

June/July 2023
No. 154

THE VOICE OF HOLLYBROOK

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Problems Tackled One by One Takes a Community

Let me begin by applauding the volunteer staff that we are so blessed to have. They graciously give their own valuable free time to help Hollybrook function. With that said, we can always use more help. I'm asking again for you to email me directly if you have a desire to find a fit within Hollybrook, even if you have previously sent an email but did not receive a response. My email is, president@hollybrook.com. If you have any questions, please let me know. My phone number is 954-431-0600, Ext 261.



I also have to shout out praises for our staff. Because we're still operating without a General Manager, Alex Ivanaskas has been our interim GM while fulfilling his very time-consuming position as Controller. Alex has had help from all of the employees; Etna in finance, Joe, Ed, Vlad, and the entire Maintenance Department staff; David in records; Eileen in communication; Carol Mazza, Carol Gray, and Shane in administration. Mike Fishman and the Restaurant staff have worked tirelessly to keep our restaurant operational, and by using the barbeque grill we've been able to attempt offering food choices seven days a week. Our golf course continues to be our jewel in the rough. Historic year rain amounts presented tremendous challenges for Walter Chavez and the Grounds Crew - and their hard work paid off with our course in beautiful shape. The Pro Shop and Cart Barn team under Bill Friesing do outstanding work taking care of our owners and guests.

Now, let's focus on the challenges that are presented to us at this time.

RESERVES: Under Senate Bill 4D, the deadline for our reserves to be fully funded is currently December 31, 2024. The Florida Legislature has actively been in discussions and Representatives have passed an *alternative* bill that has been signed by our Governor. We have not received the revised bill in order to read it, so obviously our understanding of its contents is still pending. We have been speaking with our Representatives and they are well aware of how difficult

this financial burden would be if not changed.

40-YEAR CERTIFICATION: Thanks to our 40-Year Committee led by Joseph Greeley with the help of other dedicated members, the 40-Year Certification is moving forward. A bid process is currently underway, and we know that the project will be very expensive. We plan to finish work on as many buildings as possible which will prove to the City of Pembroke Pines that we are working hard toward having the certification completed.

INSURANCE: Hollybrook's insurance continues to rise due to Florida's unstable insurance market. The overall condition of many of our roofs is just one issue that factors into our continued increase. We have a plan to move forward using silicone roof application to provide more life to roofs currently rated with a short lifespan. Building 7 is a prime example of how successful the plan will be. Because the roof was treated with a silicone roof application, the roof now has a 15-year lifespan according to the inspector. In addition to extending life, the silicone roof application is much less expensive and time consuming because it does not require us to remove the entire old roofing material and then start over.

PEST CONTROL: Our long ongoing problems of insect and rodent infestations are actively being resolved one at a time. The Recreation Building is now sealed up completely and we hope that accomplishment will keep all rodents out. A complete cleaning process is now finished and I hope anyone who has been in the Restaurant can tell the difference just by looking at it. Bids are being assembled so we can eventually tent the entire building to rid us of the insect issue. The process will not interfere with upcoming Hollybrook events.

We will be hosting some town hall meetings so that you made be made aware of the plans for dealing with the items listed above, and *all* other Hollybrook issues as they arise.

May Finances Looking Up



needed to fully fund the necessary categories as required by the SIRS (Structural Integrity Reserve Study) we will evaluate how to achieve this task. Currently, we are looking at a number of options, a line of credit, extension of a current loan, and, of course, an assessment. We will keep you advised as this process advances.

Our first quarter operational analysis shows us at a year-to-date budget percent of 17.74 of our total budget. On examination, our expenses exceeded our projected estimates in a number of categories. At our April and May meetings the BOA authorized engaging in some major projects. We have initiated deposits and payments to move on these necessary projects and as a result, reflected in the higher percentages in our estimated quarterly expenses.

The Governor has signed the Glitch Bill SB154. We are endeavoring to fully comprehend the nuances of the operational impacts on our community. A number of us are attending webinars on this subject and in conversations with our attorneys in an effort to develop the path we need to follow to address compliance with this bill. We have already authorized the hiring of an engineering consultant to start the Phase 2 aspect of this bill and are awaiting our Reserve Study and engineering company to work together and develop our necessary reserve category numbers needed to be in compliance with this bill.

The Glitch Bill, per my reading of it, has reduced the number of categories needed to be fully funded from ten (10) to seven (7). Windows and doors were removed as our documents provide these are unit owners' responsibilities. This is a long and arduous process. We are and will be carefully monitoring all aspects of the bill.

Our annual audit has begun and our Controller Alex Ivanaskas and his staff have been working very hard with our accountants as they conduct the review of our financial documents. Once the audit is complete, it will be available to unit owners.

The restaurant numbers, once again, reflect an improvement over last year's numbers but still show a loss. There are many complicating factors going into these numbers but we are confident the improvements will continue and be, hopefully, reflected in the next report.

As a clearer picture is revealed as to the bottom line numbers

Board Members

HOLLYBROOK OFFICERS

MICHAEL EATON
President

ANDREW INGRAM
Vice President

ROSALIE LABATE
Treasurer

JONI ESSER-STUART
Financial Secretary

ELAINE YOST
Recording Secretary

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Phase 1 -

SHELLEY GOLDGUT
CONNIE MASON
CLAUDE-ANDRE LACHANCE

Phase 2 -

REINE FORTIER
SUSAN GALLETTA
ALI MUNJU

Phase 3 -

BARBARA DONAWA
JOSEPH GREELEY
CURTIS RICE

Phase 4 -

LOUISE BERGERON
MYRA MARKOWSKI
DEBBIE MCCALL

Phase 5 -

HANK KOCH
CARL MACK
VIRGINIA WEBBER

Phase 6 -

WILLIAM BRITTAIN
CARMEN DIPUGLIA
BRADLEY MISLOVE

Towers -

EUGENE SANABRIA
PAUL TRIPODI

Hollybrook Sales

Unit Sales
for
May 2023



Everyone wants to live here!

BLDG/APT	SELLER - BUYER	BD/RM	PRICE
04-205	HB 2 Alternative to Giroux	2	\$110,500.00
04-205	Giroux to Hernandez	2	\$125,000.00
07-110	Beausejour to Josse	2	\$175,000.00
13-305	Goulin to Persad	2	\$225,000.00
16-301	Clark to Rosenow	2	\$235,000.00
20-104	Plasencia to Acosta	2	\$250,000.00
22-202	Barnes to Mendoza	2	\$145,000.00
53-108	Gonsalves to Lakhram	2	\$255,000.00
54-105	Cieslinski to Clark	1	\$150,000.00
70-605A	Longlois to Duguay	1	\$125,000.00

New Fiscal Year on Point

Our first quarter operational budget analysis as of April 30, 2023, shows us at 77.52% of our monthly budgeted amount. So, we are starting the new fiscal year on point.

The Florida legislature has passed the "Glitch" Bill, SB 154, with respect to the 40-year inspections. There are still many issues involved with this piece of legislation-timeframes for making construction repairs; timeframes for requiring fully funding of reserves; the specific categories that must be fully funded. It has also been reported by the media that city officials will probably be the links utilized to help get us through

In Other News

- On April 19, a series of unanimous decisions were made for the following items:
 - To purchase a pendulum spreader for the spreader for the golf course maintenance department
 - To purchase a broadcast spreader for the course maintenance department
 - To hire Lake Therapy, Inc. for the aquatic management of Hollybrook's lakes
 - To establish fine amounts for rules violations
 - To hire elite pool and spa service for maintenance of the pools
- On May 19, a series of unanimous decisions were made for the following items:
 - To remove and replace two air handler units
 - To award a roofing contract for the administration building
- On May 30, a unanimous decision was made to approve the renewal of Hollybrook's property insurance policy with Brown & Brown

these rather difficult matters. The bill is on the Governor's desk awaiting signature at the present time.

The restaurant expenses for the month of April show a loss of \$18,540.91. This is not a satisfactory result. However, when we compare last year's figures (a \$30,589.56 loss for the same period), we can see improvement in the operation of the restaurant. Restaurant Manager Michael Fishman has been developing several new restaurant programs while better managing the employee hours and staffing schedules - all in an effort to try to bring down costs. We are working together with the restaurant staff to help in every way possible.

Insurance premiums, once again, are in the news. Florida is currently in an insurance crisis. Our broker, Brown & Brown, has met with our Insurance Committee members and Board Officers and is working to get us the best coverages available at the lowest costs. As details unfold, that information will be presented to the Board and unit owners.

The Hollybrook team of Officers, Directors, and our incredible staff of employees and volunteers are working really hard to deal with myriad issues, problems, and contingencies with which we had been presented. We are trying, as well, to get us back on the path of socialization and unity - one of our major goals. Let's all work together to achieve this goal.

Vice President's Message

From the desk of Andy Ingram

Addressing Concerns

Maureen and I recently returned to Hollybrook to cover administrative responsibilities during Mike's absence. It was great to be back home in Hollybrook. I balanced my



time between covering the office, playing golf and attending the Memorial Day celebrations. I look forward to returning periodically.

One of my responsibilities as your Vice President is serving as the administration's liaison with Total Appliance. I meet regularly with Total to discuss issues and concerns. If you have any issues with your contract with Total, please feel free to contact me at vicepresident@hollybrook.com.

Some residents were concerned about the Phase 1 pool. The pool was drained, the pool was acid washed, and the pool was subsequently refilled. Hollybrook is

Vice Pres. - Continued on page 19



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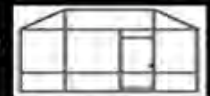
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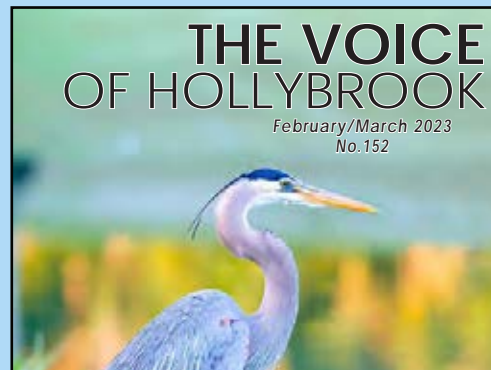
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To all contributors of articles, photographs and other material for print in the Voice of Hollybrook (VOH):

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.

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PHASE 1V – CLEAN & FRESH! 2BR/2BA. Across from pool in front & Par 3 golf view in back. Attractive waterproof flooring throughout. Kitchen updated. **NEW FRONT HURRICANE DOOR!** Recreation Lease **PAID IN FULL!** ENJOY HOLLYBROOK AT ITS BEST!

PHASE V – SPECTACULAR WIDE WATER VIEW! 1ST Floor 2BR/2BA. North/South exposure, Tiled flooring throughout, TOTAL Appliance Service Contract. Recreation Lease **PAID IN FULL!** GREAT OPPORTUNITY! **PRICED TO SELL FAST!**

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PHASE III – LIFESTYLE COUNTRY CLUB LIVING 2BR/2BA Gorgeous relaxing streams, lakes & 2 Par 3 course holes views. Updated bathrooms, Beautiful, updated kitchen with unique raised ceiling. Walk to Clubhouse, **Recreation Lease PAID IN FULL!** ENJOY HOLLYBROOK!

ANNUAL RENTALS

PHASE II – BEAUTIFUL PGA 17th GREEN & LAKE VIEWS. 2BR/2BA Fully Furnished. **MOVE RIGHT IN!**

PHASE IV – RELAXING N/S EXPOSURE. Gorgeous wide lake view, 2nd floor, 2BR/2BA Rich laminate flooring throughout. **CLEAN AND COMFORTABLE!**

PHASE VI – OPEN & SPACIOUS, 1,459 SF 2BR/2BA. Washer/Dryer. Wide open Kitchen, wrap around screen patio. **YOU'LL BE PROUD TO CALL THIS HOME!**

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PHASE II – 2BR/2BA New Open Kitchen & Bathrooms. Rent includes Assoc. Dues, Water, Basic Cable TV, internet, 1st \$100 Each month for FPL Electric. 6 months Requested. **CLEAN AND READY FOR YOU TO ENJOY HOLLYBROOK!**

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Financial Focus: April



Joni Esser-Stuart

The fiscal year for Hollybrook begins April 1st and this report will focus on the income generated during April. The gross income for the golf course was \$144,899 and thus reflects that we earned

approximately eight percent of our projected golf income of \$1,880,000. This is reasonable considering the rainy season for Floridians and thus reduces golf revenue. An analysis of golf course gross income reveals that the cart fees from our owners were \$63,705 and an additional

\$47,760 came from guest fees. Walk in golfers accounted for \$19,756 of our golf revenue. Our contracts with Golf Now and Canam provided \$8,664 and both revenue streams were nearly equal during April. Golf Now revenue was \$4,356 and Canam revenue was \$4,308. Additional sources of golf income were \$3,170 from our military and first responders, driving range fees of \$906 and Par 3 fees were \$841.

Alex Ivanaskas and Etna Chery are diligently working with me to collect from unit owners in arrears. At the end of April, seven owners were in Collections with Straley & Otto. We are in the process of collecting \$57,852 from them.

I've encouraged unit owners to choose automatic withdrawal (direct debit) since I became Financial Secretary. This payment method is advantageous for residents and Hollybrook. I am

pleased to report that about 950 units are enrolled in the plan. It is not too late to enroll; you may print a copy of the authorization form from our website or pick up a copy in the Administration Building. The option reduces late payment fees and interest and affords an easy payment option. New owners are encouraged by personnel in the Records Office to choose this payment method.

Letters were sent to 31 owners who failed to remit their Quarterly Maintenance payments in April. Several have contacted Etna to arrange payment. I am optimistic that my next report will reveal fewer accounts in arrears. However, it is a bit disturbing that several of these accounts have been in arrears repeatedly during my tenure as your Financial Secretary. Hollybrook condo sales have been strong and perhaps those with financial difficulties might want to pursue this option.

Financial Focus: May

I am pleased to report that the April letters sent to unit owners who had failed to pay their Quarterly Maintenance Payments reduced the number of accounts in arrears. At the beginning of May, only 17 unit owners were late on their payments. One of these accounts in arrears is related to a recent death and the family has promised payment as soon as the estate is settled. The vast majority of our 1,902 owners pay maintenance fees on time which contributes to our financial health.

Alex Ivanaskas and Etna Chery are working with me to collect from owners in arrears. Ten owners are in collections with Straley & Otto. Please note that one of the accounts is because of a recent death of a former Hollybrook resident. Hollybrook is quite fortunate to have a very small number of accounts in collections.

The gross income for the golf course was \$110,742 during May and thus reflects that we earned approximately 14 percent of our projected yearly golf income of \$1,880,000. This is somewhat concerning since the quarterly income is two percent less than our projected income for the quarter. Floridians are used to the rainy season and Florida has experienced a lot of rain during both April and May. The rain undoubtedly had a negative impact on our golf income.

An analysis of golf course gross income in May reveals that the cart fees from our owners were \$14,074 and an additional \$32,509 came from guest fees. As would be expected during the summer, much of our income comes from outside golfers. Walk-in golfers accounted for \$35,388 of our golf revenue. Our contracts with GolfNow and Canam provided \$12,426. GolfNow revenue was \$9,931 and Canam revenue was \$2,495. Additional sources of golf income were \$7,261 from our military and first responders, driving range fees of \$873, and Par 3 fees were \$265. Fortunately, we also had \$5,035 from tournaments and an additional \$2,911 from other sources.

Direct Withdrawal for Unit Owners Make Hollybrook payments on time, accurate, worry free

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

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 charges because the withdrawals are on-time payments
- Savings in terms of time (writing quarterly checks)
- No postage if you are away from your Hollybrook residence

Advantages of Direct Withdrawal for Hollybrook

- Saves staff time processing and recording checks
- Bank processing costs are less for direct withdrawals versus costs of processing checks
- The savings will have a positive impact on our budget if even more unit owners choose this option

Residents may request the form directly from Etna Chery via e-mail (controller@hollybrook.com) or it can be picked up at the Reception Desk in the Hollybrook Administration Building.

Try it for the rest of 2023 and if you do not like this worry-free option, you can withdraw your permission. Please contact Joni Esser-Stuart, at 954-431-0600 Ext. 238, if you have questions or concerns.



REGULAR BOARD OF ADMINISTRATION MEETING MINUTES

Wednesday, April 19, 2023



President Mike Eaton called the meeting to order at 7:30 p.m. on April 19, 2023.

This BOA meeting was conducted live from Conference Room #1 as well as virtually utilizing the Zoom conferencing platform. The meeting will be broadcast live and repeated on Channel 93.

There were 22 board members present: Bergeron, Brittain, DiPuglia, Donawa, Eaton, Esser-Stuart, Fortier, Galletta, Goldgut, Ingram, Koch, Labate, Mack, Mason, McCall, Mislove, Munju, Rice, Sanabria, Tripodi, Webber, and Yost; absent were Greeley, Lachance, and Markowski. Also in attendance were Alex Ivanaskas (Comptroller), Shane Laasko (Purchasing Manager), Querino Pacella (Compliance Director), and Eileen Soler (Communications Director).

Reading of the minutes from the Board Meetings held March 21, 2023, and April 4, 2023, was waived and approved. The Treasurer's and the Financial Secretary's Reports were not prepared or read due to the extraneous activity required closing out the fiscal year. Mickey Breton reported on the 40-Year Certification Committee status of work completed or in progress. Team members include Mickey Breton, Joe Greeley, and Rosalie Labate. The complete report is located on the Hollybrook.com portal.

NEW BUSINESS

MOTION A - TO PURCHASE A PENDULUM SPREADER FOR THE GOLF COURSE MAINTENANCE DEPARTMENT

Curtis Rise made a motion to purchase a pendulum spreader at a cost of \$3,143.29 from Everglades Equipment Group. It will be funded from the Golf Renovations account which has an allocated amount of \$5,000. The motion was seconded by Brad Mislove. A vote was taken, the motion passed unanimously with 22 affirmative votes.

MOTION B - TO PURCHASE A BROADCAST SPREADER FOR THE COURSE MAINTENANCE DEPARTMENT

Curtis Rice made a motion to purchase a broadcast spreader for the golf course maintenance department at a cost of \$6,700 from Hector Turf Company. The purchase will be funded from a \$7,000 surplus amount of funds remaining after the restaurant patio project was completed. The motion was seconded by Elaine Yost. A vote was taken, the motion passed unanimously with 22 affirmative votes.

MOTION C - TO HIRE LAKE THERAPY, INC. FOR THE AQUATIC MANAGEMET OF HOLLYBROOK'S LAKES

Carl Mack made a motion to approve a one (1) year contract with Lake Therapy, Inc. effective May 1, 2023, for management of Hollybrook's lakes at a cost of \$11,760 annually. The motion was seconded by Rosalie Labate.

A vote was taken, the motion passed unanimously with 22 affirmative votes.

MOTION D - TO ESTABLISH FINE AMOUNTS FOR RULES VIOLATIONS

Rosalie Labate made a motion to approve the fine amounts for non-compliance violations regarding the Association's governing documents. The motion was seconded by Reine Fortier. Carl Mack made a friendly amendment to increase the fines for stop

sign violations to \$50, \$75, and \$100 for the 1st, 2nd, and 3rd violations respectively. A vote was taken to approve the friendly amendment; there were no opposing votes. A vote was taken, and the amended motion passed unanimously with 22 affirmative votes.

(Editor's Note: Figure for motion D below.)

MOTION E - TO HIRE ELITE POOL & SPA SERVICE FOR MAINTENANCE OF THE POOLS

Andy Ingram made a motion to approve a one (1) year contract with Elite Pool and Spa Service effective May 1, 2023, for the maintenance of our pools at a cost of \$92,700 annually. The motion was seconded by Brad Mislove. The scope of the maintenance service will be performed three (3) days a week on all seven pools and the main fountain.

A vote was taken and the motion passed unanimously with 22 votes. Mike Eaton adjourned the Board of Administration Meeting at 9:30 p.m.

Respectfully Submitted by
Elaine Yost, Recording Secretary

The following list of amounts for non-compliance violations regarding the Association's Governing Documents has been approved by the Board of Administration at a regular board meeting held on April 19, 2023.

CATEGORY	FINE* Per Infraction	1 st Offense	2 nd offense	3 rd offense
ACCESS ISSUES		\$50.00	\$75.00	\$100.00
ANIMAL		\$50.00	\$75.00	\$100.00
FEEDING WILDLIFE		\$50.00	\$75.00	\$100.00
CATWALK ISSUES		\$50.00	\$75.00	\$100.00
COMMON ELEMENTS		\$50.00	\$75.00	\$100.00
GOLF		\$50.00	\$75.00	\$100.00
POOL / BBQ		\$50.00	\$75.00	\$100.00
RESTAURANT		\$50.00	\$75.00	\$100.00
TENNIS / PICKLEBALL		\$50.00	\$75.00	\$100.00
DISPOSAL ISSUES		\$75.00	\$100.00	\$100.00
LANDSCAPE ISSUES		\$50.00	\$75.00	\$100.00
HARASSMENT		\$75.00	\$100.00	\$100.00
NOISE		\$75.00	\$100.00	\$100.00
NUISANCE		\$100.00	\$100.00	\$100.00
OCCUPANTS ILLEGAL		\$100.00	\$100.00	\$100.00
RENOVATIONS / NO APPROVALS		\$100.00	\$100.00	\$100.00
RENOVATIONS / NO PERMITS		\$100.00	\$100.00	\$100.00
VEHICLE / UNAUTHORIZED		\$75.00	\$100.00	\$100.00
TRAFFIC		\$50.00	\$75.00	\$100.00
PARKING		\$50.00	\$75.00	\$100.00
STOP SIGN		\$50.00	\$75.00	\$100.00

A fine may be levied by the board on the basis of each day of a continuing violation, however, the fine may not exceed \$100.00 per violation or \$1000.00 in the aggregate.

Editor's Note: Figure for Motion D



BoA Meeting Minutes

From the desk of Recording Secretary Elaine Yost

Special Board of Administration Meeting

Friday, May 19, 2023

President Eaton called the meeting to order at 3:00 p.m. on Friday, May 19, 2023. The meeting was conducted live from the Social Hall as well as virtually utilizing Zoom conference platform. The meeting will be broadcast live and repeated on Channel 93. There were 19 board members present: Shelley Goldgut, Claude Lachance, Connie Mason, Reine Fortier, Sue Galletta, Ali Munju, Barbara Donawa, Joe Greeley, Curtis Rice, Louise Bergeron, Hank Koch, Carol Mack, William Brittain, Carmen DiPuglia, Brad Mislove, Michael Eaton, Andy Ingram, Joni Esser-Stuart, Rosalie Labate. Myra Markowski attended some portions of the meeting via telephone and was unable to vote on the matters presented.

Absent: Debbie McCall, Myra Markowski, Gini Webber, Gene Sanabria, Paul Tripodi, Elaine Yost.

Also present: Alex Ivanaskas, Eileen Soler.

NEW BUSINESS

MOTION TO REMOVE AND REPLACE TWO AIR HANDLER UNITS

Joni Esser-Stuart moved the Board approve the contract of Total Appliance and A/C Repairs to remove and replace two (2) air handler units on the Playhouse. The submitted cost from Total Appliances and A/C repairs is \$115,000 to be funded by the A/C reserves of \$50,000 and the remainder from unallocated reserves of \$340,000. The motion was seconded by Brad Mislove. Discussion ensued. It was stated the delivery date for the air handlers could be up to 35 to 37 weeks from the passage of this motion. Efforts are being made to shorten the delivery time schedule.

A roll call vote was taken. The motion passed unanimously.

MOTION TO AWARD A ROOFING CONTRACT FOR THE ADMINISTRATION BUILDING

Rosalie Labate moved the Board approve the contract with Academia Development Corp., to remove and replace the entire roofing system on the Administration Building for a cost of \$149,500, to be funded by the roof reserves of \$1.3 million. The motion was seconded by Carl Mack. Discussion ensued. Issues were raised addressing the costs of plywood replacements and the number covered by the contract without additional costs. It was agreed upon, after consultation with the principals of Academia Development, Corp., as per the contract, installation of 30 plywood sheets is the listed price of \$180 per sheet to \$140 per sheet with a maximum cap of no more that \$20,000. The total cost for the project is not to exceed \$169,500.

The motion passed unanimously.

President Eaton adjourned the meeting at approximately 3:45 pm.

Respectfully submitted,

Rosalie Labate for Recording Secretary Elaine Yost

Special Board of Administration Meeting

Tuesday, May 30, 2023

President Eaton called the meeting to order at 2:00 p.m. on Tuesday, May 30, 2023. The meeting was conducted live from the Social Hall as well as virtually utilizing Zoom conference platform. The meeting will be broadcast live and repeated on Channel 93.

There were 19 board members present: Brittain, DiPuglia, Donawa, Eaton, Esser- Stuart, Fortier, Galletta, Greeley, Ingram, Labate, Lachance, Mack, Mason, Munju, Rice, Tripodi, Webber, and Yost; Absent: Bergeron, Goldgut, McCall, Markowski, Mislove, and Sanabria. Also in attendance were Alex Ivanaskas (Comptroller), Shane Laasko (Purchasing Manager), Querino Pacella (Compliance Director), Eileen Soler (Communications) and Joe Knapp (Brown and Brown Insurance).

NEW BUSINESS

MOTION TO APPROVE THE RENEWAL OF HOLLYBROOK'S PROPERTY INSURANCE POLICY EFFECTIVE MAY 31, 2023

Andy Ingram made a motion for the Board to approve the renewal of Hollybrook's property insurance policy at a cost of \$2,903,788.00 effective May 31, 2023. The motion was seconded by Rosalie Labate. Discussion ensued. It was noted that there had been a 42% increase in the premium.

A roll call vote was taken. The motion passed unanimously. President Eaton adjourned the meeting at approximately 2:50 pm.

Respectfully submitted,

Elaine Yost, Recording Secretary

Love thy Neighbor
If you feel sick,
mask up!



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From Pembroke Pines Mayor Frank C. Ortis

Mayor Decides 'I will not be seeking re-election'



I recently announced that I will not be seeking re-election in March 2024. I have had the honor and privilege of being Mayor of the great City of Pembroke Pines for 19 years, preceded by eight years as a commissioner. This was a difficult decision because I love being your mayor, but the time has come. For now, I will continue working for you and loving every minute of it. There is still much work to do, and I am dedicated to doing the best job possible.

We have an exciting free 4th of July Celebration planned for you. Join us 6 p.m. to 9 p.m., at Pines Recreation Center, 7400 Pines Blvd., for rides, live music, food trucks and the always spectacular fireworks display that will begin at 9 p.m. sharp. Remember to bring blankets or lawn chairs, but no pets, coolers, or personal fireworks. Please check for details at www.ppines.com.

During our hot summer months, the city's Recreation and Cultural Arts Department is hosting a Summer Family Film Fest through August 5, 2023. The free G and PG rated movies begin at 10 a.m., no tickets or reservations required, at Susan B. Katz Theater, 17195 Sheridan Street. No food, drinks or pets are allowed. For a full list of movies, visit our website.

Warm up for one of the most fun happenings we offer – the Mayor's Play Ball event. Held annually in conjunction with the United States Conference of Mayors and Major League Baseball, come out at 10 a.m. on July 14, 2023 to Flamingo Park, 1900 NW 122 Terrace. It's free and features music, and food. There will be a Pitch, Hit, Run competition with age divisions for beginners and advanced players. Baseball and softball equipment available for kids ages 7 to 14. Call 954-392-2116 for details.

Contact Frank Ortis at 954-450-1020 or fortis@ppines.com

From Pembroke Pines Commissioner Tom Good Summer Time Activities



Here, at the start of hurricane season, we're experiencing our hottest summer months. Florida's high temperatures, peaking in July and August months, can unfortunately lead to heat exhaustion or even stroke if not recognized quickly. Both are sadly common but also very preventable. Some signs to look out for include headache, dizziness, nausea, confusion, muscle cramps, damp skin, and heavy sweating. Pembroke Pines Fire Rescue Department reminds all of us of a few tips to prevent heat-related illness: Wear lightweight, loose-fitting clothing; try to stay in air-conditioned places as much as possible; limit outdoor activity to morning or evening hours when it's not quite as hot; stay hydrated, drinking plenty of fluids; and be aware of any heat alerts announced by local news.

A perfect place to get out the summer heat is the Carl Shechter Southwest Focal Point Community Center, 301 NW 103 Ave. There, you can participate in a multitude of classes and programs and myriad fun activities. For a schedule, go to the city's website at www.ppines.com or by stop by the Center's Activities Desk.

Head to the center for another fun Flea Market and Bazaar, 8 a.m. to 3 p.m. on Saturday, August 19, and 9 a.m. to 3 p.m. on Sunday, August 20. There will be more than 100 vendors selling all sorts of items. Admission and parking are free. Call 954-450-6888.

The Frank Art Gallery, 601 City Center Way, is exhibiting "Oliver Jeffers: 15 Years of Picturing Books" all summer long and through September 9. You can walk through the pages of some of his books which have sold more than 14 million copies

worldwide. It's a super fun exhibit featuring original drawings and sketches. Don't miss Frank's "Summer Soiree" event 6 – 8 p.m., Thursday, July 13 to celebrate the exhibit with music, complimentary refreshments and hors d'oeuvres. It's free for all ages.

There are too many other great summer activities to list here, but highlights include our always fantastic July 4th celebration, Splash in the Pines on August 12, and our free Summer Symphony Series concerts set for July 9, August 10 and 13. For details call 954-392-2122.

I'm sure that many are or will be traveling on summer vacations. Please, enjoy yourself and be safe! But first, don't forget to prepare for hurricane season.

Contact Tom Good at 954-290-5189 or tgood@ppines.com.

From Broward County Sheriff Gregory Tony BSO Wins Many Awards



As part of our ongoing commitment to transparency and accountability, Broward Sheriff's Office has published the 2021-22 Annual Report detailing how we protect and serve the community. In its pages are facts that range from the crime-fighting statistics specific to Pembroke Pines to the bold agency-wide initiatives that benefitting Broward County residents and visitors.

Our ongoing efforts have resulted in well-deserved recognition, as the unit was selected as BSO's 2021 Unit of the Year. They also won the 2022 Leadership in Police Aviation Award from the International Association of Chiefs of Police.

Visit <https://www.sheriff.org/SheriffTony/Pages/Home.aspx> to read the full report and learn more about the many innovative programs at BSO.

As you will plainly see, our organization continues to strive for excellence in all we do.

Summer Concert Series Rocks Playhouse



**Upcoming Dances at
The Hollybrook Playhouse**

August 5, 2023 – Dancing into the Next Half Century; A 50TH ANNIVERSARY EVENT

September 2, 2023 – Latin Night

October 31, 2023 – The Vampire’s Ball

November 25, 2023 - TBA

December 31, 2023 – NEW YEAR’S EXTRAVAGANZA SHOW/DANCE/BUFFET

January - Date TBA – Hot Hot Hot Sizzling South Beach Show followed by Dancing

February 14, 2024 – Cupid’s Ball



FOR DETAILS CALL CONNIE MASON 954-648-0115

Landscape Improvements Grow

Presented by the Landscaping Committee

Notes provided by Francis Allen

Hollybrook's Landscaping Committee met in June to discuss various topics that ranged from Areca palms being removed from many stairwells to pruning trees during hurricane season. In attendance were: Chairperson Carl Mack; members Francis Allen, Curtis Rice and Roseline Killings; and Hollybrook Grounds Manager Mike Donovan.

Items addressed:

- Hedges that once grew along the boundary line of Phase 6 and the adjacent outside community will be allowed to grow again in order to provide an added level of privacy and security for Hollybrook residents. Additionally, there are several hedges that run along our boundary with Pines Boulevard that need to be replaced.
- More attention will be paid by workers when tree trimming so that the potential for damage to personal property will be decreased.
- Sod is being laid in front of buildings that are in need.



Landscape changes provide a cleaner, leaner view of the stairway landing.

- Areas outside of the Administration Building and Club House are in need of watering and weeding.

- Landscaping requests from individual residents should be emailed to maintenance@hollybrook.com. The requests will be forwarded to Mike Donovan for consideration and, if necessary, placed on a work order and addressed according to priority. If a request is an emergency issue, such as a broken water sprinkler, the problem should be reported as soon as possible and in person at the Maintenance Department.

van for consideration and, if necessary, placed on a work order and addressed according to priority. If a request is an emergency issue, such as a broken water sprinkler, the problem should be reported as soon as possible and in person at the Maintenance Department.

- Areca palms that have been overgrowing at stairwells are being removed and replaced by more manageable and attractive flowering plants and shrubs. This action was deemed necessary for several reasons: they had become a haven for rodents and palmetto bugs; they create blindspots for Security; they reduce space under the stairs for bicycle storage.

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Dear Ms. Holly

If you see something, say something

Dear Ms. Holly,

Recently, I had a scary experience and I just didn't know what to do. My neighbor had a package delivered and it sat outside for several days. She is in poor health, didn't answer the door, and I was worried for her safety. Fortunately, she returned from a visit with her daughter and all was well. I felt anxious and I am wondering what I can do if this should happen again.

Sincerely,

Worried about My Neighbor

Dear Worried about My Neighbor,

It brings joy to Ms. Holly's heart that you are such a caring and thoughtful person - just one more example why Ms. Holly loves living in Hollybrook. Every day we meet with opportunities to make choices about how we respond to all kinds of challenges that involve our neighbors. Do we get involved? Do we pretend it isn't anything? Do we tell ourselves it is none of our business or that we can't do anything about it anyway? Do we decide to simply not "see."

As you well know, your experience could have had a different ending. Ms. Holly is reminded of the adage: "If you see something, say something."

Hollybrook is blessed with a great security team. Any resident who is concerned about the wellbeing of another resident can contact the Security Department and request a wellness check. Someone from the security team will first try to contact the resident by phone. If there is no response, they will visit the apartment and, if necessary, contact Pembroke Pines Police.

This is the perfect time to remind our readers to make sure the Security Department has a key to your unit on file (securely locked away), and that the Records Department has up-to-date emergency contact information. Additionally, if you are a seasonal resident or you are a year-rounder with plans to go away, please (please please) ensure that you have a monitor for your unit and the monitor's contact information is with the Records Department.

With sincere gratitude,

Ms. Holly

ASK
MS.
HOLLY



Caribbean American Club Marks Juneteenth



Photos by: Judy Thomas

Caribbean American Club President Peggy Belcher (standing) hosts a Juneteenth holiday celebration at her Phase 6 home.

With delicious cake and snacks in hand, several members of the Hollybrook Caribbean American Club met at President Peggy Belcher's home to celebrate Juneteenth. The June 18 event at Peggy's Phase 6 home, was held a day before Juneteenth National Independence Day marked the next day with parades and other festivities throughout the United States.

Juneteenth commemorates the emancipation of enslaved people (Blacks) in the US. The holiday was first unofficially cele-

Juneteenth - Continued on page 23



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# Golf Schedules OK'd

*Board of Administration approves HWGA and HMGA schedules for upcoming fall and winter*

The Board on June 21 approved the Hollybrook Men's Golf Association (HMGA) and the Hollybrook Women's Golf Association (HWGA) schedules for the upcoming fall/winter season. The HMGA will have their league play, as before, on Mondays. The HWGA will have their league play, as before, on Thursdays.

The leagues' Saturday tourney schedule is a compromise based first on PGA international standards, according to our Golf Operations Manager, Bill Friesing; then, upon Board discussion, the plan was amended before passing via final vote. See the new schedules here; clip to keep for later.

## HWGA Schedule (Thursdays)

November 16  
 November 30  
 December 7  
 December 14 - Shotgun 8:30  
 (Return HWGA BBQ)  
 December 21  
 January 4  
 January 11 - Shotgun 8:30  
 (Opening Season - Lunch)  
 January 18 - President's Cup  
 1st Round  
 January 25 - President's Cup  
 2nd Round  
 February 1 - President's Cup  
 3rd Round  
 February 8 - President's Cup  
 Final Round  
 February 15  
 February 22 - Shotgun 1:00 PM  
 (Guest Day - Dinner)  
 February 29  
 March 7  
 March 14  
 March 21 - Shotgun 8:30  
 (Closing Season - Lunch)  
 March 28  
 April 4

## HMGA Schedule (Mondays)

November 6  
 November 13  
 November 20  
 November 27  
 December 4  
 December 11  
 December 18  
 January 1  
 January 8 - Shotgun 8:00  
 (Appreciation Day)  
 January 15 - Winter League  
 (kicks off for 10 weeks)  
 January 22  
 January 29  
 February 5  
 February 12  
 February 19  
 February 26  
 March 4  
 March 11  
 March 18  
 March 25 - Shotgun 8:00 (Hall of Fame)  
 April 1  
 April 8

## Saturday League Tournament Schedule

|             |             |          |
|-------------|-------------|----------|
| November 11 | January 6   | March 2  |
| November 25 | January 20  | March 16 |
| December 9  | February 3  | March 30 |
| December 23 | February 17 |          |



Vice Pres. - Continued from page 5

committed to cleaning the filter on a regular basis and changing the filter every six months.

Another concern that has been addressed was leaves being blown into our dumpster areas. We have spoken to Star Lawn Landscaping and they have promised to correct the problem.

During my recent time in Hollybrook, the ceiling tiles were replaced in the ProShop, restaurant, and the bunker. In addition, the restaurant was thoroughly cleaned and the carpeting was professionally cleaned. We now have an existing contract with Orkin (pest control) and we are pursuing multiple measures to keep out unwanted guests.

The Voice of Hollybrook will be published more frequently during this fiscal year. We are hopeful that our increased advertising revenues will defray the costs associated with more timely and consistent communication with our residents. I will be publishing a column on a regular basis so reach out to me if there's anything that I can do to help you.

## Hurricane Prep on Target

Security Chief Mike Tirado and Hurricane Committee Chair Carl Mack held the first hurricane preparation meeting of the season for Hollybrook department heads on June 14. All departments were represented at the meeting to tackle the first storm season guideline: gather supplies.

"We had to see where the departments are with what we'll need in case of a hurricane," Chief Tirado said. "Everyone participated but there is still work to be done."

Already on hand is a closet filled with items needed to outfit the security team such as cots for overnight sleeping, meals ready to eat (MREs), cases of water; extra flashlights, hazard vests and rain gear. The guard gates will remain open until winds reach 55 miles per hour. Then, the gates will be vacated and left open with Chief Tirado among those on the security team who will shelter until the storm passes.

Input from Administration Building department heads verified that pre-hurricane office protection supplies are still available from last year's relatively soft storm season when Hurricane Ian left destruction on the west coast of Florida.

Here are highlights of the meeting:

- Barbecue areas at all pools will be open after safety issue are addressed after a storm.
- Pool furniture will be placed inside pool storage rooms.
- No Hollybrook areas are considered shelters. Residents with senior special needs should contact the Department of Elder Affairs at 1-800-963-5337 as soon as possible. Do not wait until the storm is here.
- IF The Playhouse is opened, pet owners may only bring pets in crates or carriers.
- Please read, understand and follow the Hurricane Preparedness feature on pages 20-21. Other prep information is available in the Administration Building or [www.ppines.com](http://www.ppines.com).

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## NOAA Predicts 'Near-Normal' Hurricane Season

The National Oceanic and Atmospheric Administration released their hurricane season outlook, stating that they expect up to four major hurricanes for this season. They have said that they are expecting a "Near-Normal" season, meaning that from June 1 to November 30, a range of five to nine hurricanes is expected. Meteorologists attribute "the high-activity era for Atlantic hurricanes" to the "warmer-than-normal" sea surface temperatures in the tropical Atlantic Ocean and Caribbean Sea are balancing the outlook. An estimated up to 17 named storms will hit the Atlantic this year.

With the changing climate, flooding from tropical storm rainfall has remained the deadliest hazard during the last 10 years, so the National Weather Service announced there is a new generation of forecast flood inundation mapping in the works to be released for the entire country by 2026.

# 2023 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.

## IN CASE OF A TORNADO

Having a designated "safe room" in your home can help you protect yourself, your family and pets from the dangerous forces of extreme winds. It can also relieve some of the anxiety created by the threat of an oncoming tornado or hurricane. Keep these things in mind when choosing your "safe room." Closets, bathrooms and small storage rooms with only one door and no windows are well suited for use as "safe rooms." Interior bathrooms have the added advantage of having a water supply and toilet.

## 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.

## 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.

## PREPARATION BEFORE THE STORM

1. Prepare at least a 2-week supply of non-perishable food
2. Make sure to have a full tank of gas in your vehicle
3. Eat as much of your perishables in your fridge and freezer in case of power failure
4. Turn refrigerator and freezer to cooler settings prior to storm in case of power failure
5. Make arrangements for your pets and prepare your medications (if applicable)
6. 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
7. Sterilize your bathtub with bleach and rinse well. Fill the tub with water for use as back up water for flushing the toilet.
8. Keep bottles or a case of water available
9. Remove all patio furniture
10. Place rolled up newspapers on interior window sills to absorb possible storm water.
11. Know where the main shut off valve is for your water supply as well as the main electric breaker, in case these need to be shut off
12. Stay away from all windows
13. First floor residents should prepare for potential flooding
14. 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 - 754-323-0500

Lyons Creek Middle School, 4333 Sol Press Blvd, Coconut Creek - 754-322-3700

## 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.

*For quick reference pull out and hang on your refrigerator.*



# 2023 HURRICANE SEASON

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** – for any emergency have at least 3 days supply of non-perishable foods for adults, kids & your pets. Check expiration dates and replenish regularly

**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.

**KEEPING 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

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



*For quick reference pull out and hang on your refrigerator.*



## CITY OF PEMBROKE PINES MINOR HOME REPAIR GRANT PROGRAM

The City of Pembroke Pines has grant funding available benefiting low- to moderate-income households. The Minor Home Repair grant program is administrated by its housing consultant Community Redevelopment Associates of Florida.

Programs aimed at rehabilitation of existing dwellings are designed to correct building code issues as well eliminating health and safety problems among other items.

Emphasis is placed on improving handicap accessibility and the removal of architectural barriers.

Installation of ramps and grab bars, renovation of bathrooms and other living spaces to provide greater mobility and accessibility for persons with disabilities are possible.

Additional information may be obtained from the City's website at <https://www.ppines.com/371/Housing-Programs> or Community Redevelopment Associates website at <https://www.crafla.com>, where you may download an application.

Interested parties may contact Virginia Bermudez, Community Development Coordinator at (954) 431-7866 x110 for information. Se Habla Español.



Juneteenth - Continued from page 15

brated in Galveston, Texas, in 1865, when enslaved people finally received word of the 1862 Emancipation Proclamation.

- Why is it called Juneteenth? Juneteenth gets its name from combining “June” and “nineteenth,” when in 1965, 2 1/2 years after the Emancipation Proclamation of 1862, Union soldiers arrived in Galveston to ensure freedom under executive decree. Until then, news of President Lincoln’s post Civil War orders went unheeded in Texas.
- When did Juneteenth become a national holiday? On Thursday, June 17, 2021, President Joe Biden legislated into law to establish June 19 as Juneteenth National Independence Day.
- What are the colors for Juneteenth? The red, black and green colors of the Pan-African flag represent the blood, soil and prosperity of Africa and its people.
- Why is Juneteenth so important? The holiday is respected throughout the African American community as the nation’s second Independence Day.

Hollybrook residents are invited to join the Caribbean American Club. Please call President Peggy Belcher at 954-237-6781.

Parts of the story above were reprinted from a Juneteenth feature written by Judy Thomas and published in The Voice of Hollybrook, July 2021.

# Happy, Happy Congratulations

## Employee Shoutout Corner



Employees, especially those who have shown long-lasting dedication, help make Hollybrook tick. Recognized in June on their work anniversaries and for extraordinary work ethic were 28-year employee (left) Security Chief Mike Tirado, and (right) 20-year Records Department Manager David Dickinson.



Hollybrook’s longest working employee Admin. Assistant (left) Carol Gray, marked her birthday in the Admin Building lobby on June 14. Carol “G” has worked at Hollybrook for 41 years and 8 months.

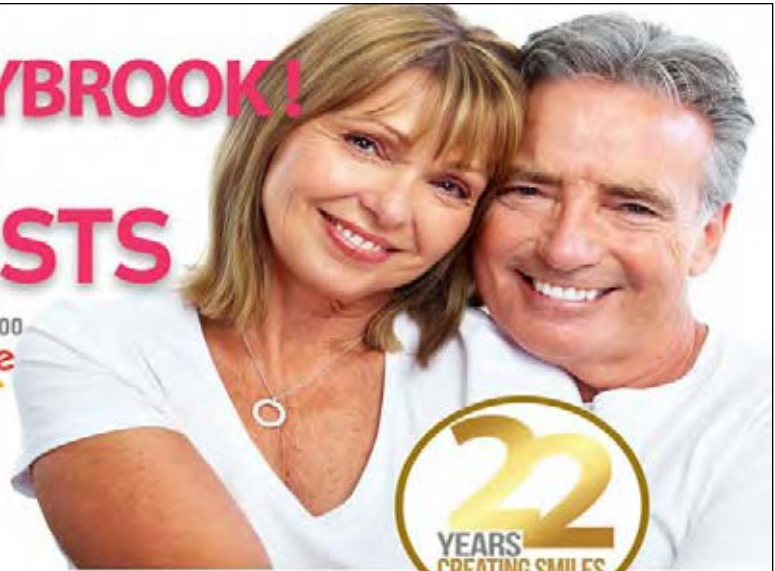
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## Sights, Sounds and Sweet Memories of Hollybrook Circa 1972

### Mooing Cows; Crickets; Swimming Pool Fun

By Carol Rappaport

My parents, Solly and Shirley Rappaport had no intention of purchasing a condo in Hollybrook or anywhere else back in 1972. My father was not ready to retire nor spend the winters here. Their friends, Mel and Terry Schoenfeld, were going to move here as Mel was offered a job promotion. My parents decided to accompany them on their hunt for a place to live.

Hollybrook was just a piece of land back then. There were no models to look at so lots were purchased from plans. There was only a restaurant and a golf course back then. My folks were golfers so the deciding factor to buy at Hollybrook was the golf.

My dad decided he would commute between November and April while my mother would spend the winters here.

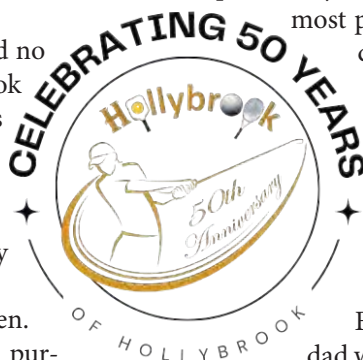
I was still living in Montreal at the time so, needless to say, I was very excited to see the new condo. I came down during the Christmas holidays. Because we faced the pool, I noticed that,

due to the influx of visitors, there wasn't a place to sit and the pool was jammed with kids. Once the holiday season ended most people went back up north and the pool area was quiet.

I also remember that Hollybrook was surrounded by farmland and mooing cows. You could hear them from the car. At night, there was very little lighting mainly from the cars' headlights. You could even hear the crickets and I felt like I was in the country.

Arranging for a golf tee off time was tedious. Every golfer had to go through the process. My dad would get up at 6:00 a.m. to start dialing for the following day. After about 20 times or so of dialing and getting a busy signal, he would finally get through hoping he would get the time he wanted or close to it anyway. I thought he had the patience of a saint but, in those days, if you wanted to play golf, this was the process.

These are some of the things I remember. I would never have believed that I would be living in South Florida let alone in Hollybrook and I am grateful to be living here.



## Second and Third Generation Unit Owners Remember Home Sweet Hollybrook Home

By Lois Hollands and Mary Oldiges

Many Hollybrook legacy owners passed on their love of Hollybrook to family members who now reap the benefits of relative decisions to move to Hollybrook - to take a chance on what for some was only a sand lot at the time they purchased. Although the exact number of residents who are second or third generation is not known, their memories of visits here as young adult children and grandchildren are. Here are a just a few:

Susan Connerton, a snowbird from Highland Heights, Ohio, inherited her unit from Sidney and Ethel Stromberg, her aunt and uncle. The Strombergs moved from Hallandale Beach to Hollybrook in 1999. Susan said they were concerned about safety and valued the security that Hollybrook provided. She began visiting them in her early 50s and recalls Friday night Sabbath dinners that were held at the restaurant. Traditional Sabbath food was prepared by the staff with the lighting of the candles as one of her fondest memories. She also recalled after having dinner with her family, they would watch couples dancing to 1940's music in the Playhouse.

While visiting, Susan attended the Italian Culture Club where she remembers eating homemade pizzelle cookies and attending a presentation by Rosalie Labate on Italy and the opera. Her uncle's early morning routine was meeting men and women in the 19<sup>th</sup> Hole Lounge, also known as the bunker, adjacent the restaurant, to play cards. There, Susan watched and imag-

ined a time when the men in her life would join them.

As a seasonal occupant, Susan calls Hollybrook "home" approximately four months every year because she appreciates being a part of the community and enjoys the socialization opportunities it provides.

Patti Tripodi's father came to Hollybrook in 1974 where he purchased a condo in the Towers. He bought the condo with furniture but neglected to include his wife in the decision. As a result, it took a while for Patti's mom to warm-up to the idea of traveling from their primary residence in Steubenville, Ohio to Hollybrook. However, that didn't stop family and friends from visiting and Patti's mom finally



The Voice of Hollybrook Archives

**FIRST CLOSING** - In 1972, Edythe Pinkiert was welcomed to Hollybrook Golf and Tennis Club by project Executive Director James LaBonte, at the closing of the sale of her apartment. Mrs. Pinkier was officially Hollybrook's first resident, but she was soon followed by many new residents of Phase I and II. Other phases were not yet been built.



relented. Patti and her husband Paul would visit often with their children. In short time, they became active members of the community and Paul served on the Board practically ever since. They are both passionate about Hollybrook and will continue to support the sense of community and socialization that brought Patti's father here.

Roiann Bruno's parents were snowbirds from Rochester, New York when they purchased a unit in August 1974. Roiann's father was an avid golfer and she remembers her parent's staying at the now-iconic Thunderbird Hotel on Collins Avenue and driving around South Florida in search of condos with golf courses. They were initially snowbirds who would come for three, six or nine months until they moved full-time to Hollybrook in the early 1990s.

Roiann's first visit to Hollybrook was in the winter of 1975.

"I was devastated when I saw cows in front of our Building 32. The area was desolate and there was nothing west of Douglas Road for years. I was not here for more than two to three weeks

.....  
**About Alligators, Golf and a Sparkling Swimming Pool**

By Mary Oldiges

An 8-foot alligator traveling from the 4<sup>th</sup> to the 5<sup>th</sup> hole, a bull grazing on the Par 5 sand trap, and human lines forming at 4 a.m. to play golf on the PGA course are just some memories Sandy Epstein recalls from her earliest days as a young Hollybrook owner a half century ago.

Sandy's husband Gene had retired at age 55 from the New York Transit Authority where he was an engineer. Fifteen years his junior, Sandy worked as a legal secretary in New York.

Gene, an avid golfer, heard of a new golf development in Florida, so in November 1972 the couple made their way from their home in Mineola, Long Island to Hollybrook. After touring a model condo, they put 20% down on a sand lot and a promise of a future life in sunny Florida where they could golf all year round.

The Epsteins arrived in December 1973. On the day they moved in, Sandy was excited when she saw the pool - but it was empty. The next day it was filled - like magic, overnight, she said.

For many years, Gene was President of the Men's Golf Association and Sandy served as Secretary of the Women's Golf Association. Sandy fondly remembers many events Hollybrook hosted including regular golf tournaments, annual golf dinners, and black-tie New Year's Eve celebrations. Almost every weekend the Playhouse hosted some sort of fun event or activity for the residents.

Sandy credits Joel Hyman, Hollybrook's first Golf Pro, for

until 2005 when I became a snowbird and in 2017 a full-time resident. Mr. Bruno was popular in Hollybrook. He was friendly, funny and enjoyed meeting with friends and neighbors at Pool 5. He was instrumental, with Ron Pacella Sr., in building the Recreation Building. He also contributed financially to the project.

François Bergeron credits his godfather Paul Maheu for the beginning of his family ties with Hollybrook in 1993.

"(He) found this diamond in the rough," Francois said.

The senior Mr. Maheu was one of the first French Canadians at Hollybrook. François said his own father followed in 1997 as a new Hollybrook unit owner and he purchased a unit in 2016.

Although Francois' godfather has since passed away and his parents no longer spend time in Hollybrook, Francois says that Hollybrook is still a family affair. His two uncles,

Marcel and Lucien Maheu, continue to snowbird down in addition to full-time resident relatives Lucienne Maheu and Jacques Caous.



.....  
his leadership in initiating the Pro Am tournament and the status and prestige that the PGA course still enjoys today. The PGA course bridge is named in his honor.

Sandy no longer golfs and Gene has passed on, but Hollybrook has stayed basically the same now in appearance as it was then, she said.

"Not much has changed over the years . . . Hollybrook is blessed with competent management, board and staff. I am happy here because I feel secure here. I have no regrets about moving here, moving out to the boonies, where there was nothing but the state asylum," Sandy said.



Provided by Sandy Epstein

**MEMORIES** - Sandy and Gene Epstein in Hollybrook's early days.



# Dog Walking Can Pose Health Hazard for Senior Pet Parents

Compiled by Gini Klar

Dogs are awesome. There's much written scientific evidence about the health benefits of having a dog in your life. Dog owners live longer, healthier lives than people who are pet-free. They help ease stress and loneliness – especially for seniors. So many of these health benefits come from the exercise people get when they take their four-legged friends for walks. However, recent research finds that dog-walking injuries may be more common than you think.

The most common injuries related to dog walking were:

- Finger fractures
- TBIs (concussions & non concussive head injuries)
- Shoulder sprains or strains
- Hip fractures in those 65 and older

Tendon injuries, bone fractures in fingers, arms or hips can occur when the leash is wrapped around the fingers or wrist and the dog “lunges” after something more interesting.

Studies show there has been an increase in dog walking injuries in the past two decades. One reason may be: These injuries seen in emergency rooms are now being diagnosed more pre-

cisely, such as a wrist fracture because of contact with a dog. Precautions can be taken, such as

- Use shorter leashes: 6 – 8 feet long so not to trip on them.
- Beware of retractable leashes, they can snap back unexpectedly.
- Front-attaching harnesses might help keep your dog from pulling.
- Take the elevator rather than the stairs, you'll be getting exercise when you reach the street.
- Pay attention: try not to text or do the Macarena while your dog is moving around.
- Treat your dog well: bring treats and/or water. Don't walk your pet on the driveway or hot concrete - hot surfaces may burn paw pads.

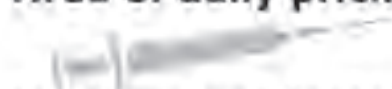
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# B-I-N-G-O and 'Winners' Were Their Names-o

By Gini Klar



BINGO, a Hollybrook favorite pas-time, is now happening all year round thanks to our callers of the games Hollybrook President Michael Eaton and Vice President Andy Ingram.

But it takes a small army of volun-teers to bring it every other Thurs-day during less-than-busy summer months. While yours truly continues to assist since hubby Stu resigned from his long-held post, newcomers Nancy and Mark Wuerzburger have stepped up to leadership roles.

Meanwhile, until fall arrives and snowbirds begin flocking back to Hollybrook, prizes are smaller but fun remains HUGE.

Doors to the Playhouse open at approximately 6:30 p.m.; the games begin at 7 p.m. Cost is \$9 for the package of 17 games (great price!) and the last game of the night, known as the Mil-lionaire, are \$1 each and features the largest payout of the night.

Dabbers are available for \$2 each. Bring your families, friends and your own snacks.

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## This n' That With Barbara S

By Barbara Saksenberg

### *Barbara's Picks for Places to Go and Things to Do*

**Free Book Festival:** Get ready to celebrate Hip-Hop Culture at the South Florida Book Festival. Held at the African American Research Library and Culture Center, this festival will feature authors, dancers, performers, DJ's and more! It runs from July 13 through July 15. For more information call 954-357-6282.

**Event at Wildlife Sanctuary:** If you haven't been to Flamingo Gardens in Davie, you need to go. They feature a wildlife sanctuary, botanical garden, and a museum. From July 15 to July 16 they will be holding a Nature POP! Art Weekend event featuring Lego art by Sean Kenney. Use your AARP, and AAA members. Call 954-473-2955.

**Free Museum Admission:** Discover a unique understanding for art at the Sunny Days and Starry Nights event at the NSU Art Museum, where it's free admission every first Thursday of the month. The event includes an all-day 2 for 1 happy hour at the Museum Café. Call 954-525-5500 for information.

**Free Farmers Market:** Have fun at the free Sunday Farmers and Artisan Market located at the Sunny Side Up Market at MASS District. There will be live music, food trucks, craft cocktails, and a free yoga class. This event is family and pet friendly. It is held on the second Sunday of each month. Call them at 954-667-9450.

### *Hungry? Try These Yummy Eateries*

**ICEBOX CAFÉ** is a semi upscale American restaurant with both a Miami Beach and Hallandale Beach location. They carry a seasonal "Taste of Today" which features a three-course meal with locally sourced ingredients. Call them at their Miami Beach location at 305-538-8448. Or contact their Hallandale location at 754-777-7255.

**GIG'S MUSIC CAFÉ** is a soul food restaurant with live music and karaoke every first and third Tuesday. You can call them at 954-748-9494.

**LOS VERDES** is a Latin contemporary chain that features burgers, empanadas, hot dogs, quesadillas and more. Call to order at 954-589-0816

## Look Who Golfed at Hollybrook!



At the Hollybrook PGA Course, future Hall of Fame basketball star Dwayne Wade (left) poses on June 3 with Security Chief Mike Tirado; (right) resident Jay Maxwell is photographed with Rock and Roll Hall of Fame's Smokey Robinson earlier this year.

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# Scenes North of the Border

## Postcards from Canada



Isabelle Blain captured (left) a hungry visitor at her Ottawa, Ontario home. Her strawberry plants (top) in the fruit protection program. Jane Ciminello, of Montreal, Quebec, shares (above, right) pretty vistas from a visit to Jardin Botanique de Montreal.

## Hollybrook Home Views

### Perfectly Pembroke Pines



Pembroke Pines Commissioner (left) Tom Good takes a selfie with Hollybookers during a Memorial Day BBQ at The Restaurant. A bougainvillea in bloom caught the eye of Hollybrook nature photographer Mark Favus. A sunset view (right top) from The Towers by Freddy Gasparini. Flounder picatta, a recent dinner special at The Restaurant, was so delicious that Mark Favus took a photo of it.



Retired Admin Building therapy pup, Shelby Eisman, snoozes on her human's back porch.

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# Fast Eddie's Adventures

Or, a Bichon Takes Bite Out of Summer Blues

By Ken Schlossberg

“Summertime,  
And the livin’ is easy,  
Fish are jumpin’,  
And the cotton, the cotton is high.”



I think about those lyrics by Ira Gershwin for his brother George’s Porgy and Bess melody during the off-season in Hollybrook when so many of our dog friends and their owners have taken off for points north. Not that the cotton is high around Hollybrook palm trees and lakes, but Kenny and I have seen some pretty good-sized fish with tiger stripes jumpin’ in the lakes. I can almost taste ‘em.

I was tempted to plunge for a fish one afternoon but Kenny said “with all the chemicals from the golf course in the lake, eating the fish is not a good idea.” I could end up in urgent care having my stomach pumped, he warned.

It is on rare occasion during these sweltering months that I run into my own four-footed species and sneak them into a good bark. We have much to bow-wow about and such little time be-

tween the catwalk and the pet walk. Our humans can’t stand temps above 85 degrees and don’t get me started on what the blistering sun can do to our paws! Thank the Dog-God that Bentley my second floor King Charles Cavalier buddy who is our champion barker, is here during the summer. Maggie, my past frisky now demure Terrier lady friend on the first floor and Benjie, my good-natured poodle cousin just two buildings over are

also year-round paw-fect friends. But, yap yap we do, and sometimes our barks are better than barbecued July 4 steakbones.

Recently, Benjie had trouble standing on a back leg just like I did a few years ago. I told him to have his human Ben take him to our vet at Just Paws. He did! Now, Benjie is on the mend and I hereby bark “kudos”, to the Drs. John and Stacey Echer. Four Paws up!

Ooh, Maggie. At one point, tails and tongues wagged through Hollybrook because we were an item: they called us MagEddie. But then Bentley got together with her. Age-wise, it’s OK with me. At 10, I am quite a Hollybrook senior whose days of eating, sleeping and brisk walks are pretty much my speed. Almost time for me to sign up for Social Dog Security and Medicanine.

Like my humans, I go to sleep every night wondering what part of my body might go on the blink the next day. Kenny said he was thinking of launching a start up company using ChatGPT AI to provide bio-engineered replacement parts – kind of like a Pep Boys Auto Parts thing for humans – hearts, lungs, kidneys, livers, teeth, you name it, on demand. All Kenny needs is some human cells, a matrix, and a 3-D printer.

“Hey! That would solve the biggest problem with organ donation now,” he exclaimed. “Suppression of the immune system so the body doesn’t reject the new organ as a foreign body but risking other serious illness like cancer down the line. Hmmmmmm....”

I told Eddie not to forget about old dogs who need replacement parts.

“Not to worry, Eddie, we’ll try it on dogs first. You know, in the lab.”

“Gulp,” I swallowed hard. “Forget I ever asked.”

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# Untitled Mockingbird Song

By Ken Schlossberg

😂 Just for Laughs 😂

Now that the outside is quiet, I can hear the mockingbirds singing better. Kenny and I have been collaborating on a mockingbird song, not to imply that we are in the Gershwin brothers' league. So far, this is it.

When Amadeus Mozart heard  
A Mockingbird,  
He shouted,  
Oh, My Lord!  
I must play that songbird's singing  
On my harpsichord.

When Sinatra heard the Mockingbird,  
He said,  
That's the swing for me,  
High and low,  
Fast and slow,  
Every note a dream,  
That's how I'm gonna croon  
And make the young girls scream

When the Beatles heard a Mockingbird  
Singing with a beat,  
Hey, Lennon, said McCartney,  
You hear that bird's routine,  
How 'bout we beat a song about  
A yellow submarine.  
Submarine,  
Submarine,  
A yellow submarine.  
How 'bout we beat a song about  
A yellow submarine.

The whole world  
Loves the Mockingbird  
When he sings his song,  
Sing along,  
Sing along,  
The whole world sings along.  
Sing along,  
Sing along,  
The whole world sings along,  
The whole world sings along.



**NEED TO TALK?  
WE'RE HERE FOR YOU.**

One on one, couples, and group counseling is available to individuals 60 years of age and above **AT NO CHARGE.**  
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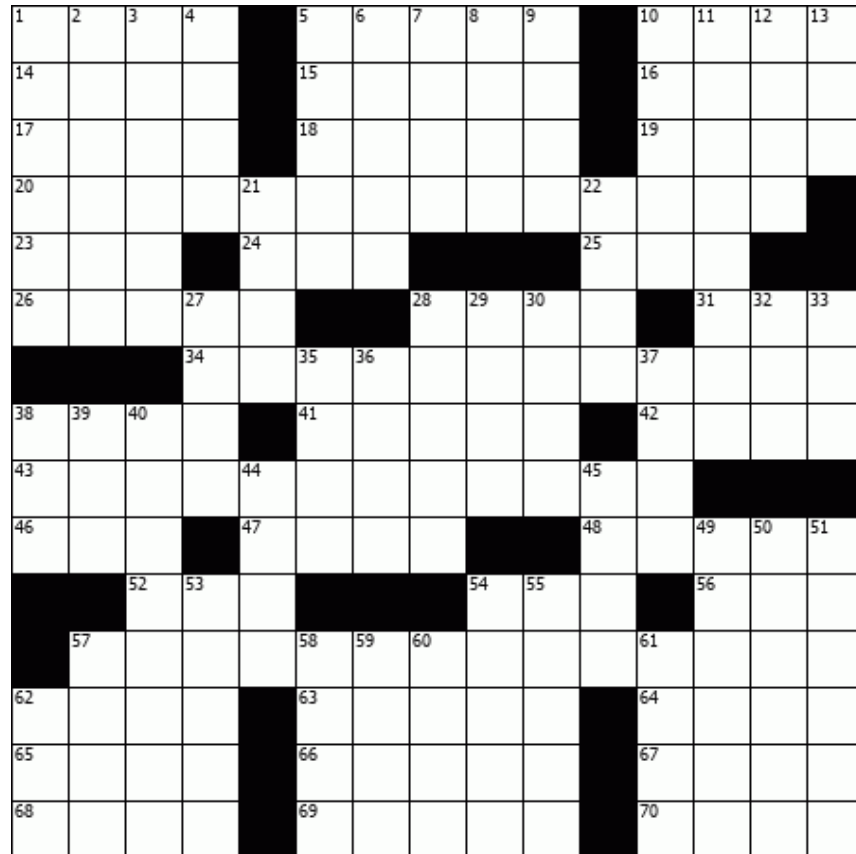
**954-450-6888**

The Carl Shechter Southwest Focal Point Community Center  
103 NW 103<sup>rd</sup> Avenue, Pembroke Pines, FL 33026



**Across**

- 1. Used a firehouse pole
- 5. Goodyear icon
- 10. Domestic's word
- 14. Turpentine source
- 15. Privately owned Hawaiian island
- 16. Recognize the intentions of
- 17. Word with heart or tooth
- 18. Whittle away
- 19. Poetic foot
- 20. It may go with a beer budget, unfortunately
- 23. Conger line member?
- 24. Get a lode of this
- 25. Mathematician's highest degree?
- 26. Genuflect
- 28. One way to run
- 31. Organ of equilibrium
- 34. Extra dose of trouble
- 38. Razor brand
- 41. Painter of big-eyed children
- 42. Entertainer Martha
- 43. What the Juilliard String Quartet plays
- 46. Vietnamese holiday
- 47. Concerning
- 48. Cause friction
- 52. Fireplace shelf
- 54. Pendulum direction?
- 56. Senate majority?
- 57. U.S. president, 1861-1865
- 62. Earth unit
- 63. Not silently
- 64. Jay Gould's railroad
- 65. First-class
- 66. Vampire vanquisher
- 67. Turner of "Madame X"
- 68. Viscount or marquess, e.g.
- 69. Whetstone user
- 70. It moves on a white bed



**Down**

- 1. "Crimes of the Heart" star
- 2. It may grow on rocks
- 3. Start to breathe
- 4. Form an opinion
- 5. Make dim
- 6. Concession stand word
- 7. Complicit
- 8. Whipped up
- 9. First name in geometric painting
- 10. Like fresh brownies
- 11. Bête noire
- 12. "Hey, Mom! Look \_\_\_!"
- 13. Type of scene
- 21. Game divided into chukkers
- 22. Egyptian symbol of life
- 27. Mild cheese
- 28. Remember this!
- 29. It's read at the table
- 30. Carries a mortgage
- 32. Pulitzer poet Lowell
- 33. Pastrami partner
- 35. Picked-on instruments, briefly
- 36. Host Convy or Parks
- 37. Sight on the Champs Elysees
- 38. Word with riot or class
- 39. "We \_\_\_ People ..."
- 40. Basil with a magnifying glass
- 44. \_\_\_ au rhum
- 45. Screen symbol
- 49. Indifferent to ethical standards
- 50. Like a leopard
- 51. Group of nine
- 53. Efficiency expert's goal
- 54. Bit of serendipity
- 55. Bicyclist, e.g.
- 57. Shampoo ingredient, perhaps
- 58. Kind of house
- 59. Cumulus lead-in
- 60. Distress indicator
- 61. Animation frames
- 62. Commencement wear





Summer Sports Tips

# Heat Exhaustion Prevention

By Judy Thomas, Summer Pickleball Chair

- Use SPF broad spectrum sunscreen and apply regularly.
- Avoid direct sunlight. Golfers can seek shade under trees. Pickleballers and tennis players can seek shade under courtside umbrellas.
- Do outdoor activities in the mornings or evenings.
- Drink plenty of water or drinks to replenish your electrolytes lost during sweating.
- Wear light colored, loose fitting sun protection factor (SPF) clothing.



Photo by: Judy Thomas

Pickleball instructor and Hollybrook resident Mathias Bartels Daal gives instructions to player Gil Jaffe. Knowledgeable and generous, Mathias has provided free lessons for Hollybrookers for more than a year.



Grateful pickleball players show their enthusiasm on the first night after Hollybrook's Board of Administration voted to extend pickleball until 10 p.m.

## 2023 PICKLEBALL ACTIVITIES

### EVENTS

- June 23, 2023 Intermediate Round Robin Tournament - TBD
- August 26, 2023 Intermediate Round Robin Tournament
- October 27, 2023 Intermediate Round Robin Tournament
- \*April 28, 2023 Intermediate Round Robin Tournament - PAST SUCCESSFUL EVENT

Courts 9 and 10 - A, B & E, F  
16 Players, 4 Courts



### AGENDA

- 4:30-5 p.m. Registration & Warm-Up
- 5-8 p.m. Friendly, Competitive Play
- 8-10 p.m. Pizza Party, BYOD

### SPECIAL EVENT

June 23, 2023 Pickleball Palooza, FREE, 5-10 p.m.

SPONSORED BY THE CITY OF PEMBROKE PINES  
Pembroke Lakes Tennis Center  
10500 Taft Street, Pembroke Pines, FL 33026

Find out more at <http://events.footlocker.com/pickleballpalooza23>

### WANTED

#### REFEREES NEEDED FOR PICKLEBALL TOURNAMENTS

#### WANT TO LEARN HOW TO PLAY PICKLEBALL?

Mathias Bartels-Daal volunteer teaches 8 - 10 a.m. on Courts 9 and 10, on Tuesday, Wednesday and Thursday. The courts are located across from the Golf ProShop. Please text Mathias at 954-505-9288 and leave your name and a brief message. Bring your own pickleball paddles; balls will be furnished to you.

Please, sandals not allowed.

#### FOR THE FUTURE?

Summer Cardio Pickleball - Recommended

This is a work in progress. The new group activity would feature pickleball drills for several pickleball players at the same time.

Miami Marlins Baseball Game - Recommended

This is a group activity in the planning stage.

Questions? Ideas? Call Summer Pickleball Chair Judy Thomas at 773-754-5536

Men's  
Golf Clinic  
Tuesdays ★ 2 p.m.  
Cost: \$20  
Given by  
Golf Pro  
Peter Wyndorf  
Sign up in  
Golf ProShop

If your golf game needs professional help, who ya gonna call?  
Hollybrook Golf Pros at your service!



# On Course for Great Course

By Curtis Rice  
Golf Committeee Chair

As we are well into the off season, a lot of very good things are happening on the golf course.

Golf Course Superintendent Walter Chavez and crew have been busy on both courses. The Greens on the PGA course were just aerated. Unlike methods in the past where a plug is removed from the turf and ultimately filled with sand over time, we are using the method first tried last year. A video at [www.dryject.com](http://www.dryject.com) shows the process.

The benefit of “dryjet” is the ability to play the course the next day instead of having greens rough for up to a month after being “punched”. When an outside golfer is looking for a course to play the first question is “what have you done to the course”? With dryject there is no need to look for another course; our greens are ready for play immediately. While the dryject process was happening, our crews did the usual small hole punch and verticut on the aprons, approach and tee boxes. Fairways were also aerated. Daily, two new fertilizer spreaders are being used. Herbicide treatment is in full swing, the whole course is looking good and the greens are amazing. The Par 3 has had the

greens “punched” two times as well as two applications of herbicides.

For the PGA course, areas around greens, tees and sand traps along with areas that are habitually under stress are being evaluated for turf replacement. They have begun a process called “spiking” which employs thin wires to make small cuts in the surface of a green that break up the soil surface to allow better drainage in case of heavy rains.

Our PGA Golf Operations Manager Bill Friesing and crew have attracted many organizations to play our course. In early June we had groups of youth golfers use our PGA for tournaments. High praise was received from parents and players. One group is considering bringing three events to our Par 3 course; another great way to generate extra revenue while adult supervision for the kids is ensured.

The ProShop Wi-Fi is now upgraded and is being evaluated. This helps the Chelsea System work faster which greatly speeds up the check-in and pay process for all golfers. Conversations with Chelsea System is on-going.

- In other golf news:
- Facilities is working on the issue of electric service for new carts; no exact date for resolution is set but it should be soon.
  - Ten play golf cards are being sold in the pro shop for outside golfers.
  - Bill and Restaurant Manager Michael Fish-



man opened a BBQ at the turn which has been received well. Hamburgers and hotdogs with a bag of chips are the main fare and sell fast. Ice chests full of drinks allow golfers to pick up refreshments as they move to the 10th tee or at the end of their round.

- Old ceilings tiles in the ProShop and bunker were removed, the crawl space was cleaned and new ceiling tiles were installed. All carpets, tables, chairs and everything else in those areas were cleaned. Plans to add a bar in the bunker room are in the works.

Unfortunately, we are having a wet off-season. Storms coming through dump massive amounts of water in a very short period, resulting in the course having to close early and creating a situation for many rain checks to be issued.

With work happening on the course, the BBQ and refreshments being offered and a great staff in place, our outside players are giving the course high marks. In fact, in recent weeks, a star in the Rock and Roll Hall of Fame and a future Hall of Fame basketball player tested their skills on our course.



## Crossword Solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | E | L | S |   | R | E | N | O | H |   | R | E | E | P |
| V | A | N | A | L | E | K | A | T | S |   | E | N | O | V |
| E | I | R | E |   | D | U | O | L | A |   | D | O | L | C |
| N | L | O | C | N | I | L | M | A | H | A | R | B | A |   |
| N | E | M |   | O | R | F |   |   |   | B | O | H |   |   |
| E | F | A | H | C |   |   | O | T | S | A |   | T | E | T |
|   |   |   | C | I | S | U | M | R | E | B | W | A | H | C |
| E | Y | A | R |   | E | N | A | K | E |   | A | R | A |   |
| Y | M | W | A | M | H | W | E | L | B | U | O | D |   |   |
| A | R | E | A |   | K | O | A | M |   | L | E | E | N | K |
|   |   | H | T | N |   |   | E | R | O |   | L | E | E |   |
|   | E | T | S | A | T | E | N | G | A | P | W | A | H | C |
| B | V | I | A | M |   | E | D | O | R | E |   | H | C | V |
| O | T | N | O |   | A | I | A | N | A | L | E | N | I | P |
| M | A | M |   |   | P | M | I | L | B |   | D | I | L | S |



# Common Pickleball Injuries; How to Avoid Them

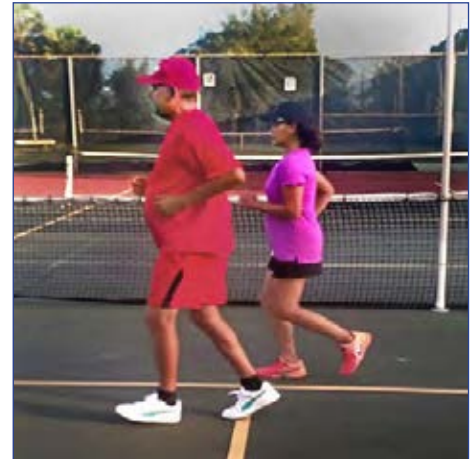
Compiled by Mathias Bartels Daal



Rotating both arms on the side of body



Shuffle split; moving from side to side



Warmup with light jogging

Pickleball is generally considered a low-impact sport with a lower risk of injury compared to other racket sports. However, like any physical activity, there is a possibility of injuries. Here are some common pickleball injuries and tips on how to prevent them:

1. Sprains and Strains: Ankle sprains and muscle strains are common in pickleball due to quick lateral movements and sudden stops. To prevent them, consider the following:
  - Warm up properly before playing to prepare your muscles and joints.
  - Wear supportive foot wear that provides good traction and ankle stability.
  - Gradually increase the intensity of your play and avoid pushing yourself too hard.
2. Tennis Elbow (Lateral Epicondylitis):

This condition involves inflammation and pain in the tendons of the forearm muscles. To prevent tennis elbow:

- Strengthen your forearm muscles through specific exercises.
  - Use proper technique and avoid excessive force while hitting the ball.
  - Consider using an elbow brace or strap to support the tendons during play.
3. Shoulder Injuries: Overuse or poor technique can lead to shoulder injuries in pickleball. To protect your shoulders:
    - Warm up your shoulders with gentle exercises before playing.
    - Maintain good posture and use proper technique while hitting the ball.
    - Strengthen your shoulder muscles through targeted exercises.

4. Knee Injuries: Twisting, pivoting, and sudden changes in direction can put strain on the knees. To prevent knee injuries:
  - Use proper footwear that provides adequate cushioning and stability.
  - Strengthen your leg muscles, including the quadriceps and hamstrings.
  - Be cautious with quick movements and avoid overextending your knees.
5. Dehydration and Heat-related Illnesses: Pickleball is often played outdoors, so it's crucial to stay hydrated and prevent heat-related problems:
  - Drink plenty of water before, during, and after playing.
  - Take breaks in shaded areas and rest when needed.
  - Wear appropriate clothing and use sunscreen to protect against the sun.

Remember to listen to your body and take breaks if you feel pain or fatigue. If an injury occurs, it's important to seek medical attention and follow appropriate treatment and rehabilitation protocols. Additionally, consulting with a sports medicine professional or a pickleball coach can provide personalized advice on injury prevention techniques based on your specific needs and playing style.

Sources;  
 Dr. David Geier  
 Mufaddal Gombera, MD  
 Dr. Steven Alexander  
 Geoff Shepard  
 Jacob Hall

## HOW MUCH IS YOUR HOME WORTH?

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- Measurement Services

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**FOR RENT SEASONAL OR YEARLY** - Bright 2 bdrm and 2 baths renovated with panoramic view of lake. Well maintained, newly furnished, tiled throughout. Eat-in kitchen with wide serve through counter to dining area. Living room glass doors lead out to balcony to panoramic view of lake/fountain. Walking distance from swimming pool. New A/C System. Call Hany at 516-361-5147.

**FOR RENT SEASONAL** - October 2023 to April 2023, newly renovated, 371 S. Hollybrook Dr. #104 Pembroke Pines FL. 33025, \$2500/month or Best Offer. Contact roncomrie@aol.com or 216-337-8531.

**RENTAL** - Furnished 2 BR/2BA unit, 3rd floor in Phase 4. Remodeled baths, kitchen with upscale stainless-steel appliances, granite countertop, porcelain tiles floors, impact windows, doors. Nicely furnished. Call Marie at 954-540-8818.

**CONDO FOR SALE** - Phase 4, Bldg 61 Unit 306. 1 bdrm, 1.5 baths, 900 sqft. Completely renovated unit. Tile floors throughout, granite counters, hurricane impact windows, sliding glass door, A/C, new water heater, and more. Rec Lease paid in full. \$164,900. Call 954-274-6082.

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Your Neighbor**

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(Sign is on the side of the washing  
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The sign will be removed from  
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nician repairs it.  
The tech will return the sign,  
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## Voice of Hollybrook

### SEE OUR NEW AD SIZES AND NEW ADVERTISING RATES AS FOLLOWS

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\$240

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BLACK / WHITE

7.5 x 10 in.

\$300

**STANDARD AD**  
FULL COLOR

7.5 x 10 in.

B/W \$260  
F/COLOR \$350

**BLEED AD**  
BLACK/WHITE

8.75 x 11.25 in.

B/W \$110  
F/COLOR \$180

**3 COLUMN AD**  
BLACK/WHITE

4.5 x 10 in.

B/W \$75  
F/COLOR \$110

**1 COLUMN AD**  
BLACK/WHITE

2.5 x 10 in.

**0.5 PAGE AD**  
5 x 7.5 in.

BLACK / WHITE \$120  
FULL COLOR \$175

**1.25 P. AD**  
B/W \$60  
F/COLOR \$90

3.5 x 5 in.

**0.5 COLUMN AD**  
2.50w x 5h in.  
B/W \$60  
F/COLOR \$90

**STRIP AD**  
FULL COLOR \$100      BLACK/WHITE \$60  
1.25 x 7.5

NOTE: Full color ads must be 300 resolution  
Black and white ads must be gray-scale

**DISPLAYED AD SIZES ARE NOT ACCORDING TO SCALE**

# Hollybrook Bus Schedule

Pick-up route: Phase 2-1-5-3-4-6-Towers

*Broward Meat & Fish Company*

Monday - Thursday - Saturday

Drop off time: 10 a.m.

Pick-up time: 11:15 a.m.

*Publix, Dollar Tree, Einstein Bagels, and Denny's Restaurant ONLY*

Monday - Tuesday - Thursday - Friday - Saturday

## Morning Route

Pick-up - Hollybrook 9:30 a.m.

Drop off - Publix/Dollar Tree 10 a.m.

Pick-up - Publix/Dollar Tree 11:30 a.m.

## Afternoon Route (Includes Broward Library at Broward College)

Pick-up - Hollybrook 1 p.m.

Drop off - Publix/Dollar Tree/Library 1:30 p.m.

Pick-up - Publix/Dollar Tree/Library 3 p.m.

Wednesdays *ONLY*: Pembroke Lakes Mall, Super Walmart, Sedanos,

Pembroke Pines Carl Shechter Community Center (Senior Center)

Pick-up - Hollybrook 9:30 a.m.

Drop off - Senior Center 9:45 a.m.

Drop off - Sedanos 9:55 a.m.

Drop off - Pembroke Lakes Mall 10 a.m.

Drop off - Super Walmart 10:15 a.m.

Pick-up - Senior Center 1:15 p.m.

Pick-up - Sedanos 11 a.m.

Pick-up - Pembroke Lakes Mall 1p.m.

Pick-up - Super Walmart 12:45 p.m.

**ALL PICK-UP AND DROP OFF TIMES ARE APPROXIMATE**



## BROWARD 211 4 Seniors

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Live alone in  
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Get TOUCHLINE  
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visit

[http://211-broward.org/  
senior-touchline](http://211-broward.org/senior-touchline)



Have a question? Need to vent?

Want to comment?

Or share good news?

**Write a Letter to the Editor!**

Inappropriate language may be  
edited from the letter.

Letters are subject to panel approval.

Send to

[Communications@hollybrook.com](mailto:Communications@hollybrook.com)

**PLEASE**

**PATRONIZE**

**OUR**

**ADVERTISERS**

### Rule 10.2 - Pets and Animals

All persons are prohibited from feeding  
or giving food or shelter to any stray  
animal or waterfowl.

(You may be fined)



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Voice of Hollybrook for the  
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- January
- February
- March
- April
- May
- June
- July/August
- September
- October
- November
- December

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|  In-house laboratory                                                    |  Podiatry             |
|  Disease Management                                                     |  Nutritionist         |
|  Orthopedics/PRP                                                        |  Radiology            |
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For more information visit us online at:

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4th of July BBQ Party

\$20 PP



CACHET BAND

8-11 P.M.

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