAL ASSOCIATIONS

COBWRA DELEGATES MEETING HIGHLIGHTS • OCTOBER 16, 2019 • PALM ISLES

WELCOME

PALM ISLES DELEGATE GLORIA FINE welcomed the COBWRA guests to her community.

ELECTED OFFICIALS' REPORTS

DISTRICT 3 SCHOOL BOARD REPRESENTATIVE KAREN BRILL:

- Announced that the vote on the termination of the Spanish River High School principal shall be held on October 30 and if the Delegates want to voice an opinion on the matter they should email the school district.
- The Superintendent of Schools along with the Chancellor of Education visited the District and spoke about the "New Standards" that will be replacing Common Core Curriculum. Many in attendance at the District meeting expressed displeasure with the new standards as they affect students with disabilities.
- The National Council of Jewish Women has opened "closets" for people to contribute school uniforms, clothing, school supplies and personal care items to be distributed to students enrolled in schools that qualify federally for free and reduced lunches.
- South Tech Academy will be opening at the former Odyssey Middle School and will, hopefully, return as a School District facility. It is anticipated that South Tech will continue to be a choice school program.

FIRST RESPONDERS' REPORTS

PBSO DISTRICT 6 CAPTAIN SHAWN EASTMAN:

- Reported that virtually all crime statistics are down in the area and reminded everyone to lock their cars at all times.
- Introduced **LT. NICHOLE ADDAZIO** as the new Executive Officer of the substation.
- Announced that their *Tip A Hero* fundraiser raised \$3K for St. Jude Hospital.

PALM BEACH COUNTY FIRE RESCUE:

- **TERREL PATTERSON** reported that the area stations responded to 2,565 calls for help of which 2,028 were medical.
- Community Liaison **TONY KEELER** reported that the 35th Anniversary Celebration held on October 5 was a huge success attended by many, including representatives from COBWRA.

PRESIDENT'S REPORT

PRESIDENT BETH RAPPAPORT:

- Thanked the breakfast sponsor **KASTLE SYSTEMS**.
- Reported that the Transportation Committee was instrumental in correcting traffic signal problems near Mizner Falls.
- Commended the Code Enforcement Committee for reporting illegal "snipe" signs.
- Thanked the Safety and Security Committee for working in conjunction with PBSO to host an "active shooter" Run, Hide, Fight program.
- Announced that the Government Affairs Committee is planning their annual trip to Tallahassee and is currently identifying the legislative priorities that will be presented to the Delegates for their consideration.

GROWTH MANAGEMENT COMMITTEE

CHAIR STEVE OSEROFF

- Explained that the committee is currently following the progress of a proposal for the development of 40 acres located at Hypoluxo and Lyons Roads. The project will be brought to the Delegates for consideration before it goes to the County for approval.

SPECIAL PROGRAM: THE IGUANA INVASION!



President Beth Rappaport with
Biologist David Jacob

A fascinating report by Florida Fish & Wildlife Commission Biologist **DAVID JACOB**, focused on the "Iguana Invasion!" Mr. Jacobs described the various species of Iguanas, while emphasizing the legal methods that can be used to manage the iguana problem faced by some of our COBWRA communities. For more information, www.myfwc.com/iguana

COMING IN 2020 →

TUESDAY, FEBRUARY 11

Water Wise and Why

Hosted by the Water and
Wetlands Committee

THURSDAY, MARCH 5

Aging is Good
Considering The Alternative!

Hosted by the Health and
Wellness Committee

**MORE DETAILS TO FOLLOW, INCLUDING TIMES,
SPEAKERS, AND LOCATIONS**

NEXT MEETING NOVEMBER 20 AT VILLAGGIO

Highlights by Bruce Brodsky and Sharon Reuben



Minutes of COBWRA Communication Networking Committee meeting

October 22, 2019

Subject: Community Newsletters/Magazines

Howard Barich, Chair of the Committee, commenced the meeting at 2 pm at the PBSO Office in Lake Worth. 22 people were in attendance, of which 7 were first time attendees, from 15 communities. The meeting began by those in attendance introducing themselves and identifying their communities.

Prior to the meeting, a spreadsheet was emailed to members requesting the following information: newsletter name, frequency, average # of pages, layout, printer, advertising, black & white or color, distribution method, cost or profit, comments, editors. An updated copy was sent to all who are on the COBWRA Communication Networking Committee email list. A copy of the spreadsheet will be included with these notes.

The first portion of the meeting focused on the profitability of a magazine/newsletter to their community. The majority of the communities in attendance were breaking even on their publications. There were exceptions where some were making a profit for their community and there were a few communities where they were being subsidized by their HOA. There were some communities that stated that it gets more challenging to get ads every year due to lack of volunteers within their neighborhood to solicit ads.

Distribution of the magazines varied by community. Some had the magazines available to their residents at the clubhouse. Some had their residents sign for the issue at the clubhouse. For those who are unavailable, if the resident provides a postage paid envelope the community will mail them the recent copy. Another means of distribution is to be delivered to households by volunteers within the community. One community had their newsletter/magazine delivered to each of their residents by the people who deliver the paper. The copies (in a plastic bag) are thrown right on the driveway. While all communities had their latest issue of their Magazine/Newsletter on-line, no community in attendance had the magazine solely available on-line.

As for the printing of these publications, Minuteman Press, Art Press and Lion Press were used by multiple communities in the attendance. Two communities self-published their newsletter. A number of communities that used printers for their magazine served as the in-house publisher for their publication. 4 communities were printing Club flyers to insert into their publication. 2 of the communities did not charge for this. The cost was absorbed by the HOA. One community, charges a club \$35 for each flyer inserted. Another community also charges and requires that the clubs supply volunteers to insert the flyers into the magazine.

The meeting was a very lively and informative meeting for all in attendance with great participation by all.

Howard reminded those in attendance that the next meeting, Community Websites, will be the subject of discussion on November 12 at 2 pm at the same location.

The meeting concluded at 3:25 pm.

Submitted by Tom Hyman Valencia Reserve

The History of COBWRA

*In 1981 and before...*the area known as West Boynton was home to cattle, snakes, and wildlife of all kinds. Only the adventurous would venture west of Congress Avenue, which was thought to be the end of civilization. Military Trail was a dirt road used to service the area farms and nurseries, since its elevation above the swamp land kept it dry during the rainy season.

In the 1970s there was a hot debate about extending 2nd Avenue (now known as Boynton Beach Boulevard) west to the Turnpike and building an interchange. Twenty-second Street (now known as Gateway Boulevard) and Woolbright Road both ended at Congress Avenue. Lawrence Road was a narrow dirt lane with orange groves, which have all disappeared. Cows once grazed where the Fountains Plaza now stands. Ocean Avenue, with only two lanes, was the main east-west road, and Jog Road south ended at Lantana Road. Past President Al Miller rode dirt bikes in the area where Jog Road later extended southward. Congress Avenue had only two lanes and ended in Delray Beach.

The 1980 census showed a population of 11,311 for West Boynton. By 1990, the population almost tripled to 30,344 people. In 2000, the population had more than doubled to 73,631 people. The Coalition of Boynton West Residential Associations is the vision of one man, Dr. Richard Carrington, who retired to Florida in 1979. He and his wife purchased a home in Greentree Villas, on Boynton Beach Boulevard, east of Military Trail, in an area considered the "country." One day, he and his wife, Doris, went for a walk in the "country," going west toward Military Trail. As they crossed the single-lane dirt road, they noticed a banner across Military Trail announcing the coming of a new shopping center that included a K-Mart. Dr. Carrington went to the county offices to learn more about the shopping center. As he was pouring over the records, he became aware of the urban sprawl that was happening to the West Boynton area and across all of Palm Beach County. He decided to do something about it. He called a group of his friends from other associations and asked, "What can we do about what's happening to the quality of life in our neighborhood?" He suggested they meet and consider joining forces. Their first meeting was held in the Greentree Villas office on June 9, 1981, where they decided to hold another meeting and invite more associations to join them.

At the next meeting, in the Mirror Lakes clubhouse on July 15, 1981, a decision was made to form a coalition. Dr. Carrington was elected to serve as president and spokesperson. They set the annual dues at \$25 per community. At the third meeting on July 23, 1981, in the Greentree Villas clubhouse, the Coalition elected its first officers and set up committees on Zoning and Permits, Water Management, Law Enforcement, Environmental Control, Roads and Streets, and Liaison with the City of Boynton Beach.

At its August 1981 meeting, the Coalition had its first invited speaker: Mr. Robert Basehart, Executive Director of Palm Beach County Planning, Zoning & Building. At that same meeting, the Coalition decided to speak out against a huge new airport the county had proposed for the area west of the Turnpike between Clint Moore Road and NW 2nd Avenue (now Boynton Beach Boulevard.) The Coalition added first and second alternates to the draft Bylaws and adopted the Bylaws at the September 1981 meeting. By that time, membership had grown to 12 communities. The first County Commissioner to address the Coalition was Commissioner Norman Gregory, which took place at the October 1981 meeting.

For the first few years, the organization referred to itself as "The Coalition." At a County Commission meeting, Dr. Carrington made his point about the quality of life in the West Boynton area and convinced the Commission to disapprove a just-presented petition. Commissioner Dennis Kohler, blurted out, "COBWRA

has struck again!,” and from that day forward, the coalition has been known as COBWRA. The rest of the story is now history—and what a history it has been! Dr. Carrington set a lofty goal: to strive for the best quality of life for West Boynton’s residents. COBWRA never lost sight of that goal under the leadership of all of the presidents following Dr. Carrington. From the beginning, COBWRA adopted a firm policy against endorsement of any candidate for public office or any political party. All Coalition positions taken on issues are based on a non-partisan approach.

In 1991, COBWRA asked the county to help prepare a master development plan for West Boynton. The plan was developed in concert with Palm Beach County Planning, Zoning & Building together with representatives from the City of Boynton Beach. The result was the 102-page document known as the West Boynton Area Community Plan. Adopted both by the City of Boynton Beach and the Palm Beach County Board of County Commissioners in 1995, the plan has served as the blueprint for development in the West Boynton area. The plan is supplemented by the addition of the Boynton Beach Turnpike Corridor Plan, written in 1996, and revised in 2003. It includes design guidelines and standards for commercial development. Both plans are models for the county and for the state.

COBWRA works with its county officials, state legislators, and state and local agencies. COBWRA attends and speaks at meetings of the County Commission, the Zoning Commission, the Planning Commission (formerly the Land Use Advisory Board), and others. COBWRA delegates serve on many county committees including the Planning Commission and the Land Development Regulation Advisory Board (LDRAB), which reviews codes and ordinances. COBWRA helped a LDRAB subcommittee write the Big Box Ordinance for the exterior and landscaping of the Super Target on Hagen Ranch Road and Boynton Beach Boulevard. Delegates and alternates also serve on the Library Board, on the Links of Boynton Beach Golf Advisory Board, the Consumer Hearing Board, Palm Beach County Historical Commission, and the Adult Immunization Committee. In education, COBWRA has representatives on the School Advisory Boundary and School Construction Oversight Committees, and the School Board Tax Commission.

COBWRA was also among the first to endorse the Palm Meadows Training Facility, and today it is one of our jewels. Many COBWRA volunteers helped out at Palm Meadows when it became a shelter for Hurricane Katrina refugees. COBWRA helped defeat the Bullet Train; supported Medicare reimbursements for county residents on a par with Broward and Miami-Dade counties; supported attainable housing for teachers, firefighters, and others in the workforce; lobbied for landscaping with irrigation along our major roads; and established a program offering flu shots in clubhouses. There is much left to be done including reform of community and homeowners insurance laws, a new library and park in the Ag Reserve, a state park for South County, protecting communities from bad condominium and HOA laws, and finishing the new Canyon Town Center at Lyons Road and Boynton Beach Boulevard. COBWRA works closely with the West Boca Community Council and the Alliance of Delray Residential Associations as a South County Community Partnership with over 300,000 residents.

COBWRA has fulfilled Dr. Carrington’s legacy and will continue to do so.



DEAR COUNTRY GREENS NEIGHBORS

Halloween is here, Thanksgiving will be upon us followed quickly by Old Saint Nick. Now is the time to think once again of those young children who are in such great need:

Those in one parent homes

Those who go to bed hungry

Those who only see their little world in terms of just “surviving”

65,000 kids in Palm Beach alone!

We can once again share our gift of brotherly love and show these dear children that they are not forgotten during the holidays. The children of Rolling Greens Elementary school are our recipients.

Rather than monthly collections, your Country Greens Social Club requests your help with a Holiday Collection of Gifts. Items suggested:

Any food stuffs that come in packages. Items that come in packages of 6 or 8 that can be divided easily into individual packs.

Boxes of tissues, hand sanitizers, toothbrushes and toothpaste

Donations can be left at the Club House or call Social Club member
Maryann Rana at 561-733-9288 for drop off and pick up

All Donations by December 10th.

Thank you so much for your help and caring thoughts for these kids





BOOK CLUB

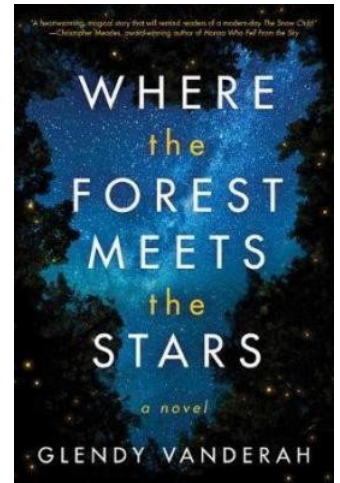
**WHERE THE FOREST
MEETS THE STARS**

by Glenda Venderah

Monday, November 18, 2019

1:00 PM

At the Clubhouse



**The Book Club
High Tea**



Nearly a decade ago we arrived at Country Greens to live our retirement dream in sunny South Florida.

Our villa afforded us the comfort and ease of a 55+ way of life. We were warmly welcomed by some residents who still remain, some of whom have passed on or moved away. Even our beloved dog, Foxy Lady found friends. Sadly, she transitioned to Doggie Heaven a few years ago.

We participated in many Happy Hours, played cards, Bocce, Book Club and Mah Jongg (which I taught) among the activities offered.

Now we have embarked on our latest journey to a retirement facility which will care for us 24/7 because of physical impairments.

We shall miss our enjoyable occasions at Country Greens and the generous contributors of those precious memories. We leave you with a fond goodbye, good luck and many thanks for the memories.

Mickey & Jules Meyers



SUPPER CLUB

Due to the success of and the positive response from the community to last year's Country Greens Supper Club, we have decided to add an additional dinner to this year's schedule.

We are planning a series of FOUR dinners for the 2019-2020 season.

The first dinner will be served pool side Saturday, November 9, 2019 at 5:30. Dinner will feature chicken parmigiana and spaghetti. Appetizers, salad, dessert, coffee and soft drinks included for only \$13.00.

Reservations and prepayment are required. Regrettable we can not accommodate walk-ins. Please call Dave Allen 561-738-3119 or 978-807-8207 or Mike Arnone 336-402-0532 no later than November 2 to guarantee your seat at the table.

Save – The – Date

January 24, 2020 – Chicken and Ribs

February 22, 2020 – Spaghetti and Meatballs

March 28, 2020 – Corn Beef and Cabbage



**HOPE YOU
CAN JOIN
US**

I'd like to thank everyone so much for the incredible support I received from so many people here at Country Greens. My back surgery was difficult and I'm home recovering. I'll continue to ask for prayers because they are needed. My heart is full because so many people have visited, brought food, and supported me in my recovery. It's a slow road, but I'll get there!

Caren Bassoff



Is your Non-Human (we won't tell them they are not human) family member the best ever!

Of course, he/she is!!!! Well, here is your chance to tell everyone! Better yet, show everyone that he/she is the cutest and include a photo. We also would love to hear all about their funniest, quirky, goofy habits. How they found their way into your heart and who really is the boss of the household. WE WANT TO KNOW.



Submissions need to be sent to barbaracountrygreens@gmail.com by the 4th Sunday of each month.

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.¹ 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.

FOR YOUR HEALTH CONTINUED

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/>

So, what do **YOU**
want to do this
weekend?



LOCAL RESTAURANT REVIEWS WANTED!

Been to someplace you really enjoyed? Let us know where and why.

GOING TO AN EVENT NEXT MONTH?

What, Where and When?????

GONE TO A LOCAL PLACE YOU ENJOYED?

Took your family to someplace and had a ball? Tell us about it, send photo and share.

We all are looking for new restaurants, fun spots, and something new to do.

PLEASE SHARE YOUR HOT SPOTS !!!

Submissions need to be sent to barbaracountrygreens@gmail.com by the 4th Sunday of each month.

IN THE GARDEN

DESERT ROSE is a low-maintenance succulent that produces dozens of trumpet-shaped flowers in shades of pink, rose, or white in the summer. Like many succulents, it needs conditions that are bright, warm, and dry.

Desert rose (*Adenium obesum*) and its many hybrids are often seen in retail garden centers. Flowers average 2–3 inches in diameter and may be single, double, or even triple. To maintain the profuse flowering, the plants must six hours or more of bright light each day. Desert rose makes a dramatic specimen for a deck or patio but since it's sensitive to temperatures below 40 degrees, it's usually grown in containers that can be brought inside for winter. South Florida gardeners can grow this as a small shrub.



Adenium obesum 'Blooming Fool' in full flower growing in a 10-inch pot.
Credit: R.J. Henny, UF/IFAS.

Take care not to overwater, since too much can lead to root rot. Over time, your desert rose can reach four or five feet tall and the lower portion of the trunk, called the caudex, will widen and swell.

Desert rose can have issues with scale; keep a look out for these tiny pests so that should your plant start to suffer, you can address the situation quickly. As a member of the same family as Oleander, desert rose is susceptible to being munched on by oleander caterpillars. Plants may naturally droop a bit during winter, but they will re-leaf after the cold season has passed.



UF/IFAS Publications

Remember to
Stop and Smell the Flowers!





*&
Read*

WHAT'S GOING ON WITH THE MY MAIL?



As of October 24, 2019, once your mailbox is full, the mail will be removed and held at the post office for 10 days.

After 10 days this mail and all future mail will be returned to sender.

It is your responsibility to ask the Post Office to hold your mail or arrange for another person to remove mail for you.

Our Post Office is just South of Jog on Boynton Beach Blvd, 561-740-7320.

CAMPBELL PROPERTY MANAGEMENT CHANGE OF ADDRESS

The new address for Campbell Property Management is:

9897 Lake Worth Rd, Suite 304
Lake Worth, FL 33467

Phone number stays the same: 561-432-2703



CRIME WATCH

Unfortunately, the PBC Sherriff volunteer mobile crime watch has disbanded in our area. More than ever, we need to watch out for our neighbors. For your own safety, PLEASE DO NOT APPROACH OR QUESTION an individual. Immediately call a board member or 911 depending of the severity of the situation. Be prepared to accurately and quickly describe your concern. You may also discreetly take a photo of their car and license plate.



FROM THE BOARD

The CGHOA board welcomes and encourages the free expression of you concerns and opinions. You may always contact our president, Bob Freedman, by email: pres.cghoa@gmail.com or calling him at 561-734-5194.

All board member numbers are found in the directory.

You may also contact Kris Elliott our property manager at kris@campbellproperty.com or leaving a message. 561-432-2703.



THE BUDGET

Budget Process

The annual budget must be approved by a vote of the board on Nov. 19 at the regular meeting. We have already received a proposed budget from management based on this year's spending. By November 8 the Board will releasing a proposed budget for 2020. Once it is released you are encouraged to express any support or any concerns to all board members. A date and time to be for be announced for a public forum where you can suggest modifications to this proposal. You can also send these by email to the president or request a meeting to discuss your concerns privately.

At the board meeting on 11/19 a motion will be made to adopt the proposed budget. Discussion by board members will occur. The public will be invited to make comments limited to about 2 minutes each. Board members may ask anyone commenting questions, if they wish. At that point amendments to the proposed budget may be made by board members only, which will be processed by regular procedures. At the end of the amending process when there are no additional discussion or debate is cut off by a board vote the board will vote adopt the 2020 budget.

COUNTRY GREENS COMMITTEES

Country Greens proposed Committees and applications were recently emailed to all who have provided their addresses. A limited amount of copies are available at the club house. You may contact our President Bob Freedman for information or (& better yet!) provide Barbara Puchalski, barbaracountrygreens@gmail.com, with your email address. She will be sure that you have the information and you will automatically be sent all future Country Greens community mails.

The Board encourages all to consider joining one or more committees.

GARBAGE CANS



That's right....new garbage cans have not yet been delivered as of the printing of the Gazette! When will they get here? No idea. In the mean time, use your old ones. When you do get the new can, and don't want to keep your old one, simply put it out to the curb upside down at the next trash day. If you are not here to put your new can away when it finally arrives, be sure you've made arrangements with a friend to do so. If you don't have anyone to help, reach out to a board member.

**For additional
information regarding
Country Greens, please
refer to our website at
mycountrygreens.com**

From the Editor

You are right, I am looking for more community involvement with **OUR** monthly newsletter, The Gazette. Please consider sending me your to go to hotspots, pet info and even a biography about yourself so we get to know our neighbors better. I look forward to another exciting season!

Barbara Coulter Puchalski

barbaracountrygreens@gmail.com

