



# THE CG GAZETTE



Barbara Puchalski - Editor

Terry West—Distribution

## President's Message

The celebrations of the end of year call us to community. As individuals and a nation we celebrate history, a spirit of re-dedication, hope and a better future. As owners and residents, you have an opportunity have a positive impact and greater voice in the future of Country Greens. In this past year your Board of Directors has made decisions to encourage your participation and input, as it tries to be more responsive to community input with an eye toward a better future.

Every resident has already been invited to help by volunteering for a committee by Dec 31. Additional copies of this information are available from management, a board member or in the clubhouse. You can also volunteer to share any skills you may have when needed. The realistic alternative to resident volunteerism is increasing dependence on the services of the management company and contractors, which logically will result in increased costs.

There are 2 board members who have announced their desire to no longer be on the board. Harvey Brecher has already resigned and has been replaced by Ron Petersdorf for the short balance of his term. Marie Allen has submitted a resignation letter for the end of her term. Both Harvey and Marie have served the community with distinction making significant contribution to our future.

As president I am pleading with all to become part of the future. Everyone can participate in the activities of the community. Starting in January we will start acting on the building a more effective committee structure by blending current members with new volunteers. Unit owners are encouraged to run for the board in the next election, when applications are made available next year.

On behalf of the board I wish you and holiday season of joy, reconnection, spiritual renewal and good will in our one nation, under God with liberty and justice for all.

**May all our lives be filled with joyous happy events, Bob Freedman,**

## Mark Your Calendar

- ☑ Monday & Thursday ~  
Poker, 6:30 pm
- ☑ Thursday ~ Yoga,  
10:00
- ☑ Wednesday & Friday ~ Mahjong, 12:30 pm



- ☑ Tues, Dec 17<sup>th</sup>, 7:00 ~ HOA  
Board Meeting
- ☑ Wed, Dec 11<sup>th</sup>, 5:30 ~ Holiday Party Westchester  
Country Club



### 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 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, NOVEMBER 19, 2019 ~ DRAFT TO BE APPROVED**

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

Directors present: President Bob Freedman, Secretary/Treasurer Terry West, Directors Jeanne Grimaldi, Marie Allen, Harvey Brecher & Joe Rana.

Absent: Joanne Slocum, Vice President

Kris Elliott, Property Manager attended meeting

**SPECIAL MEMBERS MEETING VOTE FOR AUDITORS TO PREPARE YEAR END REVIEWED FINANCIAL OR AUDITED FINANCIAL:**

Kris stated 50 votes for review & 4 votes for audit

**BOARD MEETING:**

**CORRESPONDENCE:**

Email received from Marie Allen, Director to the Board stating, "After much consideration I have decided that I will not be seeking re-election to the Board of Directors of Country Greens HOA; thank you for all your support for all these years."

**PRESIDENTS REPORT:**

President Freedman stated flagpole pulley needs to be replaced; also, he received a note from Hotwire that the Hotwire app can be downloaded to your phone & information will be in Gazette.

**APPROVE MINUTES OF PREVIOUS MEETING:**

MOTION made by M. Allen to approve with no changes the Board meeting of October 22, 2019; 2<sup>nd</sup> by J. Grimaldi. Motion passed.

**FINANCIAL REPORT:** Terry West, Secretary-Treasurer read October 31, 2019 report as follows:

Petty cash \$400; Centerstate Operating \$80,141.53; Centerstate MM \$81,366.64 Total \$161,908.17

Reserves: Trans Cap (2) @\$103,478.15; Trans Cap (1) @\$101,256.34; Valley National Bank \$163,090.95 Total \$471,303.59

MOTION MADE BY J. Grimaldi to accept financials as read; 2<sup>nd</sup> by M. Allen. Motion passed.

**ARCHITECTURAL REQUESTS:**

12323 FG-TufTop driveway

12137CG-TufTop driveway; replace screen door w/storm door

12184 CG-TufTop driveway

12233 CG-remove screen door

12220 CG-install impact glass in Sunroom

12238 CG-install impact windows & solar panel

MOTION made by J. Grimaldi to approve requests; 2<sup>nd</sup> by J. Rana. Motion passed.

**DRAFT OF MEETING MINUTES ~ TUESDAY, NOVEMBER 19, 2019 ~ CONTINUED****LANDSCAPE:**

Terry West, Chair reported Mignano Landscape planted flowers (begonia's) @front entrance & flagpole as a gift to the community.

She also contacted Mignano & Home & Garden regarding the lawns; Home & Garden reported he inspected the community & the appearance is a direct result of the weeds dying; no St. Augustine grass is damaged; he is limited to treating weeds only in winter months.

She also reported a new disease of Palm trees called "lethal bronzing", spread by insects. She has contacted other sources for more information which will be reported when received.

**NEWSLETTER:**

Summit articles to [barbaracountrygreens@gmail.com](mailto:barbaracountrygreens@gmail.com) by Sunday, November 24, 2019

**COP (Crime Watch):**

No volunteers; delete from agenda

**COBWRA:**

Meeting of November 20, 2019 Highlights will be in Gazette newsletter

**POOL:**

Doris Prosser, Chair reported pool fine.

**PROPERTY MANAGEMENT:**

Kris, Property Manager reported audit/review which is listed @Special meeting

**SOCIAL/ACTIVITIES:**

J. Grimaldi stated Holiday Party December 11, 2019; flyers posted on all bulletin boards; she is also getting information on a "Sugar Cane Tour."

**MASTER ASSOCIATION:**

No report.

**HURRICANE:**

Lillian Baumann, Chair would like the Board to consider awarding a plaque for the Captains of the Committee.

**OLD BUSINESS:**

SOLAR LIGHTS: work in progress

12250 CG Solar Light removal request; discussion followed.

**COMMITTEES:**

President Freedman stated mailing sent regarding the involvement of more residents for several committees; current chairs & members will continue to serve.

**AWNING (CLUBHOUSE):**

President Freedman informed meeting that existing awning re-installed; he gave information on replacing:

1. Height of existing awning is below code
2. Rolldown-commercial retractable but cost is significant

He will have more meetings & research for the community.

**DRAFT OF MEETING MINUTES ~ TUESDAY, NOVEMBER 19, 2019 ~ CONTINUED**

PRESSURE CLEANING: PRESSURE IN PARADISE, VENDOR (Gianni, owner)

Terry West reports over 50 homeowners have scheduled their driveways, fences, & pavers for pressure cleaning; she has phoned Gianni & waiting for date which will be posted & email blast.

The street swales & mailbox area also need cleaning.

MOTION made by T. West to hire PIP for \$500 for this procedure; 2<sup>nd</sup> by H. Brecher. Motion passed.

**NEW BUSINESS**

ASTRO AIR (CLUBHOUSE):

President Freedman stated October 30, 2029 service call found unit needed replacement of run cap & contactor for \$334.

MOTION made by H. Brecher to approve replacement; 2<sup>nd</sup> by M. Allen. Motion passed.

DIRECTOR RESIGNATION:

Letter received from Harvey Brecher, Director of his resignation at the conclusion of November 19, 2019 Board meeting. President Freedman & Board members all thanked Harvey for his many years of service on the Board.

President Freedman appointed Ron Petersdorf as new Board member replacing Harvey Brecher.

BUDGET 2020:

MOTION made by H. Brecher to approve 2020 Budget as proposed; 2<sup>nd</sup> by T. West. Motion passed. As of January 1, 2020, the maintenance assessment is \$12 per unit per month (\$7 operating & \$5 reserves) for total of \$332/month.

Harvey Brecher made motion to adjourn meeting @8:15 pm.

Respectfully submitted,  
Terry West, Secretary/Treasurer

## VOLUNTEERS

MAKE COUNTRY GREENS  
NOT JUST A COMMUNITY,



BUT A COMMUNITY  
OF CARING FRIENDS  
WHO MAKE OUR  
HOMES BRIGHTER



**MINUTES FOR THE MEETING OF THE COUNTRY GREENS SOCIAL CLUB  
EXECUTIVE COMMITTEE ON MONDAY, OCTOBER 28, 2019**

ATTENDING: Jeanne Grimaldi, President; Lillian Baumann; Dolores Crupi; Lorraine Jaklitsch; Maryann Rana

Jeanne went over the final schedule of CGSC events for 2019 with the Committee members:

1. Thursday, October 31<sup>st</sup> at 5:30PM...CG Social Club Annual Halloween Party. Happy Hour/ Hamburgers & Hot Dogs. Coffee and a Halloween Sheet Cake will be served. 50/50 Raffle. Three Prizes will be awarded as usual: Most Original; Funniest and Sexiest. Committee members will meet in the morning to decorate for the festivities.

2. Monday, November 11<sup>th</sup>, 2019, at 5:30PM. Annual Celebration in honor of CG Veterans. All veterans eat free, and receive one free drink (soda, water or beer).

3. Wednesday, December 11<sup>th</sup>, 2019, 5:30PM. Annual Holiday Party. Westchester Country Club. Dining and Dancing. Westchester Country Club has increased its charge to \$33.00 for the meal. CGSC is charging members \$30.00. The CGSC treasury is subsidizing the \$3.00 charge for the meal, as well as covering all of the fees for renting the room, the special service personnel at Westchester, and for our returning entertainer for the night, Joe Gazzara.

Jeanne reported that it was necessary to change the date for the CGSC Breakfast to Saturday, February 8th, 2020.

After further consideration, the Committee members decided to change the date for the Meet and Greet Social until after the New Year.

***YOU ARE NEEDED - VOLUNTEER - BE INVOLVED  
GET TO KNOW YOUR COMMUNITY BETTER  
HAVE FUN!***

**We are looking for volunteers to help around the Country Greens Community. If you just have a little time or a lot. If you have "skills" or don't think you have anything to offer. There is something for everyone!**

**Please pick up an informational packet in the clubhouse, contact a board member or send an email to: [pres.cghoa@gmail.com](mailto:pres.cghoa@gmail.com) or give Bob a call at 734-5194.**

**This is an opportunity for all to be part OUR future. The board start filling positions in January.**

**Thank you for considering being a Country Greens Volunteer**



# COBWRA

COALITION OF BOYNTON WEST  
RESIDENTIAL ASSOCIATIONS

## COBWRA DELEGATES MEETING HIGHLIGHTS • NOVEMBER 20, 2019 • VILLAGGIO

### WELCOME

VILLAGGIO PRESIDENT DAVID TUCKER and 1<sup>ST</sup> ALTERNATE DELEGATE HARV TASCH welcomed the Delegates to their community.

### ELECTED OFFICIALS' REPORTS

- **REPRESENTATIVE JOSEPH CASELLO** reminded the Delegates that our legislators are always looking for ideas and issues of importance to their constituents. He explained that the COBWRA legislative Delegation is preparing for the legislation session that will begin in January, 2020.
- **PALM BEACH COUNTY MAYOR DAVID KERNER** thanked COBWRA for its continuing support and the contributions that COBWRA makes to Palm Beach County. Mayor Kerner also thanked his fellow commissioners for electing him as Mayor.
- **DISTRICT 3 SCHOOL BOARD REPRESENTATIVE KAREN BRILL** reported that the principal of Spanish River High School was ultimately dismissed. She also mentioned that the Board of Education is considering joining a law suit on health related issues against JUUL, a manufacturer of vaping devices, for marketing targeted at school-aged children.
- **SENATOR LORI BERMAN** is preparing for the upcoming legislative session.

### PRESIDENT'S REPORT

**PRESIDENT BETH RAPPAPORT** announced that:

- COBWRA is a participating sponsor of the **2020 CONCERT SERIES AT THE CANYON TOWN CENTER** along with the Palm Beach County Parks and Recreation Department and *Nostalgic America Magazine*.
- COBWRA is supporting the **BE A BUDDY NOT A BULLY** program by sponsoring **BUDDY BENCHES** at Indian Pines and Sunset Cove Elementary Schools. The **BUDDY BENCHES** help students feel included in activities and make new friends, limiting bullying-type opportunities.
- On December 3 at 4:00 p.m. there will be meeting regarding an important **CANYONS LIBRARY UPDATE** announcement.
- The Government Affairs Committee will present their **2020 LEGISLATIVE PRIORITIES** to the Delegates at the December meeting.
- The date has been set **FOR COBWRA'S 40<sup>TH</sup> ANNIVERSARY GALA** to be held on **JUNE 11, 2021**. Yes, that's 2021...but it's not too early to put the date on your calendar!

Thank you to our November Breakfast Sponsor GRS Management

Highlights by Bruce Brodsky and Sharon Reuben



### **NEW MEMBER**

The Delegates voted unanimously to welcome **COUNTRY COVE ESTATES** as COBWRA's newest member. Country Cove Estates is located near the southwest corner of Lyons Road and Lantana Road.

**Pictured: COBWRA President Beth Rappaport with Country Cove Estates President Mark Floyd**

### FIRST RESPONDERS' REPORTS

- **PBSO DISTRICT 6 CAPTAIN SHAWN EASTMAN** reported that overall crime statistics are down. However, car burglaries have increased. Captain Eastman reminded the Delegates to lock their cars at all times, especially during the holiday shopping season. A shredding event is scheduled in early 2020, with more details to follow.
- **PALM BEACH COUNTY FIRE RESCUE COMMUNITY LIAISON TONY KEELER** thanked the County Commission for signing the new labor contract which enabled the department to hire additional personnel, including COBWRA-area stations. He also noted that the all volunteer civilian CARE TEAM provides support for the response crews on their calls.



**SPECIAL PROGRAM:** Palm Beach County Supervisor of Elections Wendy Sartory Link discussed how her office is preparing for the 2020 elections and the many technological advancements the County's new voting equipment provides.

The new voting machines are voter activated paper ballot counters and tabulators. The touch screen provides voters with feedback, such as the ballot has been accepted, and produces voter logs that result in paper tallies for election officials. All Vote By Mail ballots will have prepaid postage. The Elections Office is looking for poll workers. For information about becoming a poll worker, including requirements, log on to the URL below.

[pbcelections.org/Poll-Workers/Requirement](http://pbcelections.org/Poll-Workers/Requirement)

**NEXT MEETING DECEMBER 18 AT AVALON ESTATES**

## THE WESTCHESTER COMMUNITIES MASTER ASSOCIATION (WMA )

The Westchester Communities Master Association (WMA ) was created in 1983, when the Developers first started building communities between the E-3 Canal ( which is between El Claire Ranch Road and Military Trail ) and Jog Road. Palm Beach County government, having a responsibility and obligation to comply with the State's and the County's planning and maintenance of flood control measures in the area, required the Developers to create and maintain several " Lakes " (which are actually water retention basins ) as part of that flood control plan. Included in all of that flood and drainage control plan were Weirs (miniature Dams), some of which are adjustable, which control the water levels in, and over-flow from the lakes by regulating the water flow from the lakes into the State's canal system. Palm Beach County, knowing that these lakes would be a part of several communities in which they were located, did not want to have to work with the ultimate separate ten communities in which the lakes were located, to see that the lakes were being properly maintained. Therefore, Palm Beach County, to make sure that it only had to work with a single community, required the establishment of a single Master Association, which would include all ten communities, and the County made sure that the Master Association was responsible for all of that maintenance of all of the lakes and weirs.

The WMA was therefore created in 1983 with the beginning of the development of the several communities. The Master Association now includes all 10 Sub-Associations (Country Greens, North Pointe, Starlight Cove, Lakeridge, Enclave, Pipers Glen Estates, Lakeridge Greens, Lakeridge Falls, San Marco and Lakes of Westchester), which includes 1,783 homes. Also, included within the Master Association is the commercial center at the North-East corner of Jog Road and Pipers Glen Boulevard. The Master Association, as do each of the Sub-Associations, has its own Board of Directors, Declaration, Articles of Incorporation and By-Laws. All of the Homeowners in all ten of the Sub-Associations are members of the Master Association. They are all bound by, and obligated and responsible to comply with all of the Restrictions, Covenants, Rules and regulations of the WMA Documents as they are also responsible for their individual Sub-Association's Documents.

The WMA has a Board of Directors with nine (9) Board members. The Directors are Homeowners who are members of the WMA and who live in the ten Sub-Association communities. They are elected at the WMA's annual meeting which is held in March of each year. Three Director's terms expire each year, and the term of office is three years. Each Sub-Associations cumulative vote for Directors, (which is based on the number of homes in that Sub-Association), are cast by a voting representative who is chosen by that Sub-Association's Board of Directors.

The WMA, in addition to its obligations and responsibility for the Lakes and Weirs, is responsible for the Monument site at the corner of Military and Pipers Glen Boulevard. It is also responsible for that section of Pipers Glen Boulevard between Jog Road and Hagen Ranch Road. The portion of Pipers Glen Boulevard between Military Road and Jog Road is a Palm Beach County road, and is fully the maintenance and control responsibility of Palm Beach County,

The WMA's obligation and responsibility for the west end of Pipers Glen Boulevard (between Jog Road and Hagen Ranch Road) was also the requirement of Palm Beach County. The West side



## THE WESTCHESTER COMMUNITIES MASTER ASSOCIATION (WMA ) CONTINUED

communities were the last to be developed. They were started in the late 1980's. Palm Beach County, experienced a bad golf cart/vehicle accident at the golf cart crossing located at the intersection of El Claire Ranch Road and Pipers Glen Boulevard in the mid 1980's. The County did not want to take ownership of any more roads with those surface golf cart crossings. The County, therefore told the Developers to either install golf cart bridges or tunnels, or the County would not take that piece of the road as a public road. Since the Developers refused to build bridges or tunnels, the County required that piece of road to be a private road, and it became the WMA's road and responsibility to operate and maintain it as a private road. Included in that Private Road requirement was the obligation and responsibility to assure that only residents were able to gain access through the resident gate. The four west side Sub-Association communities are fully responsible for the cost of the operation, management, maintenance of that private road.

The WMA has its own budget, and each Homeowner in the ten Sub-Association communities pays his/her share of that budget. The Sub-Associations include the Master Association's common charge within the Sub-Association's budget, and forwards the WMA's funds to the WMA.

**The meetings of the WMA Board of Directors are open for all of the Homeowner/Members of the Association to attend. The meetings are usually on a Tuesday late in each month and are held at several of the Sub-Association Clubhouses. Notice of those meetings are sent to the Sub-Associations for them to post for their members information.**

Each Homeowner/Member should have a copy of the WMA's Documents. When all of the Documents were Renewed and Restated in June, 2013, copies were provided on a computer disc to each Sub-association for distribution to all of the Sub-Association's Homeowner/Members.



### COUNTRY GREENS NEIGHBORS



A reminder that 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 are also appreciated.

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 10<sup>th</sup>.

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



## FIFTEENTH ANNIVERSARY OF THE HURRICANE PREPAREDNESS PROGRAM!

The **HURRICANE PREPAREDNESS PROGRAM** began in 2004, when Board President Beverly Wagner became concerned that several Country Greens residents would be without help in the event of a hurricane emergency. She asked me if I would put together a program that would recognize these needs. She helped me with the initial planning, suggesting that I assign resident volunteers to specific areas of about 7 units....and then I was on my own.

I have always found that getting input from a committee of enthusiastic hard workers is the most efficient way of designing a program, and that's what I did: Leo Greg, Carol Russell and I worked together to set up what we termed "Survey Areas", that is, we designated sections of 7 villas and/or houses, in close proximity to one another, resulting in a total of 20 sections.

Next, after much reading of hurricane publications, we came up with essential procedures to follow when a hurricane emergency was announced, and then procedures after the hurricane had passed. We decided that each unit owner would be interviewed to determine their status, and their need for help. We also asked residents whether they would be available to help out after a hurricane. Additionally, we obtained information from the Snowbirds that would help us contact Snowbirds if there were any problems with their property after a hurricane.

Then, with fear and trepidation, we requested volunteers from the residents with the hope of getting Captains for all 20 Areas. We received responses from 20 residents...and these pioneers should be remembered for their willingness to participate in a program which had yet to prove itself.

### **HURRICANE CAPTAINS FOR 2004**

Among the 2004 pioneers: Area 1...Lillian Baumann; Area 2...Sid Bleiwas; Area 3...John Buckley; Area 4...Howard Atlas and Hey Jurow; Area 5...Barbara and James Norman; Area 6 ....Howard Atlas and Hedy Jurow; Area 7...Carol Russell; Area 8...Florence Balan; Area 9...Lennie Brownstein; Area 10...Angie Boccasio Area 11...Lillian Baumann; Area 12...Flo Hollinger; Area 13...Terry West; Area 14...Leo Gregg; Area 15...Doris and Bill Prosser; Area 16...Jeanne and Frank Grimaldi; Area 17 ...Rhoda Landsman; Area 18...Howard Hale; Area 19....Maddy Adikes; Area 20...Loretta Travis.

I'm sure many of these names bring back fond memories of Country Greens Past. They were both eager and efficient Captains and could always be counted upon to do their job.

During these 15 years I have always been in awe of the loyalty of the Hurricane Captains to their duties during hurricane season. Because the number of Captains has decreased, many of the Captains have volunteered to take responsibility for more than one Area. Country Greens residents are truly amazing!!!!

### **HURRICANE CAPTAINS FOR 2019**

Areas 1, 2 and 3...Lillian Baumann; Area 4...Ellen Newell; Area 5...Arlene Brecher; Area 6...Jeanne Grimaldi; Areas 7 and 8...June Buckley; Area 9...Richard Dragonetti Areas 11 and 12...Brad Manion; Area 13...Jeanne Grimaldi; Area 14...Barbara and James Norman; Area 15...Doris and Bill Prosser; Area 16...Jeanne Grimaldi; Area 17...Barbara and James Norman; Area 18...Doris and Bill Prosser; Area 19...Nancy Rochon; Area 20...Terry West

**Lillian Baumann, November 16<sup>th</sup>, 2019**

*Be sure to also thank Lillian for her years of hard work and dedication keeping our community safe!*

## To Country Green Homeowners

I would like to let you know that I will not be seeking re-election to the Country Greens Board of Directors.

Over the past several years it has been a pleasure to work with you and our board to make Country Greens the premier community in the area.

I would ask that you consider running for the Board. We need new blood that can help bring Country Greens to the next level.

Again, thank you for your support.

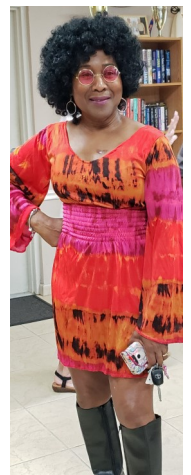
Marie Allen



**Honoring our  
Country Green Veterans  
and all who  
have and are  
Serving**



***Having Some Halloween  
Scary Fun!***







## Interested in Chair Yoga?

**Thursday 10-10:45 a.m. CG Clubhouse. \$5 per class.**

**Starting Dec. 5.**

**Any Questions, call Lisa Feldman**



## BOOK CLUB

IS ON HIATUS

IN DECEMBER.

BUT

KEEP

CALM

AND

KEEP ON READING!

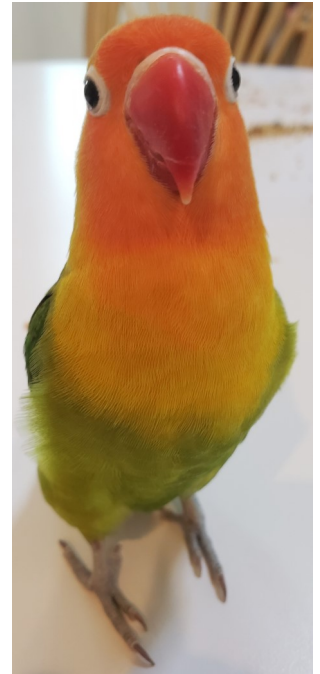
## Don Juan

Is the newest addition to the Coulter family, given to Joan this past Mother's Day. He is a Fischer Love Bird approximately 8 months old.

He is the smallest in the parrot family. Small yes, big attitude? YES! Luckily, he isn't non-stop noisy but, will let you know it when he's happy or mad.

Donny eats breakfast with Joan and Barbara, enjoys cocktail hour with the family and watches TV after dinner, He has his own gym, water fountain, a huge home (cage) and loves to hang out on your shoulder. Don adores his big brother Joey but Joey doesn't return the love.

LBD (Little Bird Donny) brings so much laughter into the Coulter home!



**Share with the Community the special someone that lives with you!**

**Submissions need to be sent to [barbaracountrygreens@gmail.com](mailto:barbaracountrygreens@gmail.com) by the 4th Sunday of each month.**



## FOR YOUR HEALTH

### Acupuncture

#### What makes it Valid?

Acupuncture, an ancient medicine utilized in China over 3000 years, is presently utilized by every country in the world where millions of people continue to benefit by this ancient practice. Yet, despite the fact that Acupuncture still is being practiced today, what continues to be questioned is the validity of this medicine.

One validating point not clearly known by most Americans is the educational requirements to become a licensed Acupuncturist. First thing to recognize is a licensed acupuncturist is a primary health care provider. Mainly because practicing acupuncture requires the use of a stainless-steel medical device called a “acupuncture needle” and the application of these medically made needles into the skin of the body is an act of medicine. To prevent harm, this takes developed skill, knowledge and lots of practice. The average acupuncturist studies from five to seven years. The minimum educational earning required is a Bachelor of Science and Masters degree in Chinese Herbal Medicine. If you like to continue another two years or more, you can acquire a Doctorates or PH degree in Oriental Medicine. And, that’s not all. Before practicing acupuncture on the general public, it is mandatory by Florida’s Certifying Board of Health, that each graduate pass a state board exam of 400 questions. Once completed, an Acupuncture physician is legally able to begin practicing medicine. They can treat all types of physical ailments, diagnose and prescribe natural herbal medicines, just not western diagnosing or medication. With other advanced continued education, an acupuncturist can also administer injection therapy procedure such as vitamins, Ozone, and natural homeopathic pain and flu preventative solutions.

Another validating point to follow is understanding what, why, and how an acupuncture physician utilizes acupuncture as medicine. The acupuncturist is knowledgeably equip with basic anatomy, biomedical physiology, neurological laws with science based principles and Oriental medicine theories. But I will spare you the long years of study it takes to comprehend all this mastery. If we are to simplify how this magical healing modality called acupuncture truly works, we need to first recognize the history of this medicine. And, despite our cultural lack of understanding, let’s give credit where credit is due just for its longevity of health benefits alone. Secondly, we must acknowledge that this is no “Hokey Pokey” medicine but rather a long studied scientific based medicine that continues to help thousands of people even in today’s modern world. Even though the American Medical Society (AMA) has scientifically proven acupuncture to be an excellent remedy at reducing pain. It's still not clearly explained how it works. We know it has the ability to calm the nervous system's response to inflammation. But how does this natural medicine do more than manage pain? Whether or not you have experienced the effects of acupuncture, these questions are normal to ponder. What does it help? How does it work?

What I like for my readers to understand is there’s more to acupuncture than the medical device itself. Real acupuncture is not about puncturing small gauged dry needles anywhere of the body to stop pain. There's a lot of educational thought and theory to apply for long lasting internal healing which most pain stems. The job of a good physician is to seek what messages the body is signaling. Today’s technology makes excellent diagnostic devices, but they tend to be less personal. Methods of Diagnosing such as feeling the patient's pulses, evaluating the body’s muscular tone, range of motion, color of skin and temperature; viewing the shape, moisture, and color coating of the tongue, listening to the sound of your voice and even inquiring what color or flavors you most recently crave are just a few examples acupuncturist observe and inquire with their own eyes, ears and touch. Acupuncturist are trained over 400 hours in diagnosing the human body’s micro-systems. Something artificial intelligence tend to overlook because they are design to scan only what is programmed. A good diagnostic is the primary start for an effective treatment plan and resolution

## FOR YOUR HEALTH CONTINUED

outcome. Yet, any physician with the best education and diagnostic intake can validate its best plan of care, and still not get the 100% desired end result mainly because another important aspect of human beings has much to do with the emotional components. The human body gives off hundreds of clues to reveal its mechanistic and functional state of health, which is often times effected by emotions. The implementation of acupuncture has a natural cause and effect to the body's innate intelligence of storing unexpressed, suppressed or stagnated emotions. With this said, we remain with the constant challenged question "How does acupuncture work"?

Stay tune for our winter season health series on how Acupuncture works, and you will soon learn why it is a valid medicine.

Happy Thanksgiving!!

Maria Chah, L.Ac., LMT, MMP  
 Licensed Acupuncturist  
 Oriental Medicine Physician  
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"Good Health is harmonious interaction between Yin and Yang"

**For additional  
 information regarding Country Greens,  
 please refer to our website at  
[mycountrygreens.com](http://mycountrygreens.com)**

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](mailto:barbaracountrygreens@gmail.com) by the 4th Sunday of each month.**

## IN THE GARDEN

## Five Fall Herbs for the Home Garden

In Florida, gardeners can plant edibles throughout the year. Fall is a great time to plant an herb garden. There are many perennial herbs that can be started this time of year, including the ever-popular rosemary, sage, and thyme. There are also some great annual herbs that can be planted now, like cilantro and parsley. Here's more on our fall favorites.

## Rosemary

Rosemary (*Rosmarinus officinalis*) is a pungent, evergreen herb that's great for cooking and very easy to grow. The narrow, needle-like leaves emit a sharp, somewhat pine-like aroma when crushed. You can use them fresh in meals or dry them for later use.

Rosemary is also an attractive, drought-tolerant plant that works well in containers and landscape beds. It typically grows as a woody perennial or small shrub and can reach up to 6 feet tall and 4 to 5 feet wide. This Florida-Friendly plant will thrive year-round, although it may need to be protected from freezes in colder areas of the state.

This plant is originally from the Mediterranean, so it prefers dry conditions and suffers when watered too frequently. Rosemary demands a well-drained soil and at least six hours of sun.

## Sage

Sage (*Salvia officinalis*) is one of the classic herbs that chefs use when seasoning turkey and other poultry. You can buy dried or fresh sage at the grocery store, but it's also easy to grow your own.

The quickest way to get started is to buy transplants at your local garden center, but you can start sage from seeds or cuttings anytime from fall through spring. Be sure to choose a spot that gets plenty of sunlight, and don't forget to provide water as the plant needs it. As your sage grows, it will mature into a semi-woody perennial that reaches 12 to 18 inches tall.

You might even consider planting your sage in a landscape bed instead of a vegetable or herb garden, since its small, silvery leaves make a nice backdrop for other plants.

## Thyme

Native to the Mediterranean, thyme (*Thymus vulgaris*) is a small, perennial shrub with tiny gray-green leaves. Like most herbs, thyme does best in full sun, and it tolerates drought well. It can be planted by seed in either late fall or early spring. Make sure to plant in good-draining soil. To use, remove the top one-third portion of the plant when in full bloom and spread on newspaper in a well-ventilated room to dry. Then, strip the leaves and flowering tops from the stem and store in tightly closed containers.

planting. Being a cool-season plant, parsley may start to fade when hot weather arrives.

And here's a fun fact you may not know about parsley—it's also a host plant for caterpillars of the black swallowtail butterfly. So even if you don't cook with it, the caterpillars will appreciate your parsley plant.

## Cilantro

Cilantro (*Coriandrum sativum*) is a bright green annual plant with many culinary applications. This flat, feathery-leafed herb is often used in Latin American and Southeast Asian cooking. It can add a fresh flavor to many dishes, including salsa. Cilantro's flavor is similar to parsley, though it's a bit more tangy.

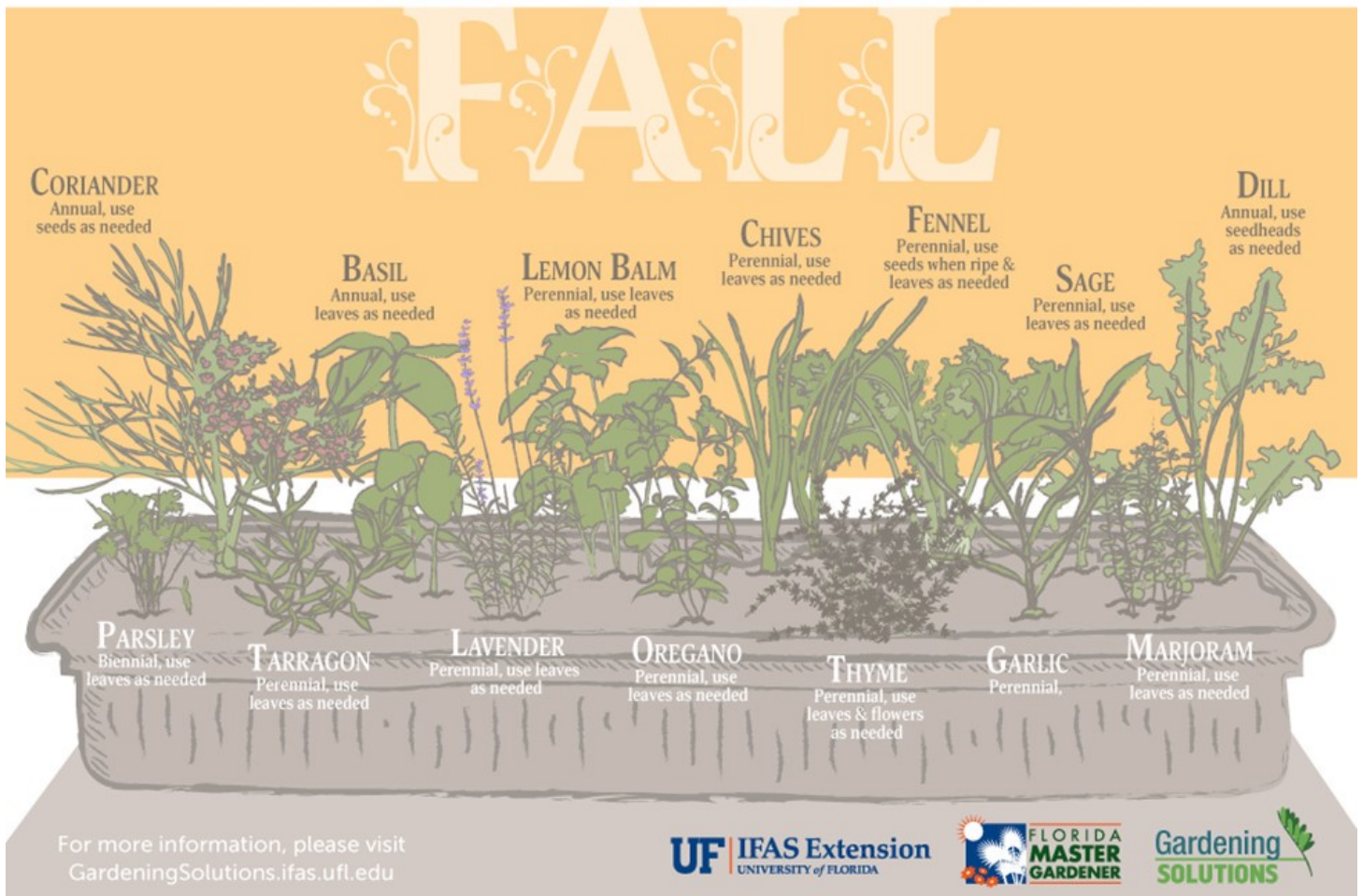
You can start cilantro from seed or purchase transplants. This herb will do best in an area with full sun to part shade and rich, well-drained soil.

And here's a fun fact: technically, cilantro is the same herb as coriander. When the leaves of the plant are used as a seasoning, it's known as cilantro. When the seeds are used, it's called coriander.

## Parsley

Parsley (*Petroselinum crispum*) is a versatile herb that comes in both curly and flat-leaf forms, with the flat-leaf having the strongest flavor. Here in Florida, the time to plant parsley is in late fall or early winter. You can purchase transplants or start your own plants from seed. The seeds can be slow to germinate, so soak them in water overnight before

# Plant These Herbs







**&  
Read**

### COUNTRY GREENS 2020 DIRECTORY

It is that time of year that we are preparing the new Country Greens phone directory. Please check your information in the current directory. If you have any corrections, wish to add your email to either receive the Gazette or E-Blasts from the Board of Directors (or both), please email Barbara Puchalski at [barbaracountrygreens@gmail.com](mailto:barbaracountrygreens@gmail.com)

### OPTIONAL EMERGENCY CONTACT DIRECTORY

As our Country Greens family is ever changing, we would like to offer the opportunity to participate in our optional emergency contact database. Our board would keep any information you would like us to have, i.e., local and out of town contacts, work place info, who has keys to your home, etc. Please note that any information provided is to be used only in the case of an emergency and kept in strict confidentiality.

Please refer to the attached form and submit to any board member.

### NEW HOTWIRE APP WILL ENHANCE YOUR HOTWIRE EXPERIENCE

#### Instructions

Visit your app store and search for **Hotwire Fision** or click on the corresponding button below.

- Access to your My Hotwire online account
- Pay your bill or select an auto-payment option
- Select e-billing and Go Green
- View your channel lineup and the Guide Menu
- Control your DVR remotely
- Live chat with Customer Care
- Access helpful product information and more



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](mailto:barbaracountrygreens@gmail.com)

## Country Greens Emergency Contacts



<b>Country Greens Resident</b>	Phone #	Cell #
1.		
2.		
<b>Country Greens Address:</b>		
<b>Email Address</b>		
1.		
2.		
<b>Emergency Contact &amp; Relationship</b>	Phone #	Cell #
<b>Emergency Contact &amp; Relationship</b>	Phone #	Cell #
<b>Emergency Contact &amp; Relationship</b>	Phone #	Cell #
<b>Work Contact</b>	Phone #	Cell #
<b>Physician Name</b>	Phone #	Cell #
<b>A Key To My Home Has Been Left With</b>	Phone #	Cell #
<b>Other Contact Information</b>		