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On the cover: Basking in the joy of a day on the golf course (from left) Riva Kurtz; Janice Tarter; Lise Therrien; and Brenda Bornstein take a moment to pose amid newly planted landscaping at the corner of Hollybrook Drive and South Hollybrook Lake Drive at the entrance to Phase 2

INSIDE

THE VOICE OF HOLLYBROOK

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President's Message

News to use

The hot topic for this month is Comcast. As you are already aware, the promotional rate for our Wi-Fi has expired. The new rate will be going to \$99 a month. This does not affect your TV which is still under our original contract.

I have spoken to dozens of unit owners who have already called

Comcast to ask for a new promotional price. Most were satisfied with new rates, while others were told to wait until their current promo ends in May. We are close to negotiating with a different company (not AT&T). I will send out information about that in a separate e-blast when the negotiation is done.

Our work on updating our landscape plantings continues. Many of you may have already seen the intersection at Phase

4 and the crossroads between Phases 4 and 6. On this page are before and after shots of the work at the Phase 2 entrance. The following areas are listed to be further beautified during May:

- 1) Entry Phase 1 at the fork in the road
- 2) Entry Phase 2
- 3) South side of Building 60
- 4) Upgrade at Pool 4
- 5) Area between Buildings 42 and 43
- 6) Four corners at Gate B
- 7) Fountain area
- 8) Front of Restaurant/Clubhouse drive thru
- 9) Washington Boulevard median redesign

A big "thank you" to Anna and her committee consisting of Annette, Edwin and Francis.



Starting in June, the perimeter fence that runs along Pines Boulevard in Phase 6 will be cleaned out and redone. Hopefully, this will open up enough space to create a dog run. Though

From the desk of Alan Eisman

a dog run is something many unit owners want, we must be respectful to all unit owners and plan for it very carefully. The rules and requirements of such an endeavor will be discussed at future board meetings and then acted upon.

This month (May), the Board will be asked to approve motions for the following projects to be funded with money already included in this year's budget:

- 1) The phone equipment at a cost of \$7,800 which will save us about \$30,000 per year going forward
- 2) Funding for new patio chairs, tables and umbrellas to be placed at the back patio of the restaurant. The area is to be utilized by both restaurant customers and golfers
- 3) New synthetic grass court surfaces on Tennis Courts 1 and 2 to be installed in May. Originally, we budgeted to replace surfaces on four courts but decided to do two at first to make sure that tennis players like the new surface.
- 4) Expand the reopening of certain facilities such as shuffle board and The Hollybrook Playhouse

Jimmy C is in the process of putting together a proposal to reopen The Hollybrook Playhouse for shows and other

activities. Of course, this will all be done COVID-19 safe, per Broward County guidelines.

At this time, Broward COVID-19 protocols for golfing have been lifted. Soon, we will open bag storage and have ice buckets and ball washers available. We will also be doing a thorough cleaning of the storage facility and cart barn, and applying a fresh coat of paint.

Another ongoing project is the rebuilding of cement patios. Unfortunately, presently,

we can only do two at a time because that is all the contractor can handle. We are seeking additional contractors. There is a current backlog of 25 patios that need to be done. We will continue searching for contractors and update you a soon as we find them.

Your Treasurer Mary LoPreto, Vice President Gilles Chevrier and I have met with Alex Leonardo, the principal of our new accounting firm. He is very excited to work with us. In addition to accounting, he

likes teaching and has volunteered to conduct a one day course for all Board Members about how and what to look for when putting together a yearly budget. This is something that I believe we can all benefit from. It will happen closer to the time we start working on our next year's budget.

I know I said no fluff in my articles but allow me two exceptions. First, Happy Mother's Day, for without moms none of us would be here! And second, a very happy special 100th birthday to Mary Ellen Alba. Mary Ellen did not want a fuss made about her special day, but a century is a long time for one person to bring cheer to others – which deserves mentioning.

I will continue to update you on different subjects, so keep checking your e-blasts.

THE VOICE OF HOLLYBROOK

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DENNIS REESE - Heath & Fitness
MICHAEL EATON - Recycling

CONTRIBUTORS

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LETTERS TO THE EDITOR

Have a question? Need to vent? Want to comment?
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Inappropriate language may be edited from the letter.

Letters are subject to panel approval. *Send to*

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All classified ads must be received with full payment by the 10th of the month for the following month's VOH. Classified ads are \$35 for 5-line maximum. Each additional line is \$5.

VoH Submission Procedures

To all contributors of articles, photographs and other material for print in the Voice of Hollybrook (VOH):

We must have all articles in our office by the 10th of the month for the following month's VOH. All items and articles are subject to editing, condensing or omission, depending on the space available, at the discretion of the editor.

Please print or type, check the spelling of names and list the telephone number of the writer of the article in case of questions. The following are two excerpts from the Guidelines of the Voice of Hollybrook:

- 1. The Voice is an in-house paper, specifically for the purpose of publishing factual information, Hollybrook news and items of primary interest to all residents of Hollybrook. The magazine is not for investigative reporting.
- 2. That all articles by the VOH staff, prior to publication, must be thoroughly screened for accuracy of facts. Subjects should be local and news items should report facts. No advocacy position is to be expressed in any articles. Neither the Officers, the Editor, nor the Business Manager assume personal responsibility for the ads or articles printed herein.

PLEASE NOTE: The Voice of Hollybrook is not responsible for the performance or products of its advertisers.

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Vice President - GILLES CHEVRIER
Treasurer - MARY LOPRETO
Financial Secretary - JONI ESSER-STUART
Recording Secretary - ELAINE YOST

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PRIMONATO, CAROLE RAPPAPORT
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ALI MUNJU
Phase 3 - MICHAEL EATON, ENRIQUE
GONZLEZ-REGUEIRA, ROSALIE LABATE
Phase 4 - LOUISE BERGERON, DONALD
HIPP, MYRA MARKOWSKI
Phase 5 - ANDY INGRAM, STUART KLAR,
VIRGINIA WEBBER
Phase 6 - ROIANN BRUNO, GREG
JAMIESON, MATTHEW SARNELL

Towers - JOHN CAMPBELL, ANN PETERSEN



BLDG/APT	SELLER - BUYER	BDR	PRICE
07-209	LaPenta to Hernandez	2	\$85,000.00
15-203	Schnabolk to Pothler	2	\$128,000.00
17-105	Greeley to Villalba	1	\$75,000.00
22-206	Gonzalez to Llanes	1	\$70,000.00
42-203	Blondin to Sookhoo	2	\$130,000.00
48-308	Spring to Pitts	2	\$145,000.00
55-107	Charland to Stahl	2	\$120,000.00
60-106	Figueras to Delgado	1	\$43,000.00
60-206	Savard to Concepcion	1	\$75,000.00
63-203	US Bank to Mahendran	2	\$69,000.00
64-105	Mendoza to Sotolongo	1	\$83,000.00
64-208	Rojas to Merchant	2	\$115,000.00
70-620	Comeau to Cardenas/Serra	1	\$64,200.00

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Vice President's Message

From the desk of Gilles Chevrier



Moving forward

We have had a good 2020-2021 year financially, even though we had to cope with the pandemic and the extra expenses that it carried. Since coming into office in February, we have been working hard in making sure that we

tackle 2021-2022 in a financially responsible manner, as was our President's promise during the last election campaign.

You will see improvements whether it be from the landscaping or the whole appearance of Hollybrook, while making sure that the maintenance is taken seriously by addressing concerns from our unit owners. I guarantee you that Ed Alexander in Maintenance has really stepped up to the plate in making sure your requests are addressed promptly and efficiently. If you have access to internet do not forget this email address to have your requests taken care of: maintenancedispatch@hollybrook.com. Ed can also be reached directly at the following phone #: 954-433-1700.

As I had reported last month, we will be implementing a new phone system that will bring savings of around \$30,000 in our expenses. This stemmed from the hard work of Sylvie

Gagnon, our Phase 1 owner who had us benefit from her expertise in the matter. Not only will we have recurring savings in the coming years, but Sylvie's volunteer work on the project saved us around \$25,000 that we would have had to pay had we brought in a consulting firm, like we did for the cable contract with Comcast.

We will be going out to bid for our appliance, air conditioning, plumbing and electrical contracts that our owners have the option to take in December. We have drafted a standard contract that should address the numerous complaints that were encountered by our owners with the present supplier, especially for owners who pay the extra price for replacement of the appliances.

We are looking to have an agreement with GolfNow and Canam. This will bring in extra golf income by filling the available tee times during the summer months.

STOP THE SPREAD, MASK UP!



Committee Report

Abandoned/Unoccupied unit update

By Brian Markowski Inspector, Abandoned/Unoccupied Units

Part of Hollybrook's many responsibilities in service to residents is identifying and inspecting abandoned/unoccupied units. For any number of reasons, there have been unit owners who simply "walked away" from their apartments, abandoning them. This dilemma causes problems for other residents. The problems can include climate control issues that lead to mold formation; rodent and/or insect infestation; and potential water leaks.

Inspection of abandoned/unoccupied units is directed by Querino Pacella of Compliance Operations Office. Joan Whitcomb is the Unoccupied Units coordinator (and compliance office assistant) who teams with our Compliance Officer Beatriz Goycochea to get the job done.

In the last month alone, 14 different units have been inspected. Some of the issues found among those units included water leaks in ceilings and toilets; insect and rodent infestations; malfunctioning smoke detectors; and no electrical power causing climate control problems. Those issues are currently being addressed by our Maintenance Department in order to avoid future problems.

If you know of any abandoned/unoccupied units send an email to Compliance Officer Beatriz Goycochea at the following email address: rules@hollybrook.com.

Joan Whitcomb Compliance Office Assistant and Compliance Officer Beatriz Goycochea contributed to this report

Letter to the Editor



Dear Editor,

Thanks, merci, gracias to Charlie Bordita of Building 39, Unit 201, for not only recycling a toner cartridge, but also asking if we, in the Administration Building, could use four new toner cartridges for another printer model.

I was quickly able to find out from Ed Alexander, our Maintenance Department dispatcher, that we definitely could use them.

Charlie was happy to help, and brought the cartridges in after I called him right back.

Sincerely, Joan Whitcomb Resident and Compliance Office Assistant

Treasurer's Report



From the desk of Mary LoPreto

Dollars & Cents

The fiscal year for Hollybrook Golf & Tennis club began April 1, 2020 and ended on March 31, 2021 with a positive

number despite the Corona virus pandemic.

Total monthly operating expenses for March were 113.92% and YTD total operating expenses were 94.57%. Total YTD budgeted expenses were 90.09%.

An important contributor to the budget's solvency is due to the Unit Owners' use of the golf course and restaurant in conjunction with appropriate maintenance of our facilities.

Now we enter our new fiscal year, April 1, 2021 to March 31, 2022. Let us continue to be aware of our financial responsibilities to remain within the budget.

Many take leave of HGTC at this time. Take happy memories with you, travel safe, and return to a financially sound home!



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Financial Secy's Report



From the desk of Joni Esser-Stuart

Direct withdrawal campaign success

Closing our fiscal year entails more time than merely preparing monthly reports.

I want to thank Alex Ivanaskas for forwarding these reports to me yesterday along with the positive news that we expect to end the fiscal year with an operating surplus of \$196, 891. The caveat is that we do not incur any unforeseen previous year large expenses that would affect this projection.

Our restaurant net income for the month of March was \$74,207.60, with \$66,630.94 income resulting from expired cards. The expiration of the 2020 cards at the end of the month encouraged residents to dine more frequently throughout the month and total sales on March 31st exceeded the sales on all other days in March. Our income from the restaurant during the current fiscal year is \$463,647.

Our golf income for the month of March was \$172,357. If we compare this year to last year, our income during March was higher than the previous year by approximately \$48,943. However, as you might recall, many Hollybrook residents returned to their respective homes during March of 2020 due to Covid-19, resulting in a lower income during March 2020. Our income for golf for the current fiscal year is \$1,022,222, which is 89.67 percent of our projected income of \$1,140.000.

It is interesting to note that allowing outside golfers here in Hollybrook accounted for approximately \$38,499 (22.34%) of our total golf revenue during March, and \$385,487 (37.71%) of the YTD golf income.

Total income for the current fiscal year is \$11,786,057,080 as of March 31, 2021. Thus, we have 92.25 percent of our projected yearly income.

Our campaign to encourage owners to use Direct Withdrawal for their quarterly maintenance payments has been quite successful. Thanks to Celene Pedersen's efforts and our publicity campaign, an additional 59 owners will now process their maintenance payments via automatic withdrawal. I am hopeful that others will choose this option in the future.

April maintenance payments are being processed daily and I will provide a comprehensive update in my May report. In addition, we will send the owners who have not paid their assessments for the pipe lining project to collections this month.

Thanks to Communications Director Eileen Soler and her Communications Department Staff for their efforts to publicize the benefits of Direct Withdrawal.

Direct Withdrawal for Unit Owners

Many of us have taken advantage of the opportunity to have Hollybrook withdraw our quarterly maintenance payments from our checking or savings accounts. WHY?

What are the advantages of Direct Withdrawal for Unit owners?

- Residents do not have to worry about the quarterly deadlines
- Assuming sufficient funds are in the account, there are no late fees or interest since the withdrawals are on time payments
- Savings in terms of time (writing quarterly checks)
- No postage if you are away from your Hollybrook residence

What are the advantages of Direct Withdrawal for Hollybrook?

- Saves staff time processing and recording checks
- Saves costs associated with processing the coupon books
- Bank processing costs are less for Direct Withdrawals versus costs of processing checks

Residents should feel free to pick up a form from Celene Pedersen in the Hollybrook Administration Office, find the form on our website or request a copy from Celene via e-mail (controller@hollybrook.com) or snail mail. Try it for the rest of 2021 and if you do not like this worry-free option, you can withdraw your permission.

Please feel free to contact me Joni Esser-Stuart at 954-431-0600, Ext. 238 or Celene Pedersen 954-431-0600, Ext. 236 with questions or concerns.

Joni Esser-Stuart, Financial Secretary

THE VOICE OF HOLLYBROOK

If you'd like to join our team, call Director of Communications Eileen Soler 954-431-0600 ext. 262. Or email to communications@hollybrook.com



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MARTY'S LISTINGS FOR SALE

PHASE III – ENJOY SUNRISE COFFEE 2BR/2BA, 3rd floor, stunning 2 Lakes, Fountairen Solf and Supplement Streen (granite) and We (Batter) om Slower walk to clubble at November 1 and AID IN FULL! RELAXING PERFECT

PHASE I – BACK ON THE MARKET! EXPANSIVE PGA 18th FAIRWAY VIEW. 2BR/2BA. Recreation Lease PAID IN

LIFESTYLE!

PHASE III - BEAUTIFUL SUNSETS.
Lake/Google/ Find View; N
POPCORN Misha Duer, Fed Jease
PAID IN FULL. RELAXING! PERFECT!

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Upgraded kitchen (raised ceiling, SS appliances); knock down ceilings & walls throughout, IMPACT windows, doors & accordion shutters. **MUST SEE!**

PHASE IV – 2nd Floor, 2BR/2BA RELAXING PAR 3 GOLF VIEW! Tiled throughout. PRICED TO MAKE IT PERFECT! Recreation Lease PAID IN FULL! Built in washer. GREAT OPPORTUNITY!

PHASE V – BRIGHT & CLEAN!
(Freshly painted) 3rd Floor, 2BR/2BA
w/ lami ette-fil ors in ught fit. ake,
Fountain a pl folf) e s. Re :. L ase
PAID IN--LLI FRICE FOULL
FAST!

TOWERS – 4TH FLOOR. Enjoy spectacular Sunsets. Rich laminate flooring throughout. FURNISHED! Unique STRUCTURED DINING ROOM. LOW PRICE.

Phase IV – BRIGHT FURNISHED 3rd floor cores. En 19 1th green (1.8.3) View. Rect. at In Letter PAIL IN ULL. PRICED WILLEL PAIL IN ULL.

FEATURE OF THE MONTH

PHASE VI – 1ST FL, 2BR/2BA, 1.459 SF Relaxing golf, large lake/fountain views from wrap-around, enclosed glass and screened patio. Recreation lease PAID IN FULL! CLEAN & READY TO ADD YOUR OWN TOUCHES!

PHASE I – 2BR/1.5 BA RELAXING PGA, 18th FAIRWAY GOLF & HUGE WATER VIEWS! Updated Kito's a (comba, pktra large cabinet w/granite councy). IPG A DED LAT ROOMS ("toe tester" look) a set at large priower). Recreation lease PAID IN FULL! FURNISHED! MOVE RIGHT IN!

PHASE V – 3rd Floor CORNER with WIDE LAKE & GOLF VIEWS! Needs a little TLC and priced accordingly. Recreation Lease PAID IN FULL! SUPER GREAT OPPORTUNITY!

PHASE IV – 2BR/1.5BA. FULLY UPGRADED! 3rd Floor. Beautiful Kitchen and Bathrooms! Golf Course and Pool views. Recreation Lease PAID IN FULL! THIS ONE WONT LAST LONG!

PHASE IV – 2BR/1.5 BA, LUXURY KITCHEN (fully updated). SUPER UPDATED MASTER BATHROOM w/ double glass sinks. Golf View. Crown Molding. Many Extras! Recreation lease PAID IN FULL! MUST SEE THIS BEAUTY!

WANTED

2021 – 2022 SEASONAL RENTALS 4-5 MONTHS LARGE WAITING LIST

CALL MARTY

ANNUAL RENTALS

New. Rent vir Noors. TO EN!

Rem Coled. F IN Y FURNILH ID!

PHASE IV – 2BR/2BA FULLY FURNISHED! Relaxing Golf View! Rent includes water & cable.

PHASE IV – 3rd floor, 2BR/1.5BA RICHLY UPDATED, Unfurnished. PERFECTI

SEASONAL RENTALS

Phase V – BACK ON MARKET! 2BR/2BA Walk to Clubhouse. New Flooring. CLEAN & READY!

PHASE V – 3rd Floor 2BR/2BA Beautiful Lake View.

PHASE V - 1ST floor, 2BR/2BA wide lake/ Golf views, 1,170 SF. FPL, water & Cable included.

A LITTLE HUMOR... very little

Q: What do you call alligators interested in real estate? **A:** Investi-gators!

Q: What does a British real estate agent care most about?A: His proper tea!

EVERY LISTING

PROFESSIONAL

PHOTOGRAPHY!

■ Nextdoor







Recording Secretary



From the desk of Elaine Yost

SPECIAL BOARD OF ADMINISTRATION MEETING March 30, 2021

President Alan Eisman called the meeting to order at 7:30 p.m. on March 30, 2021.

All 25 Board members were present. Also present were Paul Ray (CEO), Querino Pacella (Director of Compliance), and Shane Laasko (Purchasing Agent).

This BOA meeting was arranged during the Covid-19 pandemic and most of the BOA members were participating via the Zoom Conferencing Platform.

BUSINESS

MOTION A – TO HIRE LANTER, LEONARDO, DI-CRESCENZO, LLC TO CONDUCT OUR 4/1/20-3/31/21 CERTIFIED AUDIT

Mary LoPreto made the motion to hire Lanter, Leonardo, Dicrescenzo, LLC. to conduct our 4/1/2020-3/31/2021 audit; it was seconded by Greg Jamieson. This is the same motion that went before the Board on March 24, 2021 at which time it failed to carry.

BOARD'S REMARKS

Roiann Bruno made a motion to call the question. No one seconded the motion.

UNIT OWNER'S FORUM

Elaine Yost received e-mails from two (2) residents that were read verbatim. The minutes will reflect a summary of the e-mail. Hank Koch (Building 35 Apartment 204) requested a no vote on the motion. He stated training a new firm will put undue time and burden on our financial department and any monies saved will be of no added value.

Carl Mack (Building 35 Apartment 208), former President of

Hollybrook suggested that we retain the current auditor. He noted that there has never been a price increase even when we took over ownership of the restaurant. And, that the new board review the perspective auditors more in depth and reconsider them for the next year's audit due to the immediacy of requiring an auditor.

A roll call vote was taken on Motion A to call the question; there was a simple majority of 13 affirmative votes and 12 dissenting votes (Fisher Rappaport, Eaton, Gonzalez-Regueira, Labate, Hipp, Ingram, Klar, Webber, Petersen, Esser-Stuart, Yost). 2 board members, whose voices were audibly indistinguishable stated that we needed a two-thirds vote to stop any further discussion, and to proceed to vote on the final motion; Robert's Rules states that there should be a two-thirds vote in favor to stop the debate and vote. President Eisman stated that we did not need two-thirds vote and to proceed to vote on the motion. There was no further discussion.

A roll call vote was taken on Motion A; there was a simple majority of 13 affirmative votes and 12 dissenting votes (Fisher Rappaport, Eaton, Gonzalez-Regueira, Labate, Hipp, Ingram, Klar, Webber, Petersen, Esser-Stuart, Yost). Motion A to hire Lanter, Leonardo, Dicrescenzo, LLC. to conduct our 4/1/2020-3/31/2021 audit passed.

President Alan Eisman adjourned the Special Board of Administration Meeting at 8:04 p.m. The next Board of Administration meeting would be Wednesday, April 14, 2021 at 7:30 p.m *Respectfully submitted by*,

Elaine Yost



Minutes for April 14 Mtg. - Turn to page 12

REGULAR BOARD OF ADMINISTRATION MEETING APRIL, 2021

President Alan Eisman called the meeting to order at 7:36 p.m. on April 14, 2021.

The following Board members were absent: Campbell, Munju, Petersen. Also present was Shane Laasko (Purchasing Agent). This BOA meeting was arranged during the Covid-19 pandemic and most of the BOA members were participating via the Zoom Conferencing Platform. Twenty-two members of the Board were present at the meeting.

APPROVAL OF MINUTES OF BOARD MEETING HELD 3/24/2021

Since there were no additions or corrections to these minutes, President Eisman waived the reading of the minutes and accepted the minutes from the meeting as submitted.

TREASURER'S REPORT

The Treasurer's Report was delivered, and the full report will be attached to these minutes.

FINANCIAL SECRETARY'S REPORT

The Financial Secretary's Report was delivered, and the full report will be attached to these minutes.

NEW BUSINESS

MOTION A – TO APPROVE THE 2021-2022 WINTER SEASON SANCTIONED GOLF LEAGUES' SCHEDULES

Gilles Chevrier made the motion to approve the golf leagues' schedules for the winter season of 2021-2022; it was seconded by Andy Ingram.

A roll call vote was taken on Motion A; it passed with a unanimous 22 affirmative votes.

BOARD'S REMARKS

Some Directors verbalized that the unit owner's email to Forum should be read during the Board Meeting as customary. Because of the numerous emails (35) received, President Eisman suggested that the Recording Secretary forward all emails to the Board members the day before the meeting so that they can be read privately by every board member for the 4/14/21 meeting. This alternative method of reviewing the Forum letters has been verified and approved by Querino Pacella (Director of Compliance Office). This will help expedite getting the unit owner's messages to the board and decrease the duration of the meeting.

UNIT OWNER'S FORUM

Of the 35 Forum emails that were received, 2 were in favor of hiring a golf pro/manager and 23 were not in favor and were satisfied with the course and employees at this time.

Some emails contained more than just one topic of comment. The following is an overview of what those comments entailed in order of importance (most to least):

Happy with current golf staff, course is in great condition, against hiring new pro/manager, waste of money

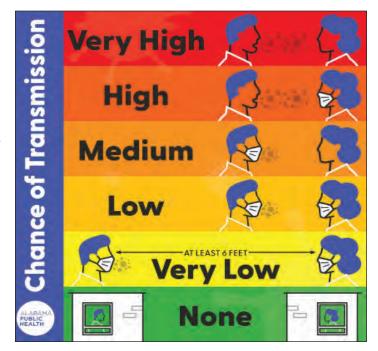
- Wants moderator of meetings to allow board members to speak
- Unit owners should have input on hiring a golf pro
- Wants transparency

- Wants open door discussion of board discussing hiring or not golf pro
- Wants transparency
- Wants open door discussion of board discussing hiring or not golf pro
- Par 3 needs care
- Unfixed divots
- Wants executive committee to follow the rules and let the board make decisions
- Would like a more inclusive golf pro job description to cover regular surveying of both courses and report areas in need of attention
- Questions how are residents supposed to give feedback to board
- Volunteers for committees should be represented by both male and females equally, especially on the golf committee
- Need golf pro
- Update & upgrade elevators
- Heavy-handed, non-participatory administration
- Work on infrastructure
- Restaurant hiring employees' article in April VOH comments were offensive
- Pet owners need to pick up
- Trim trees- several maintenance requests with no response
- Improve gate security unannounced person knocking
- Likes automatic lights in laundry room

The regular Board Meeting was followed by a closed-door meeting to discuss the golf/pro manager topic. The meeting was closed-door in accordance with Florida Statute 718.112 Bylaws., 3.b. Notwithstanding any other law, the requirement that board meetings and committee meetings be open to the unit owners does not apply to: board meetings held for the purpose of discussing personnel matters.

The next Board of Administration meeting would be Wednesday, May 19, 2021 at 7:30 p.m.

Respectfully submitted by, Elaine Yost



City and County



From Pembroke Pines Mayor Frank C. Ortis

Isolation brings issues

Vaccines have us hopeful, but the COVID-19 pandemic still has many feeling anxious, worried and isolated. This May, the City of Pembroke Pines joins the Nation-

al Alliance on Mental Illness (NAMI) in a movement to raise awareness about mental health issues. As your mayor, I issued a proclamation naming May as Mental Health Month and I urge citizens to commit to understanding mental health illnesses, reducing stigma and discrimination, and promoting accessible services for people with mental illnesses.

Mental health is often misunderstood because it is hard to define. It involves one's social, emotional, and psychological well-being, which affects thoughts, feelings, and actions. When a person is in good mental health, they are better equipped to handle stress, be more productive, and realize their full potential. If you or a loved one are experiencing mental health issues, please visit www.ppines.com, click on Resident Resources, then Mental Health Resources under Living in Pines.

May is also time to prepare for hurricane season, in fact, May 9 -15 is National Hurricane Preparedness Week, a time to inform about hurricane hazards, share knowledge, and help everyone prepare to take action in the event of a hurricane.

Preparing for hurricane is essential in South Florida. We provide an extensive and comprehensive section about preparation and other helpful resources at www.ppines.com/hurricane called Pembroke Pines Prepared. Helpful posts are also on the city's Facebook and other media accounts during National Hurricane Preparedness Week and throughout the rest of the year.

Please also join us for a virtual Memorial Day observance, 9 a.m. Monday, May 31, when Pembroke Pines will honor our country's military men and women who have died in service to our nation. To ensure everyone's safety, it will be broadcast live on the city's Facebook page and on Instagram (@cityofppines).

This special day, first called Decoration Day, was proclaimed on May 5, 1868 by General John Logan, National Commander of the Grand Army of the Republic. It was first observed on May 30, 1868 when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

Contact Frank Ortis at 954-450-1020 or <u>fortis@ppines.com</u>. Editor's note: Your May VoH includes Hurricane Preparedness pull out pages. See pages 21-24.



From Pembroke Pines Dist. 1 Commissioner Tom Good

Month of May: Mom, Memorial Day

May is a beautiful month. While Florida's seasons aren't as definitive as in other

parts of the nation, we do experience new flowers, birds and a shift in weather that lets us enjoy outdoors more. I can tell by seeing some of your social media posts. The last day of the month marks what many believe to be the beginning of summer, Memorial Day.

As a veteran, Memorial Day is very special to me as it honors the men and women who died in service to our country. Please attend our virtual Memorial Day observance 9 a.m., Monday, May 31 via the city's Facebook and Instagram (@cityofppines) pages. Then, we will remember and reflect on the sacrifice of lives lost on our behalf. I look forward when we can gather again in person for such important occasions, but I am grateful to share this day though technology.

Another favorite day in May is Mother's Day. I truly appreciate all mothers and grandmothers for being influential in our lives and I still remember, with deep affection, the lessons that my own mother taught me. It is a mother's love that keeps our hearts strong and true to family. Happy Mother's Day.

Since 1963, May has been Older Americans Month. This year's Good - Continued on page 34



From Broward County Dist. 6 Commis. Beam Furr

New Broward Library circulation system

Through the course of the COVID-19 pandemic, many residents have taken advantage of the resources offered by our Broward County library system. In a time where we need entertainment *and* information more than ever, our library system has provided thousands of residents with access to great books, up-to-date news, and movies.

Broward County Library has a new circulation system which makes it easier for residents to check out books, articles, e-media, and more. Now is a great time to read that book you have always postponed reading, or to check out a famous Oscar winning movie you have never seen. Through our InterLibrary Loan department, residents can even check out and order materials that are not owned by Broward County Library – we receive rare books from as far as Hawaii!

In addition to tons of great books and e-media, residents can also use the library system to do research. This can be research on a book you are writing, or your

Furr - Continued on page 34

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*Des restrictions s'appliquent.



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News



CDC guidelines: Fully vaxxed? When to mask

NEW MASK GUIDELINES

The Center for Disease Control updated their mask guidelines based on whether the person has been vaccinated or not. Here are its recommendations for some outdoor and indoor activities:

Risk level	Safest	Less safe	Least safe	
Outdoor activity			Fully accinated v	Not accinated
Walk, run, or bike members of your		ith	No mask	No mask
Attend a small, outdoor gathering with fully vaccinated family and friends			No mask	No mask
Attend a small, outdoor gathering with fully vaccinated and unvaccinated people			No mask	Masked
Dine at an outdoor restaurant with friends from multiple households			No mask	Masked
Attend a crowded, outdoor event, like a live performance, parade, or sports event			Masked	Masked

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Indoor activity	A CONTRACTOR OF THE PARTY OF TH	and the Contract
Visit a barber or hair salon	Masked	Masked
Go to an uncrowded, indoor shopping center or museum	Masked	Masked
Ride public transport with limited occupancy	Masked	Masked
Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	Masked	Masked
Go to an indoor movie theater	Masked	Masked
Attend a full-capacity worship service	Masked	Masked
Sing in an indoor chorus	Masked	Masked
Eat at an indoor restaurant or bar	Masked	Masked
Participate in an indoor, high intensity exercise class	Masked	Masked
C 0DO	DAVADE	A NEWS COOLID

	(hoosing Safer Activitie	S
L	Unvaccinated People	Your Activity Outdoor	Fully Vaccinated People
	Q	Walk, run, or bike outdoors with members of your household	Q
Safest	Q	Attend a small, outdoor gathering with fully vaccinated family and friends	Q
	Q	Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	Q
Safe	P	Dine at an outdoor restaurant with friends from multiple households	Q
Safe	Q	Attend a crowded, outdoor event, like a live performance, parade, or sports event	Q
	8	Indoor	
	(A)	Visit a barber or hair salon	
Safe	P	Go to an uncrowded, indoor shopping center or museum	Q
Less Safe	Q	Ride public transport with limited occupancy	Ð
	Q	Attend a small, Indoor gathering of fully vaccinated and unvaccinated people from multiple households	Q
	Ð	Go to an indoor movie theater	Q
	Ð	Attend a full-capacity worship service	Q
Least Safe	Q	Sing in an indoor chorus	Q
2	Q	Eat at an indoor restaurant or bar	Q
	Ð	Participate in an indoor, high intensity exercise class	<u>Q</u>

Pines art contest winner brings kudos home to Hollybrook





Photo by Mark Favus
The above photo by Mark Favus, of Towers,
won the Best Photography award in the 16th
Annual Pembroke Pines Art Competition.
(Right) Portraits donated to Chen Medical.

Congratulations to Hollybrook's own Mark Favus for winning the Best Photography category in the 16th Annual Pembroke Pines Art Competition.

Mark, known in Hollybrook for stunning environmental portraits of birds thriving amid our lush landscape, competed among 55 artists of various mediums. "Best" awards came with a \$200 prize. The announcement came on April 9.

Recently, Mark gifted Chen Senior Medical Center, in Pembroke Pines, with two large prints of his Hollybrook wildlife photographs to thank the center for partnering with Hollybrook and the City of Pembroke Pines to provide COVID-19 vaccinations to 250 Hollybrook residents.

"For those of us lucky enough to receive the vaccine it was like liquid gold. In February and March it was nearly impossible to get an appointment . . . it was an orderly and truly compassionate process," Mark said.



Food Stuff From MJ's happy Hollybrook kitchen

Compiled by MJ Boxall

SALMON WITH ROASTED ASPARAGUS

Healthy is as healthy cooks. The goodfor-you deliciousness of one of my favorite combos, salmon and asparagus, is one of those sure to please duos for any cozy dinner for two.

For an easy side dish to complement a spring roast or any protien, just use the recipe without the salmon

Ingredients:

- 1¾ cup new potatos, halved if large
- 2 tbsp olive oil
- 8 asparagus spears, trimmed, halved
- 2 handfuls cherry tomatoes
- 1 tbsp balsamic vinegar
- 2 salmon fillets, about 140g/5oz each
- handful basil leaves



Instructions: STEP 1

Heat oven to 350. Tip potatoes and 1 tbsp of olive oil into an oven proof dish. then roast the potatoes for 20 mins until starting to brown. Toss asparagus in with the potatoes, then return to oven for 15 mins.

STEP 2

Toss in cherry tomatoes and vinegar and nestle the salmon among the vegetables. Drizzle with remaining oil and return to oven for final 10-15 mins until salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.



PINEAPPLE CHICKEN TERIYAKI



I really love pineapple. Whether it's in a pina colada, protein shake, upside down cake or on a pizza. Though con-

troversial, I admit, my order in favorite taste morsels is pineapple, green olives and hot peppers. In just one bite I get sweet, salty and spicy hot.

This easy one pan wonder is a pine-apple teriyaki chicken recipe. It is anything but controversial because I think we can all agree that any time you can make dinner

on one pan, it's a winner! It's ready in 15 minutes, and cleanup is as easy as tossing away a sheet of foil.

The baked pineapple chicken terriyaki is moist and tender, the pineapple is juicy, and crisp-tender veggies add the right amount of crunch and texture.

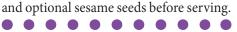
Ingredients:

- 1 1.5 lbs boneless chicken diced into bit size pieces
- 1/4 cup Teriyaki sauce
- 4 tablespoons olive oil
- 2 tablespoons honey
- 1-2 tablespoons Asian chili garlic sauce
- 2 teaspoons ground ginger
 - 1 1/2 cups of fresh pineapple
 - 1 cup sugar snap peas
 - 1 cup red bell pepper
 - Green onions
 - Sesame seeds

Instructions:

1. Into a large ziptop bag add the chicken, terriyaki, 2 tablespoons olive oil, honey, chili garlic sauce, ginger, 1 teaspoon pepper, seal bag, squish contents around to distribute evenly, and place bag in the fridge to marinate for at least 30 minutes (overnight is best).

- **2.** Preheat oven to 475F and line a baking sheet with foil for easier cleanup.
- **3.** To the baking sheet, add the pineapple, sugar snap peas, bell pepper, evenly drizzle with 2 tablespoons olive oil, and season with salt and pepper to taste.
- **4.** Using a slotted spoon or tongs, remove chicken from the bag and place it on the baking sheet (discard the bag with the marinade) and using a tongs or your hands, toss to combine it evenly with the other ingredients.
- 5. Bake for about 15 minutes or until chicken is cooked through; stir and flip once halfway through baking to ensure even cooking. Note you are baking in a very hot oven, the chicken is cut into small pieces, and pineapple has a lot of natural sugars meaning things can go from under to overdone in 1 minute; keep a close eye on things starting at the 10 minute mark.
- **6.** Evenly garnish with green onions and optional sesame seeds before serving.





News

Pizza lovers savor 'za' time, anytime



Staff photos

Reported by Restaurant Committee Chair Ray Primonato in the April issue of The Voice of Hollybrook as something coming soon, personal pan pizza is now on the menu at The Restaurant at Hollybrook.

Answering the "voice" of the people, Restaurant Manager Steven Crane returned the long desired item, in two sizes, back to the regular, everyday menu on April 15. Hollybrookers need no

longer order out when craving a zesty taste what is affectionately dubbed "Za" by some.

That's right folks, it's pizza time, or *temps de pizza*, if you will, cooked fresh to order and topped just the way you like it. Feed-

back has been largely good. Comments include "delicious", "hit the spot", "sauce and toppings good - crust a bit thick" and "a great addition to the menu".

With two sizes available (8 inch - \$8.95; 12 inch - \$10.95) and plenty of toppings to choose from (19 of 'em - added cost for each), you may decide to share with someone, eat it all yourself, or freeze a slice or two to snack on later. Wanna make it a meal? Have it your way, with a side salad and dessert (sold separately) perfect for lunch or dinner! Check out the ad on the back page.



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Denis Kersaint is a Licensed Sales Associate with Signature International Real Estate, LLC

Snacks on wheels, of 'course'



Staff photo

If it's the weekend and you're hungry or thirsty on the golf course, don't be hangry or grouchy. The restaurant's golf course food cart is stocked with plenty of snacks and beverages to satisfy your grumbling belly and keep you hydrated.









Denis Kersaint



Lisa Fox



Lizzette Ponce

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News Youth golf tourney returns to favorite course, Hollybrook, of course

Place where golf dreams begin



Staff photo

Above: Teenagers trek the fairway during the 15th Abby-Tineo Memorial Tournament on the executive golf course. At right: Patrick Pinkney, 11, takes a swing.

From the earliest days of Hollybrook's 15-year relationship with the Gold Coast Junior Golf Foundation (GCJGF), scores of children have been welcomed to the executive golf course in support of youthful ambitions or for just plain fun.



"We love coming here; from the first time, to when residents sat and watched from grandstands, to today. It's always been an event," said GCJGF treasurer Vince Carver.

Held annually since 2006, except last year because of the COVID-19 virus pandemic, the 2-day event gives kids a chance to place for state level standing

and gives parents and residents a chance to cheer them on. This year, about 100 players ages 7 to 18, from Miami to West Palm Beach competed. The GCJGF boasts 235 members.

Golf dreams - Continued on page 40

YOUR INDOOR QUALITY AIR EXPERTS

Special Discount Price for Hollybrook Residents - Only \$100



Remove and Hand Wash Each Register • Vacuum Out Entire Duct System With HEPA Vac Clean Bathroom Exhaust Vent • Clean Dryer Vent • Spray Disinfectant/Deodorizer in Duct System



PREPARACIÓN PARA HURACANES

La temporada de huracanes es del 1 de junio al 30 de noviembre - "ESTÉ PREPARADO"

Qué es un huracán?

Los huracanes son sistemas de tormentas masivas, también conocidos como ciclones tropicales, que se forman sobre el agua y producen vientos de 74 mph o más. Hay cinco tipos o categorías de huracanes según una escala de categorías denominada escala de huracanes Saffir-Simpson. Las categorías se basan en la velocidad del viento:

Categoría 1: Vientos de 74 a 95 mph Categoría 2: Vientos de 96-110 mph Categoría 3: Vientos de 111-129 mph Categoría 4: Vientos 130-156 mph

Categoría 5: Vientos de 157 mph o más

Las partes de un huracán incluyen el Ojo, el "agujero" en el centro de la tormenta. Los vientos son ligeros en esta zona y los cielos a veces incluso están despejados; el Eye Wall es un anillo de tormentas eléctricas que se arremolinan alrededor del ojo donde los vientos son más fuertes y la lluvia es más intensa; y bandas de lluvia, que son bandas de nubes y lluvia que se extienden lejos de la pared del ojo del huracán y que también pueden contener tornados.

Qué es un tornado?

Un tornado es una violenta columna de aire giratoria que se extiende desde una tormenta eléctrica hasta el suelo. Los tornados más violentos son capaces de causar una tremenda destrucción con vientos de hasta 300 mph. Pueden destruir grandes edificios, arrancar árboles y lanzar vehículos a cientos de metros. También pueden introducir paja en los árboles. Las rutas de daños pueden tener más de una milla de ancho a 50 millas de largo. En un año promedio, se reportan 1000 tornados en todo el país.

Vigilancia de huracán o advertencia de huracán?

Alerta de huracán = condiciones posibles dentro de las próximas 48 horas

Advertencia de huracán = las condiciones se esperan dentro de las 36 horas

Preste atención a los anuncios locales en la televisión o la radio del Centro Nacional de Huracanes y los funcionarios locales. Sus acciones para proteger la vida y la propiedad deben producirse después de que se emita una Advertencia.

Preparación personal antes de la tormenta-

Prepare un suministro de al menos 2 semanas de alimentos no perecederos.

- Consuma la mayor cantidad de sus productos perecederos en su refrigerador y congelador en caso de un corte de energía.
- 2. Ponga el refrigerador y el congelador en configuraciones más frías antes de la tormenta en caso de falla de energía.
- 3. Haga arreglos para sus mascotas y pre-

pare sus medicamentos (si corresponde)

- 4. Tenga a mano un botiquín de primeros auxilios, platos de papel, vasos, utensilios de plástico, abrelatas no eléctrico, cuchillo, linterna a pilas, linterna, radio, pilas adicionales, papel higiénico, toallas de papel, bolsas de basura, desinfectante de manos
- 5. Esteriliza tu bañera con lejía y enjuaga bien. Llene la tina con agua para usarla como agua de respaldo para descargar el inodoro.
- 6. Mantenga botellas o cajas de agua disponibles
- 7. Quite todos los muebles del patio
- Coloque periódicos enrollados en los alféizares interiores de las ventanas para absorber el posible agua de lluvia.
- Sepa dónde está la válvula de cierre principal para su suministro de agua, así como el disyuntor eléctrico principal, en caso de que sea necesario cerrarlos.
- 10. Manténgase alejado de todas las ventanas
- 11. Los residentes del primer piso deben prepararse para posibles inundaciones
- 12. Construya un kit de emergencia GO BAG en caso de evacuación

Refugios del condado que admiten mascotas

Millennium Middle School, Tamarac - 954-989-3977 Everglades Highschool, 17100 SW 48 Court, Miramar Lyons Creek Middle School, 4333 Sol Press Blvd, Coconut Creek

Elcondado advertencia

El condado de Broward utilizará el sistema de transmisión de emergencia para emitir instrucciones a través de las estaciones de radio y televisión. EL AUTOBÚS DE HOLLYBROOK NO PROPORCIONA TRANSPORTE A REFUGIOS EXTERIORES.

EVACUACIÓN

1. Los CAPITANES DEL EDIFICIO serán notificados a través de la Oficina del Gerente General para aconsejar a todos los residentes en su edificio que se reúnan en el exterior del edificio con al menos un Equipo de Emergencia de Suministros para 3 Días.

CONSTRUCCION DE UN KIT DE EMERGENCIA

AGUA - 1 galón por persona, por día durante varios días para beber yuding para mascotas (mantiene en recipientes de plástico herméticos que son de fácil acceso)

ALIMENTOS - Al menos 3 días de suministro de alimentos no perecederos para adultos y niños pequeños & 3 días de suministro de alimentos para mascotas (si corresponde). Verificas de vencimiento y reabastecerse regularmente

KIT BÁSICO DE PRIMEROS AUXILIOS - guantes estériles, vendajes estériles, toalletas de jabón y antibióticos, ungüento antibiótico, vendajes adhesivos en una variedad de tamaños, solución de lavado de ojos, anteojos recetados y solución para lentes de contacto, termómetro, medicamentos recetados que toma todos los días, suministros médicos prescritos como equipos y suministros de monitoreo de gluco-

sa y presión arterial, libro de primeros auxilios, medicamentos sin receta (aspirina o analgésicos no aspirinas, antidiarreicas medicamentos, antiácidos, laxantes)

EFECTIVO DE EMERGENCIA Y CAMBIO

SANEAMIENTO - papel higiénico, jabón, cepillo de dientes y pasta de dientes, suministros femeninos, pañales, bolsas de basura de plástico con corbatas, cubo de plástico con tapa, lejía de cloro, suministros para residuos de mascotas

HERRAMIENTAS Y SUMINISTROS - Llave inglesa para apagar las líneas de gas y agua, tazas, placas, utensilios (de equipo de camping de plástico/papel), linterna con baterías adicionales, radio a batería con baterías adicionales o radio de manivela y una radio meteorológica DE LAAA con alerta de tono, abrelatas manual o cuchillo de utilidad, pequeño extintor, alicates, cinta adhesiva, cerillas en un recipiente impermeable, silbato (para señalizar para pedir ayuda), mapas locales, teléfonos celulares con cargadores y una masa de respaldo, recipiente de almacenamiento de plástico para mantener todo en un solo lugar

Documentos - escanear documentos valiosos y almacenarlos de forma segura en línea, tienen copias duplicadas de documentos clave en una bolsa de plástico sellable (por ejemplo. Voluntad, pólizas de seguro, contratos, acciones, pasaportes, tarjetas de seguridad social, registros de inmunización, números de cuentas bancarias, números de cuentas de tarjetas de crédito y empresas, registros familiares (nacimiento, matrimonio, certificados de defunción). Tome videos cortos para catalogar objetos de valor en su hogar, tales como vehículos, computadoras, muebles y obras de arte con fines de seguro Tomé videos cortos para catalogar objetos de valor en su hogar, como vehículos, computadoras, muebles y obras de arte con fines de seguro. Tome videos cortos para catalogar objetos de valor en su hogar, como vehículos, computadoras, muebles y obras de arte con fines de seguro. Papel y lápiz. MANTENERSE CALIENTE -cambio completo de ropa apropiada para el clima y zapatos resistentes, manta o sacos de dormir para cada miembro de la familia

ESTÉ PREPARADO PARA REFUGIARSE DURANTE AL MENOS 24 HORAS Y COLOCAR ARTÍCULOS ESENCIALES DE ÚLTIMA HORA EN UN ESTUCHE "GRAB &GO".

Números de teléfono de emergencia locales

<u>Información del condado de Broward</u> 954-831-3900

Línea directa del condado de Broward

954-831-4000 auditivos

Discapacitados auditivos	954-831-3940
Cruz Roja para Información	954-797-3800
División de Emergencias de Florida	800-342-3557
FEMA	800-621-3362
Memorial Hospital Pembroke	954-962-9650
Memorial Hospital West	954-436-5000
Memorial Regional Hospital	954-987-2000
Memorial Hospital Miramar	954-538-5000
Florida Power & Light	954-581-5668

2021 HURRICANE SEASON

Hurricane Season is June 1 - November 30 * "BE PREPARED"

WHAT IS A HURRICANE?

Hurricanes are massive storm systems, also known as tropical cyclones, that form over the water and produce winds of 74 mph or higher. There are five types, or categories, of hurricanes based on a scale of categories called the Saffir-Simpson Hurricane Scale. The categories are based on wind speed:

- Category 1: Winds 74-95 mph
- Category 2: Winds 96-110 mph
- Category 3: Winds 111-129 mph
- Category 4: Winds 130-156 mph
- Category 5: Winds 157 mph or higher



Parts of a hurricane include the eye, the

"hole" at the center of the storm. Winds are light in this area and skies are sometimes even clear; the Eye Wall is a ring of thunderstorms that swirl around the eye where winds are strongest and rain is heaviest; and Rain Bands which are bands of clouds and rain that extend far out from the hurricane's eye wall that can also contain tornadoes.

WHAT IS A TORNADO?

A tornado is a violent rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes are capable of tremendous destruction with wind speeds of up to 300 mph. They can destroy large buildings, uproot trees and hurl vehicles hundreds of yards. They can also drive straw into trees. Damage paths can be in excess of one mile wide to 50 miles long. In an average year, 1000 tornadoes are reported nationwide.

HURRICANE WATCH VS WARNING?

HURRICANE WATCH =

CONDITIONS POSSIBLE WITHIN THE NEXT 48 HOURS
HURRICANE WARNING =

CONDITIONS EXPECTED WITHIN THE NEXT 36 HOURS

Pay attention to local announcements on the TV or Radio from the National Hurricane Center and local officials. Your actions to protect life and property should ensue after a Warning is issued.

PREPARATION BEFORE THE STORM

- 1. Prepare at least a 2-week supply of non-perishable food
- 2. Eat as much of your perishables in your fridge and freezer in case of power failure
- 3. Turn refrigerator and freezer to cooler settings prior to storm in case of power failure
- 4. Make arrangements for your pets and prepare your medica-

tions (if applicable)

- 5. Keep on hand a first-aid kit, paper plates, cups, plastic utensils, non -electric can opener, utility knife, battery operated lantern, flashlight, radio, extra batteries, toilet paper, paper towels, garbage bags, hand sanitizer
- 6. Sterilize your bathtub with bleach and rinse well. Fill the tub with water for use as back up water for flushing the toilet.
- 7. Keep bottles or case of water available
- 8. Remove all patio furniture
- 9. Place rolled up newspapers on interior window sills to absorb possible storm water.
- 10. Know where the main shut off valve are for your water supply as well as the main electric breaker, in case these need to be shut off
- 11. Stay away from all windows
- 12. First floor residents should prepare for potential flooding
- 13. Build an Emergency Kit GO BAG in case of evacuation

COUNTY SHELTERS THAT ALLOW PETS

Millennium Middle School - Tamarac - 954-989-3977 Everglades Highschool, 17100 SW 48 Court, Miramar Lyons Creek Middle School, 4333 Sol Press Blvd, Coconut Creek

COUNTY WARNING

Broward County will use the Emergency Broadcast System to issue instructions over the TV and radio stations. THE HOLLYBROOK BUS DOES NOT PROVIDE TRANSPORTATION TO OUTSIDE SHELTERS.

EVACUATION

BUILDING CAPTAINS will be notified through the General Manager's Office to advise all residents in their building to assemble at the exterior of building with at least a 3 Day Supply Emergency Kit.



For quick reference pull out and hang on your refrigerator.

PREPAREDNESS GUIDE

Don't wait 'til it's too late! * "]

* "BE PREPARED"

BUILDING AN EMERGENCY KIT

WATER — 1 gallon per person, per day for several days for drinking and sanitation, including for pets (keep in airtight plastic containers that are easy to access)

FOOD — at least 3 days supply of non-perishable foods for adults and young children & 3 days supply of pet food (if applicable). Verify expiry dates and replenish regularly

EASIC FIRST AID KIT — sterile gloves, sterile dressings, soap and antibiotic towelettes, antibiotic ointment, adhesive bandages in a variety of sizes, eye wash solution, prescription eyeglasses and contact lens solution, thermometer, prescription medications you take every day, prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies, First Aid book, non-prescription drugs (aspirin or non-aspirin pain reliever, anti-diarrhea medication,

antacid, laxative)



EMERGENCY CASH AND CHANGE = If the power goes out, cash machines will not work.

SANITATION = toilet paper, soap, toothbrush and toothpaste, feminine supplies, diapers, plastic garbage bags with ties, plastic bucket

with tight lid, chlorine bleach, supplies for pet waste

TOOLS & SUPPLIES — Wrench to turn off gas and water lines, cups, plates, utensils (from camping gear of plastic/paper), flashlight with extra batteries, battery-powered radio with extra batteries or hand crank radio and a NOAA Weather Radio with tone alert, manual can opener or utility knife, small fire extinguisher, pliers, duct tape, matches in a waterproof container, whistle (to signal for help), local maps, cell phone with chargers and a backup battery, plastic storage container to keep everything in one place

DOCUMENTS — Scan valuable documents and store them securely online, have duplicate copies of key doc-

uments in a sealable plastic bag (eg. will, insurance policies, contracts, deeds, passports, social security cards, immunization records, bank account numbers, credit card account numbers and companies, family records (birth, marriage, death certificates)). Take short videos to catalogue valuables in your home, such as vehicles, computers, furniture and artwork for insurance purposes. Paper and pencil.

MEEPING WARM — complete change of clothing appropriate for climate and sturdy shoes, blanket or sleeping bag for each family member

Be prepared to shelter for at least 24 hours and place last minute essentials in a "Grab & Go" bag.

Local Emergency Telephone Numbers

Broward County Information	954-831-3900
Broward County Hotline	954-831-4000
Hearing Impaired	954-831-3940
Red Cross for Information.	954-797-3800
Florida Div. of Emergency	800-342-3557
FEMA .	800-621-3362
Memorial Hospital Pembroke	954-962-9650
Memorial Hospital West	954-436-5000
Memorial Regional Hospital	954-987-2000
Memorial Hospital Miramar	954-538-5000
Florida Power & Light	954-581-5668



PRÉPARATION À L'OURAGAN

Hurricane Season is June 1 - November 30 - "BE PREPARED"

Qu'est-ce qu'un ouragan?

Les ouragans sont des systèmes de tempête massifs, aussi connus sous le nom de cyclones tropicaux, qui se forment sur l'eau et produisent des vents de 74 mi/h ou plus. Il existe cinq types d'ouragans basés sur une échelle de catégories appelées l'échelle des ouragans Saffir-Simpson. Les catégories sont basées sur la vitesse du vent:

Catégorie 1: Vents de 74 à 95 mi/h

Catégorie 2: Vents de 96 à 110 mi/h

Catégorie 3: Vents de 111 à 129 mi/h

Catégorie 4: Vents de 130 à 156 mi/h

Catégorie 5: Vents de 157 ou plus

Les parties d'un ouragan comprennent l'oeil, le "trou" au centre de la tempête. Les vents sont légers dans cette région sont parfois clairs; le mur oculaire de l'ouragan est un anneau d'orages qui tourne autour de l'oeil où les vents sont les plus forts et la pluie la plus lourde; et les bandes de pluies sont des bandes de pluies qui s'étendent loin du mur oculaire de l'ouragan qui peut aussi contenir des tornades.

Qu'est-ce qu'une tornade?

Une tornade est une colonne d'air violente qui tourne et qui s'étend d'un orage jusqu'au sol. Les tornades les plus violentes peuvent causer beaucoup de dommages et peuvent avoir des vents jusqu'à 300 mi/h. Elles peuvent détruire des grands bâtiments, déraciner les arbres et lances des véhicules à des centaines de mètres. Elles peuvent aussi transformer les arbres en paille. Les sentiers de dommages peuvent être supérieures de 1 mile à 50 miles de long. En moyenne, 1000 tornades peuvent être identifiés dans l'ensemble du pays.

<u>Veille d'ouragan versus avertisse-</u> <u>ment d'ouragan</u>

Veille d'ouragan = conditions prévues dans les prochaines 48 heures

Avertissement d'ouragan = conditions prévues dans les prochaines 36 heures Portez attention aux announces locales à la télévision ou à la radio du centre national des ouragans et des bureau locaux. Vos actions pour protéger la vie et la propriété devraient suivre après un avertissement.

Préparation personnelle avant la tempête

- Préparer au moins 2 semaines de nourriture non-périssable
- 2. Manger autant de vos périssables dans votre réfrigérateur ou congélateur en cas de panne d'électricité
- 3. Baisser le réglage de température

- du réfrigérateur et du congélateur avant une panne d'électricité
- 4. Prener des dispositions pour vos animaux et préparer vos medicaments (le cas échéant)
- 5. Garder à la portée une trousse de premiers securs, des assiettes et tasses en papier, des ustensils en plastique, un ouvre-boîte manuel, un couteau utilitaire, une lanterne à piles, une lampe de poche, une radio, des piles supplémentaires, du papier hygiènique, des serviettes en papier, des sacs à ordures, du désinfectant à main
- Stériliser votre baignoire avec du blanchiment et bien rincer. Remplir la baignoire d'eau propre afin de vider les toilettes
- Garder des bouteilles d'eau ou caisses d'eau disponibles
- 8. Enlever tous les meubles de patio
- Placer des journaux enrouler sur le rebord des fenêtres pour absorber l'eau de tempête qui pourrait s'accumuler
- 10. Sacher où est situé la valve d'eau principale ainsi que le disjoncteur électrique principal afin de les fermer, le cas échéant
- 11. Eloignez-vous de toutes les fenêtres
- 12. Les résidents du premier étage devraient se préparer pour une inondation potentielle
- 13. Créer un ensemble d'urgence SAC à EM-PORTER en cas d'évacuation

Refuges de comté qui acceptent les animaux de compagnie

Millennium Middle School - Tamarac - 954-989-3977 Everglades Highschool, 17100 SW 48 Court, Miramar Lyons Creek Middle School, 4333 Sol Press Blvd, Coconut Creek

Avertissement du comté

Le comté de Broward utilisera le système de diffusion d'urgence pour émettre des instructions sur les stations de télévision et de radio. LE BUS HOLLYBROOK NE FOURNIT PAS DE TRANS-PORT VERS LES ABRIS EXTÉRIEURS

Évacuation

1. Les capitaines d'immeuble seront avisés par l'officier du directeur général pour aviser tous les résidents de se réunir à l'extérieur de leur immeuble avec au moins une ensemble d'urgence de 3 jours.

CONSTRUIRE UN ENSEMBLE D'URGENCE

EAU – 1 gallon par personne, par jour pour plusieurs jours pour boire et pour se nettoyer, incluant vos animaux (garder dans un contenant hermétique qui est faciles d'accès

NOURRITURE – au moins un supplément de 3 jours de nourriture non-périssable pour adultes et jeunes enfants et un supplément de 3 jours de nourriture pour vos animaux. Vérifier les dates d'expiration et changer régulièrement

TROUSSE DE PREMIER SOIN DE BASE - gants

stériles, pansements stériles, savon, serviettes antibiotiques, onguent antibiotique, pansements adhésifs de différentes grandeurs, solution pour nettoyer les yeux, lunettes de prescription, lentilles cornéennes, thermomètre, médicaments d'ordonnance journaliers, dispositifs médicaux prescrits pour le glucose et la surveillance tensionnelle, livre de premiers soins, médicaments non-prescrits (aspirin, analgésique, anti-diarrhée, antacide, laxative)

MONNAIE D'URGENCE ET PETITE MONNAIE

ASSAINISSEMENT – papier hygiènique, savon, brosse à dents, soins féminins, couches, sacs de plastique avec attaches, chaudière en plastique avec couvercle hermétique, chlore de blanchissement, fournitures de déchets pour animaux

OUTILS ET FOURNITURES – clé pour fermer le gaz, tasses, assiettes, ustensils, (de camping ou de papier/plastique), lampe de poche avec des piles supplémentaires, radio alimentée de piles avec piles supplémentaires, radio météorologique NOAA avec alerte à ton, ouvre-boîte manuel ou couteau utilitaire, petit extincteur, pinces, allumettes dans un contenant hermétique, sifflet (pour signaler besoin d'aide), cartes locales, cellulaire et chargeur avec pile de rechange, contenant de plastique pour entreposer tous les articles

DOCUMENTS – copie de documents précieux entreposées en ligne, copie de documents clés dans un sac de plastique scellé (testament, polices d'assurance, contrats, passeport, carte de sécurité, cartes de credit et compagnie, dossiers familiaux (certificats de naissance, marriage, décès). Faire un video des articles dans votre maison (véhicule, ordinateur, objets d'arts) pour les assurances.

SE GARDER CHAUD – changement complet de vêtements adaptés aux climats, chaussures robustes, sac de couchage pour chaque membre de la famille

Soyez prêts à être héberger pendant au moins 24 heures. Placez tous vos essentiels dans un sac prêt à apporter.

Numéros de téléphone d'urgence locaux Broward County Information 954-831-3900 Broward County Hotline 954-831-4000 Hearing Impaired 954-831-3940 Red Cross for Information. 954-797-3800 Florida Div. of Emergency 800-342-3557 FEMA 800-621-3362 Memorial Hospital Pembroke 954-962-9650 Memorial Hospital West 954-436-5000 Memorial Regional Hospital 954-987-2000 954-538-5000 Memorial Hospital Miramar Florida Power & Light 954-581-5668

Features

Comms kitty caper scores happy ending

Hidden Treasures

Ninth in the series 'Hidden Treasures', created by Nancy Armstrong

By MJ Boxall

Late afternoon on April 6, my heartfelt belief that all living things are treasures was reinforced. I received a text and a photo of what looked like a ball of fur from Communications Director Eileen Soler who wrote, "look who wants to join the Comms Team." They were kittens!

My first question was: "Is the momma there?"

"Yes," Eileen said. "With two kittens."

Tucked behind bushes, just outside of the Communications Office window, the furry family was cuddled happily in the sunshine. We had no idea if they were feral, but because no one had reported a pet cat missing, I began to research cat rescue shelters in Pembroke Pines.

The next morning, "Momma" cat, (pitch black and barely grown) was still there with not two but *four* kittens. About an hour later a *fifth* kitten popped its head into the bunch. Hoping that this feline multiplication



would not continue, I waited until 9 a.m. to call the We Love Animal Rescue charity, based in Hollywood, that specializes in T-N-R (Trap, Neuter, Release - see box below) for cats and dogs. The owner, Dana, put me in touch with Nancy who traps the animals. Nancy said to feed Momma so they would not wander away, and she'd be here to rescue sometime that day. I raced home, grabbed a can of tuna, returned to the scene, dumped the tuna onto a paper plate, and began the wait.

Meanwhile, people passing by enjoyed watching the antics of five kittens rolling about, fighting each other and scamper-

ing throughout the bushes outside of our window. There were two full tuxedo kitties, two black and whites, and one white and gray tabby. Momma polished off the plate of tuna; the wee ones licked the plate and settled in for a nice long nap - until we came too close and they fled into a vent shaft at-

tached to the side of the building. It was fun, though a bit distressing, watching the last one attempt its turn at climbing into the shaft; hanging by its tiny claws, its baby butt wriggling as if it was a rudder navigating the tight space in front of its eyes.

But I could breath again knowing our Comms Cats were going to be taken care of.

Nancy, who I nicknamed "The Cat Whisperer", arrived around 1:30 p.m. While Eileen snapped photos and I hovered curious and protective, Nancy swiftly corralled Momma using a few sardines placed in a wire trap. The babies scattered and scrambled back into the vent. *Now what!?*

A quick call to Facilities Director Mitch Davis brought toe Eds (Alexander and Maldonado) and a smattering of others to the rescue. Ed Maldonado employed his drill as if it were the jaws of life when he popped the top off the vent then reached into it to hand each baby to Nancy's safe hands. They spit and hissed, full of baby bravado and outrage. Plunk, plunk, plunk, plunk, plunk, all were all accounted for in a cozy kitty carrier.

Yippee!! Our Comms Cats were rescued and destined, in all their cuteness, for "furrever" homes.

Comms cats- Continued on page 31

Public Service Message from Bob Barker and Betty White "HAVE YOUR PETS SPAYED AND NEUTERED!

Thousands of unowned cats live outdoors in Broward County. Some may live in cat colonies, cared for by a colony caregiver.

In 2015, Broward County amended animal laws to allow for Community Cat Management Programs aimed at reducing the over population of homeless "community" cats through humane sterilization programs called Trap Neuter Return (T-N-R) or Return to Field. Cats are trapped, taken to be spayed or neutered; vaccinated, ear notched, and then returned to the area or colony where they were caught. If they can be socialized, they are placed in an adoption program. Kittens are socialized and placed for adoption.





Enjoy a variety of delicious and healthy foods without having to cook!

At **Wellmax Medical Centers**, our new Healthy Meals Program offers a variety of appetizing recipes, carefully crafted by the chefs and registered dietitians from **Performance KitchenTM**. Every month, you can receive 15 nutritious meals that can be enjoyed at our medical center. The program can also be modified together with your doctor based on your individual dietary needs.

SOME OF THE BENEFITS OF HEALTHY MEALS INCLUDE:

- ▶ Home delivery available
- Excellent source of protein and fiber
- Greens for vascular health

- Under 600 mg of sodium per serving
- Less than 4 g of added sugar
- Low carb, vegan, vegetarian, dairy-free and gluten-free options

This is just one of the great services we offer to help you live to the max with Wellmax!



Call us today to find out more!

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WellmaxCenters

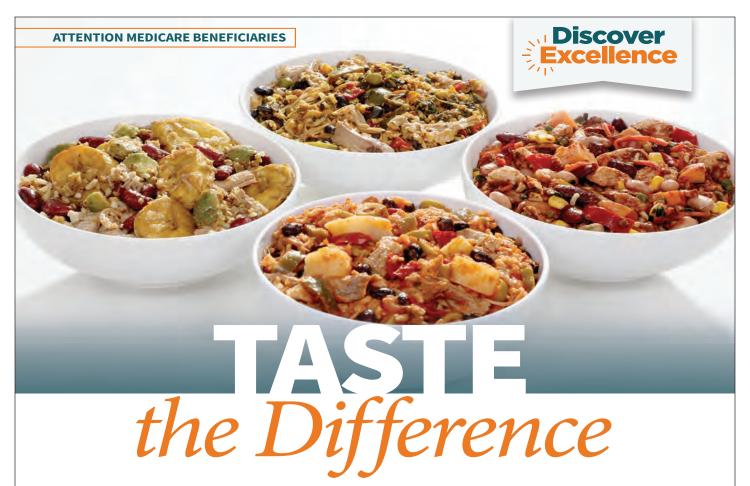


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WMAX 20PRINT HM1



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11 CENTERS LOCATED IN: Bird Road, Cutler Bay, Hialeah, Hialeah Gardens, Hialeah West, Kendall, Miami, Miami Gardens, North Miami, Pembroke Pines, Westchester



The Healthy Meals Program requires participation in Care Management Program. Nutritional assessment, prior approval, and referral required. Other restrictions apply. Other Providers are available in our network.

PSTR 20PRINT HM1

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Features Pet friendly community comes with responsibility

Animal Violations Process

By Lois Hollands, Animal Control Chair

The Animal Regulation Office receives numerous complaints regarding violations by pet owners. In order to process these complaints, we require that a Violation Complaint form be filled out by the person making the complaint. This can be accomplished in the comfort of your home by going online at Hollybrook Golf and Tennis Club, logging in and clicking on the Forms/Document button. If you do not have access to the portal, you can request the form by email, snail mail or pick up one at administration office.

Some residents wish to remain anonymous out of fear of retaliation and that is understandable, but in order to properly follow up we need a formal complaint.

Hollybrook has a Reasonable Accommodation Agreement (approved by the Board on June 10, 2020) that allows for animals who do not necessarily fit the one animal under 20 pounds rule, such as Service Dogs, Emotional Support Dogs, Legacy Dogs and dogs belonging to visitors. Mickey Bretton or I will be happy to check out any of your concerns, but before any action can be taken a written complaint must be made. We can be reached at 954-431-0600, ext. 227.

Pet Hurricane Preparedness

Planning for your Pets

Before Hurricane Season

- Make sure that your pets are current on their vaccinations. Shelters/kennels typically require proof of vaccines.
- Have a current photograph of your pet.
- Keep a collar with identification on your pet and have a leash to control your pet.
- If you plan to board or shelter, work this into your evacuation route planning.
- If you live in an evacuation zone, pre-plan your evacuation and evacuate early as pet-friendly motels/hotels fill up quickly. You must preregister for a pet friendly shelter
- Prepare a Pet Survival Kit for each pet

Pet Survival Kit

- A crate or carrier large enough for the animal to stand and turn in. Help your pet adjust to the carrier before the storm by placing it in the carrier along with a treat or toy. Start with short periods of time; then slowly increase the time.
- Two-week supply of food can opener if needed
- Water and dishes
 - Cat litter and litter pan
 - Toys/blanket/Treats/Leashes
 - Emergency phone numbers of veterinarian, animal shelter and friends/relatives
 - Photo of the pet with you (to prove you are the owner)
 - Veterinary records with rabies certificates and current license tag number
 - Medications with instructions
 - Cleaning supplies (newspaper, plastic bags with ties, paper towels, disinfectant, poop bags)

Store all items in containers that are easy to transport and won't easily tear or break. Do not use plastic or paper bags or pillow cases, use water-proof containers to store items that would be damaged if wet.



¿Necesita Ayuda para pagar su factura de Energía?

¡El programa de asistencia financiera (EHEAP) puede ayudarle con el pago de su factura de energía eléctrica!

- ✓ ¿Tiene usted 60 años o más y reside en el condado de Broward?
- √ ¿Ha recibido una notificación de "atraso", "final" o de "desconexión"?
- √ ¿Es usted ciudadano/a de los Estados Unidos o residente legal y es elegible para asistencia pública y beneficios federales?
- √ ¿Tiene números de seguro social e identificaciones de foto (que no pasen de un año de la fecha de vencimiento) para todos los habitantes de su hogar?
- √ ¿Su ingreso total, como esta documentado en los cheques del seguro social o en los recibos de pago de su trabajo se encuentra dentro del 150% del nivel de pobreza federal ó menos?
- √ ¿Es dueño de casa, renta, o recibe ayuda de vivienda con el programa de sección 8?

Si usted necesita asistencia con su factura y cree que cualifica para EHEAP, llame al centro EHEAP más cercano a usted:

City of Pembroke Pines Southwest Focal Point Senior Center 301 NW 103rd Avenue Pembroke Pines, Florida 33026 Phone: (954) 450-6888 Areawide Council on Aging of Broward County, Inc. 5300 Hiatus Road Sunrise, Florida 33351 Phone: (954) 745-9779



* Features Did you know? May fun facts!

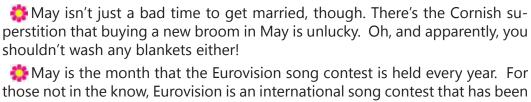
The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May after the Greek goddess of growth.



May is a special time for Star Wars fans worldwide and always a good reason to re-watch the movies. May the 4th is celebrated as Star Wars Day, due to the way the date sounds similar to "may the force be with you".



May was once considered an incredibly ill-omened time to get married. There's an adage for it actually, which goes: "Marry in May and you'll rue the day." It's not clear where exactly the saying comes from, but there must have been a pretty good reason not to get married in one of the most beautiful months of the year!



held every year since 1956. Some of the contest winners over the years have gone on to be incredibly successful groups, with the most notable being ABBA!

The Empire State Building opened its doors on May 1, 1931. At the point of construction, it hold the record for being the tallest building in the world. Many

The Empire State Building opened its doors on May 1, 1931. At the point of construction, it held the record for being the tallest building in the world. Many other sky-high constructions have since dwarfed it, but it's still an awe-inspiring feature of the New York cityscape.



Hollybrook's Blue Angels

The Hollybrook Blue Book is handy at-a-glance directory of information and phone numbers that are essential to life here in Hollybrook.

This little 5x5 dynamo of information is produced every two years. Work on it never stops, information is continuously gathered and updated, then stored for the next iteration. The deadline for 2021-2022 edition was on April 21.



Staff photo Blue Book leaders Loretta and Henry Lepori and Carmen Bruneau.

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Brian Caits @ 954-328-1505

New additions to the team Lynn Sarnell and Eileen Soler worked on obtaining advertising and negotiations with a new printer to offset costs. Print production will begin in May and distribution will be communicated at a later date.



Comms cats - Continued from page 25

I hoped, as I waved goodbye, that their futures would look like my furbabies at home in Canada. That they would live

pampered lives of love and luxury. Eileen and I donated what cash we had to Nancy and to the We Love Animal Rescue charity. Days later, I donated cases of kitten food because, its a fact, shelters need support all the time and are dependent on charitable donations to continue their good works. Learn more about the charity at www.weloveanimalsrescue.org



UPDATE: The kittens were old enough to be weaned off Momma's

milk. Momma, who had been living homeless at Hollybrook, was cleaned up, spayed, and her ear was notched to mark that she will never reproduce again. The babies are living the kitty life: tumbling around a kitten room at the shelter with other baby cats. When they are old enough, perhaps in another week, they will be put up for adoption on the charity's Facebook page. The We Love Animal Rescue also uses Petco, 15895 Pines Blvd., in Pembroke Pines to help with adoptions..

PLEASE NOTE: There are colonies of feral cats living close to Hollybrook. Please do not feed them, cats are territorial and if you feed them they will stick around. If they are ear

notched, they are part of a colony and have been spayed or neutered. If you are feeding them, STOP. They will return to the colony where a food source already exists.

Because this is mating season for dogs and cats, there are many puppies out there also. To report abandoned puppies or stray dogs, contact Pooches in Pines at Poochesinpines.com; or Paws 2 Care Coalition at Paws2carecoalition.org

MJ's Fur Family Foto Album



COMPUTER OR PHONE CRISIS?



Desktops • Laptops • Phones

- Connect Diagnose Solve
- Microsoft Certified System Engineer
- Email & WiFi Setup and Maintenance
- Microsoft 365 Office Setup
- Virus Contamination/Backup/Recovery
- Troubleshoot Printers/Scanners/ Faxes/Phones

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First-time 25% OFF Hollybrook Residents Only

VJ Network Solutions phone: 954-892-0023 email: vinetworksolutions@gmail.com www.vjnetworksolutions.com



Do you need help paying your energy bill?

EMERGENCY HOME ENERGY ASSISTANCE PROGRAM (EHEAP) can help!

- ✓ Are you age 60 or over and do you reside in Broward County?
- ✓ Have you received a "Past Due", "Final" or "Disconnection" notice?
- ✓ Are you a United States citizen or a resident alien who is eligible for Public Assistance and Federal Benefits?
- ✓ Do you have documented Social Security Numbers and current photo ID's (within 1 year of expiry) for all members of the household?
- ✓ Is your total Household Gross Income 150% of the Federal Poverty level or less. as documented by Social Security statements, pay stubs, etc.?
- ✓ Are you a homeowner, renter, or living in Section 8 Housing?

If you need assistance with your energy bill, and believe you qualify for EHEAP, contact the EHEAP center nearest to you:

City of Pembroke Pines Southwest Focal Point Senior Center 301 NW 103rd Avenue Pembroke Pines, Florida 33026 Phone: (954) 450-6888

Areawide Council on Aging of Broward County, Inc. 5300 Hiatus Road Sunrise, Florida 33351 Phone: (954) 745-9779

Communications Super Heroes

Have you wondered who creates the flyers over the mailboxes, the paper menus in the Restaurant and the information on Channels 92 and 93 on your Hollybrook Broadcasting System? What about those e-blasts, all the signage at the pools or on the bulletin boards? Who plans, creates, designs and publishes content for the Voice of Hollybrook? And how does the Hollybrook website and Facebook page get updated?

Well, "wonder" no more. It's your Hollybrook "WONDER WOMEN" Comms Team below.



Top left to right: Nancy Armstrong, Lise Therrien and Mary Jane Boxall Front left to right: Eileen Soler and Lois Hollands. Missing: Joan Witcomb, Car, Lydia Romero, Carole Rappaport, Vielka Asilis.

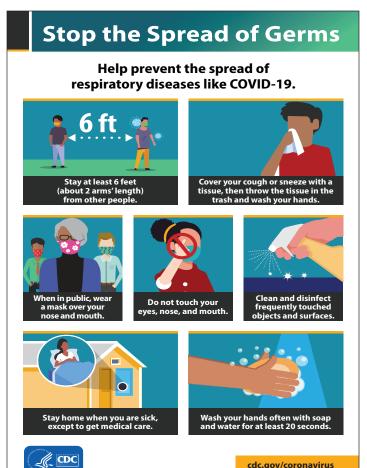
KIDNEY DONATION NEEDED



The daughter and sister of long-term residents is in desperate need of a kidney donor.

We know from medical professionals that people can live long, healthy lives and productive lives with only one kidney. If you are willing to be tested to find out if you are a match,

Contact Karen Perry ASAP (201) 755-9765





Health & Fitness ABCs of sleepytime Zzzzzzs

By Louise E. Vigneault - Hollybrook Resident, Health Educator, Certified Fitness Professional, Lifestyle Coach



Sleep deprivation and deficiency are both linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep deficiency is especially linked to an increased risk of injuries

such as stumbling, falling and breaking bones. When you sleep, you repair and heal your heart and blood vessels.

When you sleep better, you can be happier, smile more, feel energized and create new neuro-pathways in your brain that improve your learning experience. Sleep helps you be more creative, make better decisions, pay more attention to your environment. It also affects how well you think, react, work, learn, get along with others, perfect your golf swing, problem solve, and help boost your immune system.

Sometimes, there are good reasons why we can't sleep:

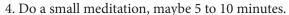
- a) You are a shift worker, so it could be that you never go to bed at the same time
- b) You might have sleep apnea, which means you stop breathing while you sleep, and if so, please go see your doctor
- c) You are under a lot of stress
- d) Your mind is going haywire too many thoughts coming when you go to bed
- e) And it might be for other reasons.

Your body clock, called the circadian rhythm, controls your sleep pattern and an adult should sleep between 6 to 9 hours, everybody is unique and you probably know how much sleep you need to just feel good, it seems the magic number is 7 hours. It is important to go to bed at the same time and waking up around the same time. Your body releases chemicals to help you sleep at night, so when it gets dark, your body releases a hormone called *melatonin*, and it signals your body to prepare for sleep and you start to feel drowsy. The opposite is true as well, when the sun rises, your body releases cortisol and prepares you to wake up.

It means exposure to bright artificial light in late evening can disrupt your sleep pattern.

Here are some great tips to sleep better:

- 1. One hour before bedtime, turn off your electronics and dim the lights in the condo.
- 2. At night, listen to soft music.
- 3. A couple of hours before bedtime, take a hot shower or bath.



- 5. Focus on your breath for 2 to 5 minutes Inhale for a count of 3, exhale for a count of 3 or 4 and you can go longer or shorter in the count if you wish.
- 6. During the day, go for a 30 minutes walk or do some yoga as it helps to release stress and helps you to sleep better at night.
- 7. Keep the same sleep schedule on weeknights and weekends (No more than one hour difference in schedule).
- 8. Avoid heavy or large meals within a couple of hours of bedtime (a small snack is okay).



9. Avoid coffee, tea, nicotine, alcohol and even chocolate at least 2 to 3 hours before bedtime. A cup of coffee can last as long as 8 hours. So check what is affecting your sleep.

10. Keep your bedroom quiet, cozy, cool and dark.

11. If you take naps during the day, make it no more than 20 minutes.

In any case, if you are not sleeping well, it may be time to check in with your medical doctor.

AQUATICPILATES

Do your BODY a favor and have FUN at the same time!

- LENGTHEN and STRETCH your muscles
- Improve your BALANCE and COORDINATION
- Become skilled at using proper BREATHING
- Regain MOVEMENT in stiff joints
- Become STRONGER and INCREASE FLEXIBILITY
- Learn proper POSTURE and BODY ALIGNMENT
- Use your CORE to stand TALLER and FEEL BETTER

Due to COVID, no group sessions; but I've reduced the cost of single and double one-hour workouts to:

PRIVATE (1 person) \$20 / DUET (2 people) \$15/each

I will come to your pool on the day you choose.

Can't swim? No problem! The class takes place in shallow water. CALL to set up an appointment at *your* convenience.

CHRISTINA RIOUX - (201) 572-2932

Certified Pilates Instructor and Hollybrook Resident



Good - Continued from page 13

theme, "Communities of Strength," reminds me that our community has been strong, resilient and courageous throughout this challenging time. It's important to remain safely connected as we enter a new phase of the pandemic. Be sure to check out virtual classes at the Carl Shechter Southwest Focal Point Community Center. For information, call 954-450-6888.

Looking ahead to hurricane season, National Hurricane Preparedness Week, May 9 - 15, gives the National Weather Service time to encourage everyone to get prepared for possible hurricane events. The city's website at www.ppines. com can help you learn what to do before, during and after a storm. Please sign up for CodeRED, a free notification system that will alert you by phone, email or text in case of emergency. You can register on the city's website. Contact Tom Good at tgood@ppines.com or 954-290-5189

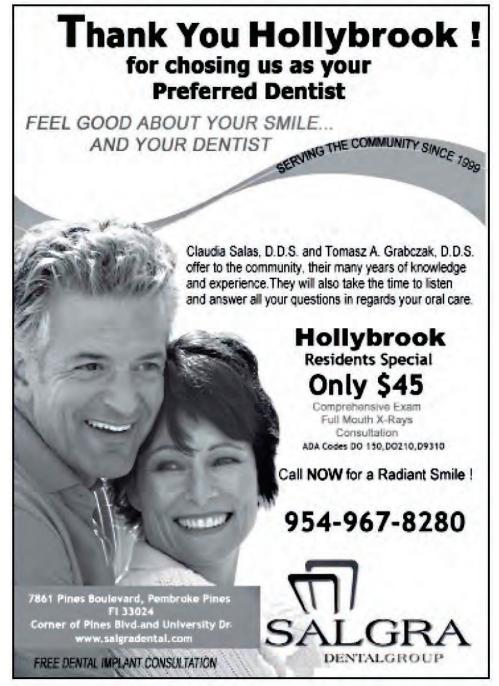
Furr - Continued from Page 13

family tree, or the history of your city. Through our library website, those with a Broward County library card can access dozens of databases that provide everything from old magazines to genealogical information. The pandemic has given many of our residents the chance to explore hobbies and research things they did not have time for before. Go to www.broward.org/library to access all these resources, from the circulation system to our databases.

The library has wonderful opportunities for kids and grandchildren. Broward libraries have teamed with schools to provide access to more resources than ever before. Through the launch of the Beanstack program, Broward County Library has given all students, particularly younger students, access to a bevy of great books, games, and other resources to help foster a love of reading. They have also made databases and other resources for research and college applications available to all high school students. This is a wonderful collaboration and opportunity for our students go to browardlibrary.beanstack.com to learn more and show your family.

Beam's Vaccination Update

All Florida residents that are 18 and over are now eligible to receive the COVID-19 vaccine. Please encourage your friends and family to get vaccinated. The more of our residents that receive these vaccines, the sooner life can begin to get back to normal. You can log on to https://myvaccine.fl.gov to find a location near you or to pre-register for the next available spot. All adult residents can pre-register or sign-up for a vaccine appointment at one of several locations in Broward County. You can also learn more through Broward Health or directly through Broward County's website, as well as options like Memorial Healthcare's MyChart feature. Vaccines are also available at Publix, Wal Mart, CVS, and Walgreens - you can call your local pharmacy for appointments or to be added to a disposal list. There are many options to pursue to receive your vaccine, and you can reach out to my office at any time for assistance in getting yourself or your family this life-saving vaccination. Contact Beam Furr at 954-357-7006/7790 or email bfurr@broward.org.



Earth Health Together, we can restore our Earth

Clothing recycling program a big help

By Harold Parke **Guest Contributor**

Just by recycling their clothing, Hollybrook residents have taken a very important step in changing the quality of life for many needy people. Every article of clothing deposited in one of our textile recycling bins goes to help someone, and that particular kindness is accomplished entirely without any cost to Hollybrook.

The United States Environmental Protection Agency (EPA) estimates that recycling (paper products, steel cans, glass or plastic containers) adds about 20% to regular garbage handling fees. That particular cost is not usually shown in the water and garbage bill that most households receive every month. However, the fact remains that to include recycling as a service, garbage companies incur an estimated 20% cost increase to send out trucks and crews to pick up recyclables.

The EPA also estimates that 85% of clothing in America is not recycled, but is sent to trash landfills instead. Of all trash and garbage dumped in landfills, 5% are textiles that could have been recycled by being donated for reuse. People likely want to recycle more clothing but they may be unaware of opportunities to do so or are skeptical about the impact they actually make. The key to greater clothing recycling is making the donations as



Staff photo

easy as recycling paper and tin cans. Hollybrook is doing a very good job of that.

Clothing collected at Hollybrook goes to charitable organizations. Currently, donations are provided to Harvest Drive, a nationwide charity with a branch at West-



ern High School, in Davie. The clothes are sold at low prices to needy Broward County residents; proceeds of the sales

go back to Western High's Harvest Drive.

Sometimes clothing from Hollybrook is given to the Kiwanis Club of Weston, which sends the clothes to a charity called The Healing Hands of Hope Colombia charity to support the only school in a poor village on Isla de Tierra Bomba

in Cartagena Bay.

Remaining items are given to Goodwill Industries.

Recycle Program Reminder, Recycled

By MJ Boxall

In addition to household and clothing recycling, Hollybrook offers two other Earth healthy programs that often are overlooked, or even forgotten.

For your convenience, used batteries; eye glasses; ink cartridges; light bulbs and unused toiletries are collected at the Administration Building.

The items get disposed of correctly or donated to the needy thanks to your Co-Recycling Committee Chairs Mike Eaton and Harvey Munk.

Harvey also oversees the 'We Care Committee" geared to help supply residents with home health care equipment needs. He monitors a shed full of canes, crutches, walkers and other items that have been donated for reuse. If you're in need, give Harvey a call before you go out and buy new!

Call Mike Eaton at 727-410-2001 or Harvey Munk at 305-298-3008



Photos by MJ Boxall





Seasonal residents who head north for the summer may donate their houseplants for planting throughout our Hollybrook landscape. Anna Antes, Chair of the Landscaping Committee, launched the effort last month. Drop off your unwanted plants at the Admin Building employee parking lot. You'll see the sign.



Fun Stuff Crosswords, comics & a canine

ACROSS

- 1) Life of (carefree existence)
- 6) Flat-bottomed open boat
- 11) "Shogun" sash
- 14) Apparently amazed
- 15) Country of over 1 billion
- 16) Car tracking digits (abbr.)
- 17) Gain experience
- 20) Doubter's outbursts
- 21) Like most NBA players
- 22) Calorie-rich pastry
- 23) 67.5 degrees, on a compass
- 24) Retail center
- 25) Fence repairer
- 26) Bronco catcher
- 28) Deafening noise
- 29) Find in a mine
- 30) Hole in your head
- 34) Burns of documentaries
- 35) Provider of wide-angle shots

KEEP WATCH

- 37) One way to get the gravy
- 38) Former or previous
- 39) Affectionate utterance
- 40) Cape (cottage style)
- 41) Olympic prize
- 45) Greyhound alternative
- 47) Crossing the Atlantic
- 50) Day before a holiday
- 51) Dutch shoe
- 52) " go bragh"
- 53) Hairy jungle creatures
- 54) Maryland state flowers
- 57) Be in pain
- 58) Model of perfection
- 59) "Beetle Bailey" character
- 60) "2001" mainframe
- 61) From Oslo, e.g.
- 62) More likely

DOWN

- 1) "Friends" female
- 2) Big lizard
- 3) Woodworker's machines
- 4) Classic poetry
- 5) Japanese currency
- 6) Twine fiber
- 7) Bell sound
- 8) Short poem (var.)
- 9) "Fee foe fum"
- 10) Enrich
- 11) Goes too far
- 12) Marsh heron
- 13) "Psst!" follower
- 18) Airport stat.
- 19) Billion years
- 24) Cow sounds
- 25) Prefix meaning "one thousandth"

By Tim Burr

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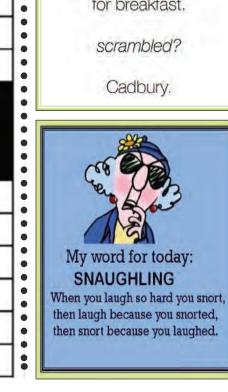
- 27) Ouick cut
- 28) Attempt to lose weight

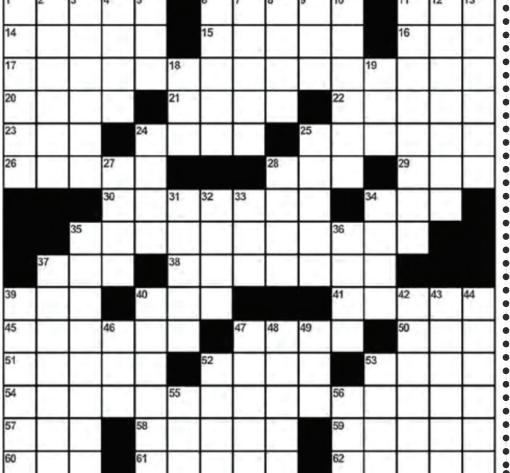
- 31) Prepared Bond's martini
- 32) Work the bar
- 33) "The Catcher in the "
- 34) Santa's seat?
- 35) Gridiron game
- 36) Mme. Bovary
- 37) Hom of Africa nation
- 39) "Rock the " (The Clash hit)
- 40) Birch tree spike
- 42) Make an exit
- 43) Exact retribution
- 44) Not as great
- 46) Legendary elephant eater
- 47) Vicinities
- 48) Move like a crab
- 49) Coast Guard officer (abbr.)
- 52) You right now, theme-wise
- 53) "... and make it fast!"
- 55) Tokyo, long ago
- 56) Place with a president

For Laughs

how's the diet going?

not good. I had eggs for breakfast.





Fun Stuff

Fast Eddie Speaks

Or, Bichon musings while passing through pandemic.

Translated by Ken Schlossberg

This is Fast Eddie writing to you from my home in Phase 2. Thank you to all of our loyal readers for taking the time to follow my canine comings and goings during the Age of Coronavirus. It's been tough going; isolated, worried about catching it, wondering if it is ever going to end. All of us Hollydogs are grateful for how well we have been cared for with so much happening at once during the past year.

When my humans, Kenny and Sophie, picked me up from my breeders nine years ago, I was skeptical, like all pampered puppies, about how things would work out - especially when I discovered that I was replacing their previous Bichon, Rocky, who had just gone to Dog Heaven. The minute I walked into my new home, I could sense Rocky's presence. His scent was everywhere.

Kenny and Sophie decided to move to Florida. I loved the winters up north. Is there anything better than ferreting into a couple of feet of fluffy white snow? Except for my black nose, no one could find me.

The three of us talked about living in the Sunshine State. Sophie said that the cold up north wasn't good for her breathing and Kenny said he nearly broke his back stepping outside onto black ice. What could I say? It was ruff.

We flew down together on Jet Blue. I had my own boarding pass and a center seat. The stewardesses adored me and let me stay very comfortable there between Kenny and Sophie – not to mention that they served snacks to me like I was *the* top dog of the day.

When we arrived in Hollybrook, I fell in love with the place right away. So many birds and ducks to chase right outside of our front door! It was Dog Heaven on Earth! Sophie could breathe better and Kenny could play golf every day he wanted to. I could lie lazily on the porch and soak up the



File photo

sun. Kenny even bought me a Hollybrook golf hat to wear.

Daily, I would watch the golfers on the 11th green trying to putt the ball in the hole. After a while, I became an expert on bad putting. And hitting the ball out of the bunker? Boy, are humans bad at that! You wouldn't believe the screaming and yelling that my young dog ears endured!

When Kenny is on the green he calls out to me asking whether his putt is going right or left. I try to help him. I swing my tail right or left, signaling the line he should take. If he makes the putt, I'm a hero, Snoopy class, el numero uno! When he misses, I'm the goat. But as they say in

the dog life, no good wag of the tail goes unpunished.

Then the virus arrived. The golf course closed. The shops closed. Everybody locked down. Everybody became depressed. I became depressed. Then my back legs were paralyzed. Why? Was it psychosomatic? The veterinarian said that I needed total bed rest and I ended up recovering on Kenny and Sophia's king bed.

Slowly, ever slowly but eventually, my legs came back. I was good to go, but I still shared their bed, curling up to them at night. What pooch wouldn't? Every black dog cloud has a silver lining.

Now, the virus is beginning to ebb. My humans are vaccinated. Kenny is back to playing golf again, and blaming me for missed putts again; Sophie is shopping again; I have returned to watching the world go lazily by on the porch.

I also *finally* have some time to myself. Woof! I don't think humans appreciate how hard it is to be a pet, cooped up with them all the time, like a virus. We all need a little space now and then.

Don't leave your family at RISK!

Advance care planning avoids unwanted medical interventions, prevents family conflict & lifts the burden of uncertainty from loved ones.

Take the first step by protecting yourself and your family by calling us today.

954-367-2327 or Admin@Arevalolaw.com





Hollybrook Family Circle







Hollybrook friends found a way in safety bubbles, to celebrate birthdays during the last 18 months.

So, when protocols allowed for small gatherings of the fully vac-cinated, a special dinner at Pool 2 was held to celebrate the birthdays of (at left) Lenore Perry, Querino Pacella and Susan Blondin

The scrumptious meal was catered by The Restaurant at Holly-brook, which served delightful fare that included antipasto skewers and a turkey dinner with all the trimmings.

The birthday cake, a multi layer banana dream with custard and whipped cream from Sosta's, in Pembroke Pines, was deemed "to die for', but don't. We want more birthdays to celebrate in months







ing reception desk volunteers, is admired for her hilarious sense of humor, youthful spirit, and irrepressible can-do attitude.



KEEP WATCH D

CARE COMMITTEE ME

We happily collect walkers, canes, raised toilet seats, and more to assist Hollybrook residents in need.

Call Harvey Munk at 305-298-3008 or call the office at 954-431-0600 ext. 234

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Sports Where there's a will, there's a way

HWGA hosts winning season despite all odds

By Hélène Girard, HWGA President

Despite a different and special season due to the pandemic, our captain, Monique Robert formed the Winter League competition while respecting the health measures required by Hollybrook. This friendly golf competition of 52 women was enjoyed Saturdays from January 9 to March 27.

At the beginning four teams were formed and points were collected weekly. Each team of 13 golfers had a captain and a color that was worn during matches. Our captains were: Marthe Cloutier (Black & White Team), Eva Mazur (Green Team), Carole Biron (Pink Team), Colette Dubois (Blue Team).

Our two winning teams this season were the Black & White Team which won the first position, and the Green Team which took second position.

Congratulations to all Winter League 2021 winners, and sincere thanks to all participating golfers and the captains who did a great job. Huge thanks to our Hollybrook Women Golf Association Monique Robert captain who organized a fun season.

On behalf of HWGA, we look forward to the 2021 - 2022 season, the return to normal life and another exciting golf season.



Above: HWGA's Black & White Team won first place in the association's Winter League 2021 competition.

Right: The Green Team poses for a second place portrait





South Florida Medical Center

6301 PEMBROKE ROAD, HOLLYWOOD. PHONE: 954-961-8394

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NUESTROS SERVICIOS INCLUYEN:

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- *INMIGRACION: EXAMEN FISICO
- *EXCEPCIÓN EXAMEN DE
- CIUDADANIA EVALUACION

AFILIADOS A HUMANA "MEDICARE ADVANTAGE" PLAN / AFFILIATED TO HUMANA MEDICARE ADVANTAGE PLAN
OFICINA DE DISTINCION DESDE 1988 - OFFICE OF DISTINCTION SINCE 1988

LLAME A NUESTRAS OFICINAS PARA MAS INFORMACION SOBRE OTROS PLANES DE SEGUROS Y PARA CITAS CALL OUR OFFICE FOR MORE INFORMATION ABOUT OTHER INSURANCE PLANS AND FOR APPOINTMENTS LANGUAGES: ENGLISH, SPANISH AND CREOLE

Sports

Golf dreams - Continued from page 19

The event was named the Abby-Tineo Memorial Tournament in 2010 to honor two former leaders of the Hollybrook Men's Golf Association, Pete Abby and Jimmy Tineo, who established the Hollybrook/GCHGF relationship and who passed away

within a year of each other, said GCJGF President Wayne McKinney.

Hollybrook Golf Manager Justin Laird said this year's tournament was tentatively booked "just in case" in November 2020.

"Once we knew later that the pandemic restrictions might loosen, we placed it on the tee-sheet," Justin said. "When we went to allowing two golfers per cart, I knew we could pull it off."

The final decision to move forward came in early April and as word spread throughout the golf community, residents rallied to support it. The collective effort of nearly a dozen "Golf Gophers" was led by Mike Eaton.

"Rosalie Labate, Susan Blondin, Gini Klar, Patty and Paul Tripodi, Paul Stuart and Joni Esser-Stuart, and Joe McHugh, each spent several hours representing Hollybrook in the most fantastic and gracious way," Mike wrote on the Hollybrook



Above: Joni Esser-Stuart and Paul Stuart serve water and snacks to Philomena Irwin and Lynn Lilly. Top right: Paul Tripodi provides a young golfer with water.

Friends and Family Facebook page. Mark Favus also helped.

Mike was impressed by the young players' talent, their respect for each other and their polite manners.

Joni agreed.

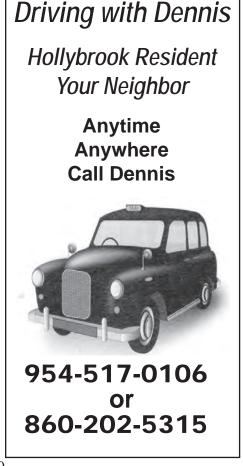
"It's absolutely beautiful. I've done a lot of volunteering but this is one of the most pleasant

jobs I've ever been involved with," said Joni, who had never driven a golf cart on the golf course before. She and her husband Paul served refreshments from the mobile snack and beverage cart while Paul and Patty Tripodi served refreshments from a golf cart equipped with a cooler.

Parents raved about the course, the ambiance and Hollybrook's friendly welcome. None could recall any other host golf courses that provided such high-level hospitality.

"We love coming here. When I found out that we'd be back at Hollybrook again, I was excited," said Lynn Lilly, whose daughter Jennifer, 17, played in the tournament.

The next youth golf tournament at Hollybrook is scheduled for June 28. The single event will be held by the Junior Golf Association of Broward County.







Classifieds

NICELY FURNISHED 2/2 on third floor in Phase 4 overlooking beautiful golf course. Seeking seasonal renter. Reasonably priced. Call Ann at 772-801-9295 or Stacey at 954-478-8372

FOR SALE - Oversized Phase 6 Apartment. Building 44-301. Call Owner/Agent Richard Levine at 561-704-6910.

NEWLY RENOVATED HOLLYBROOK CONDO for rent. 371 S. Hollybrook Dr. #104, Pembroke Pines, Fl 33025. Seasonal rental. Available October 2021 to April 2022. \$2,500 or make offer. Contact roncomrie@aol.com, or call 216-337-8531.

CNA- Reliable, trustworthy and caring. Years of experience taking care of the elderly. Excellent references available. Look no further. Available day or night. Call Cathreaon at 954-496-4340 or 754-244-5183.

CERTIFIED HOME HEALTH AIDE caring for the sick and elderly. Over 30 years experience. Reliable with car. Great references. Part time or full time. Call Jennifer. 954-632-0788.

FANNYE HOME CARE SERVICES - Registered, Licensed, CNA & Medical Assistant, over 35 years experience. Providing care to elderly. Companion & caregiver to your loved one. Avail. 24 hrs. Call Ms. Clark, 954-434-1169 or 954-534-5452.

SEASONAL RENTAL (5+ months) Furnished 2 BR/2BA unit, 3rd Floor Phase 4. Remodeled baths, kitchen with upscale stainless-steel appliances, granite countertop, procelain tile floor, impact windows and doors. Nicely furnished. Call Marie at 954-540-8818.

CAREGIVER with over 20 yrs. experience seeks to care for your loved one. Honest, dependable and strong work ethic. At Hollybrook for over five years. Excellent references. Licensed, certified CNA and medical assistant. Available days, nights, weekends. Call Carolyn at 754-422-1742

RESPONSIBLE, CARING, AFFECTIONATE caregiver with over 12 years experience taking care of elderly, seeks position as companion and caregiver to your loved one. Excellent reference available on request. Call Nana at 954-534-3432.



Having Trouble with Hollybrook Washers or Dryers?

PLEASE

1. Place the "out of order" sign visibly on the machine. (Sign is on the side of the washing machine in each laundry room)

2. Call Maintenance at 954-433-1700

The sign will be removed from the machine as soon as the technician repairs it.

The tech will return the sign, blankside up, to the side of the machine.

Family Care Nurse Registry, Inc. We provide Home Care Services:

Live Ins · Personal Care · Companions & Other Services, Just Ask 6151 Miramar Pkwy., Ste. 125, Miramar, FL 33023
Phone: 954-322-6237 · Monday thru Friday 9:00 a.m.-5:00 p.m.
After 5:00 p.m. Weekends Call 305-469-2855
License NR-30211075



Hollybrook Bus Schedule

By Reservation - 24 Hours in Advance - Call 954-431-0600 ext. 251

NEWS DUE TO COVID-9: Help us ensure we maintain proper social distancing and passenger loading limits to protect against COVID-19. All riders, call 954-431-0600, ext. 251 at least one business day prior and inform us which day and their intended location so we can monitor bus capacity. Thank you.

Mondays & Fridays (Same route morning -and- afternoon):

Bus stops at Broward Meat & Fish, Publix, Dollar Tree, and Einstein Bros. Bagels

AM ROUTE

9:30 - Pickup at Hollybrook

PM ROUTE

1:00 - Pickup at Hollybrook

10:00 - Drop off at retailers 1:30 - Drop off at

11:30 - Pickup at retailers 3:00 - Pickup at retailers

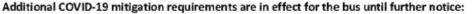
Wednesdays (one-time route):

Bus stops at Sedanos Supermarket & Walmart

9:30 - Pickup at Hollybrook 10:00 - Drop off at retailers

11:00 - Pickup at Sedanos

12:30 - Pickup at Walmart



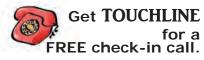
- Bus driver will sanitize seats used before another passenger is allowed to re-use seat.
- Passengers and driver must wear masks while on board.
- A row will be left empty between each seated passenger.

ALL PICK-UP AND DROP OFF TIMES ARE APPROXIMATE

BROWARD 211 4 Seniors

Are you 60 years or older?

Live alone in Broward County?



to register

visit

http://211-broward.org/ senior-touchline





MB HOME HEALTH CARE SERVICES



- An Aide will ensure the safety of your loved ones
- Daily living personal activities
- Skill services / companion services
- A healthy home environment
- Private Care

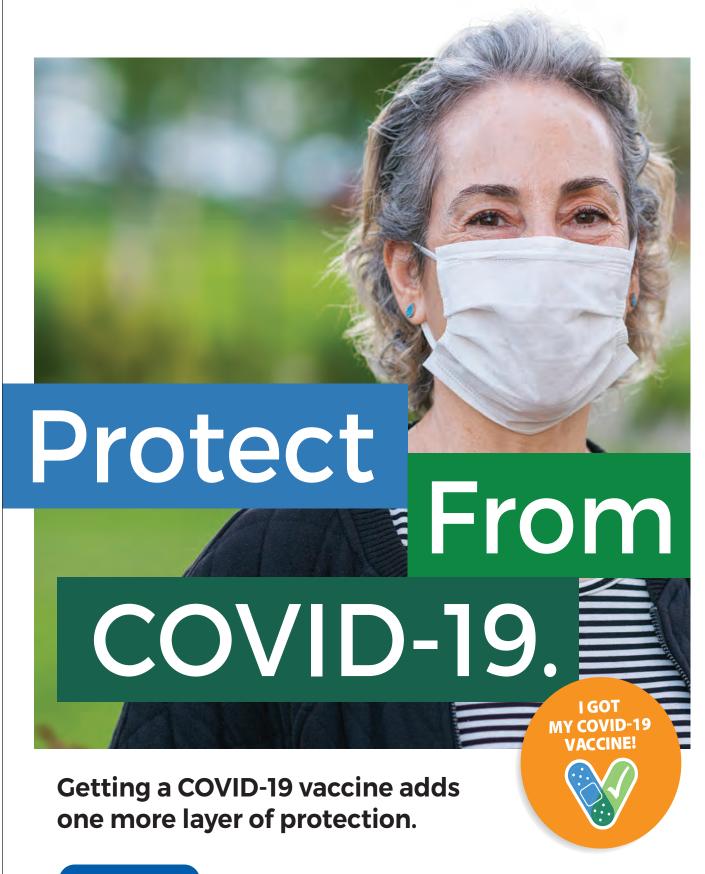
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July/August	Address (Include apt #)
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October	City
November	City
December	State ZIP





A safe and effective vaccine to protect against COVID-19 is now available.

Learn more: cdc.gov/coronavirus/vaccines



Personal Medium 8 inch - \$8.95 with Cheese

\$1 per additional topping

Personal Large 12 inch - \$10.95 with Cheese

\$1.50 per additional topping

Delicious Toppings

MEAT: Pepperoni, Italian Sausage, Grilled Chicken Breast, Canadian Bacon, Applewood Smoked Bacon, Black Forest Ham, Philly Steak, Salami, Meatballs

VEGGIES: Onion, Garlic, Mushrooms, Bell Peppers, Tomato, Pineapple, Spinach, Kalamata Olives, Broccoli, Jalapeño

(954)-432-9854

Allow 25 to 30 minutes for dine-in; 30 to 45 minutes for delivery