

THE VOICE OF HOLLYBROOK

March 2018
No. 106





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Cover Photo: Artists never really retire. Former commercial artist Marv Fagan and other Hollybrook artists spend a lot of time in the Art Room in the Recreation Building where they paint and create all sorts of interesting art. Read the story in this issue.



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President's Message



From the desk of Carl Mack

State of the Condo Address - 2018

The following text is from the February 13, 2018 State of the Hollybrook Condominium Address delivered by Hollybrook President Carl Mack before unit owners in The Hollybrook Playhouse. Because the official annual address typically is held instead of the monthly Board of Association Meeting, this column also replaces Hollybrook Recording Secretary Joni-Esser Stuart's monthly meeting minutes report.

Hollybrook remains in a very strong position financially due to the foresight of this and previous Boards and the continuance of our sound accounting and financial management practices. Over the last two years, our annual budgets have taken significant steps toward funding our newly adopted reserve model, which to date has accumulated almost \$2 million to pay for future projects, and which is on track to reach our goal of 70 percent funded one year ahead of the original plan to do so in six years.

As you are aware, the Board recently adopted the Fiscal Year 2018 budget. Once again, we succeeded in limiting the increase in quarterly maintenance payments to less than three percent for next year. Yet even with this modest increase, we were able to continue the funding of not only the reserve model that I just referred to, but also put almost \$600,000 toward major priority projects that fall outside of the coverage of our reserves. Examples include the main drainage systems servicing the condominium buildings, elevators throughout the complex, and setting aside money for the purchase of a replacement golf cart fleet in a couple of years. As you

are all aware, funding such projects through our annual budgets and or use of previously collected reserve funds alleviates the need to pass special assessments to pay for such necessary work.

Shortly after the election last year, against seemingly insurmountable odds, Hollybrook achieved the required eighty percent affirmative vote to amend our

"...funding such projects through our annual budgets and or use of previously collected reserve funds alleviates the need to pass special assessments to pay for such necessary work."

core condominium documents, our Declaration, Articles of Incorporation, and By-Laws. This critically important effort was made possible by the tireless efforts of numerous individuals spanning more than a year's time. Our new documents are still in the process of being implemented across all functional areas (the recent creation of the transfer committee by the Board is an

State of Condo - Continued on page 8

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VOH Information

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

Publication Submission Procedures

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

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

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

1. The Voice is an in-house paper, specifically for the purpose of publishing factual information, Hollybrook news and items of primary interest to all residents of Hollybrook. The magazine is not for investigative reporting.

2. That all articles by the VOH staff, prior to publication, must be thoroughly screened for accuracy of facts. Subjects should be local and news items should report facts. No advocacy position is to be expressed in any articles.

Neither the Officers, the Editor, nor the Business Manager assume personal responsibility for the ads or articles printed herein.

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Treasurer - DAWN WHITE
Financial Secretary - Vacant
Recording Secretary - JONI ESSER-STUART

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Phase 3 - GLORIA MILLER, ENRIQUE GONZALES-REGUEIRA, PAUL QUENNEVILLE
Phase 4 - MIKE LEVINE, MYRA MARKOWSKI, GILLES CHEVRIER
Phase 5 - JOE BRAVO, ANDY INGRAM, RON PACELLA JR.
Phase 6 - IRV CRODGEN, BILL KIRCHNER, BRAD MESTER
Towers - PAUL TRIPODI, MICHAEL ELLIOT

Unit Sales



The following Hollybrook sales were recorded during January 2018.

BLDG/APT	SELLER - BUYER	BDRM	PRICE
08-107	Botnik to Lor	2	\$92,000
27-304	Rohrer to Rawles	2	\$107,000
30-307	Dotson/Felice to Hernandez	2	\$81,300
36-110	Hernandez to Dotson/Felice	2	\$81,300
52-308	Roman to Kodroff	2	\$145,000
54-110	Campillo to Rice	2	\$126,900
65-109	Edgewater to Alvarado	1	\$44,000
67-317	Poyle to Diamoy	1	\$70,000
69-510	Vaillancourt to Dery	1	\$65,000

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Vice President's Message



From the desk of Donna Cooperman

News in a Nutshell

Spring is in the air! We are lucky to be far away from a very snowy winter...not just way up north, but in places like Georgia, Tennessee and even a sprinkling of snow in northern *Florida!!!* The flowers in Hollybrook are blooming on the PGA course and all around the community. Please tip your hat to Paul Brann and his landscape crew for making our home environment so beautiful!

Comcast revisited, final chapter begins

On February 8, we finally celebrated the signing of the elusive Comcast contract. The installations were to be underway and many Comcast trucks would soon be visible on our grounds. We have been told that the installation time will be two months rather than three, and that 20 technicians have been assigned to Hollybrook to make that happen. As I suggested in last month's column, you may want to pick up your equipment at the new Comcast office in Pembroke Gardens. If you install the equipment yourself, there will be no charge. However, if you schedule the installation before your phase is designated, you will be charged. Once your installation is complete, your bill will reflect the new and less expensive rate, retroactive to January 1, 2018.

Thank you, volunteers!

On March 15 at noon, we will say a special "thank you" to the very many volunteers who worked for all of us at Hollybrook, always with a smile, during 2017. At that time, during the Arnie Freeman Volunteer Luncheon, we will especially honor seven Hollybrook volunteers who recently retired after serving more than a century

of collective dedicated service. The honorees are: Kurt Brandt (Rules Enforcement), Natalie Champagne (Bingo), Arlene Draizen (Fobs and Laundry cards), Shelly Draizen (Fobs and Laundry cards), Sol Goodowitz (Phase 1 Director and Restaurant Card Distribution), Mike Levine (Greens Committee Chair) and Saul Shechter (Financial Secretary). All of the men and women gave their time selflessly and were a significant part of the volunteer corps that sets our condominium community apart from others - and makes Hollybrook such a special place to call home.

Saul Shechter celebration update

Plans for a luncheon to honor more than 40 consecutive years of volunteerism by our dear friend, Saul Shechter, are set. Saul wore many hats over the years. From Director to Officer to actor, he has been an integral part of the fabric of Hollybrook activities. The luncheon will be Thursday, March 22, at noon in The Playhouse. Those who would like to attend should see Laura LaSalvia in the Financial Secretary's office by March 15 to reserve seats and get tickets. The contribution for the luncheon is \$12. Your check should be made out to "The Restaurant at Hollybrook" and given to Laura when you reserve your seat.

We know that many of you have turned to Saul when you needed an amplified telephone, or arrangements for Memorial Manor, or when you simply needed a friend to cheer you up. His group of military veterans still meets every week for breakfast in our restaurant (Wednesdays now instead of Tuesdays) as they had for many years at restaurants including La Carretta, in Pembroke Pines, and the now closed Rascal House, in Miami. He has shared many stories to make you laugh and smile and his office in the Administration Building had been a hub of activity as old and new friends stopped by to say hello or listen to him sing songs from his memorable performance as Tevya in Hollybrook's production of *Fiddler on the Roof*. Please reserve your seat at the table to celebrate Saul, and if you'd like to share a story about how Saul touched your life, we'll pass the mic to you.



Rah! Rah! Rah! for the Res-tau-rant

We are happy to see so many residents enjoying our self-managed restaurant. Perhaps you noticed that we expanded our lunch deli menu and are now offering some lower priced dinner options. The changes seem to be well received while Steven continues to make more accommodations for us. As always, you are welcome to

complete and submit the Satisfaction Surveys located at the front counter. Place them in the box nearby. The staff wants to hear your suggestions *and* compliments. This is our restaurant and we aim to please. To our seasonal residents: Remember that the 2019 restaurant cards will be distributed in October, so there's no need to save a balance on your 2018 card. Spend it now and start again with a new card when you return in the fall!

Let us entertain you



We have had a great entertainment season so far and the Valentine's Day show was great, but we won't rest on our laurels. We still have two more shows to raise the curtain on. This month, on March 16, you can expect another blast of entertainment with a *Cabaret with Scott Evans Follies*. Our farewell show of the season, on April 6, will be *A Cavalcade of Stars*. As always, the shows will be followed by disco tunes for your dancing pleasure. Make sure to purchase tickets at the Administration Building 9 – 11 a.m. weekdays. Reserve a table and invite your friends! Bring your own wine, snacks or hors d'oeuvres and dancing shoes. And don't forget, the restaurant is open on show nights, so start the party

with dinner at the restaurant before the show (make early reservations), then move your party's party into The Hollybrook Playhouse!

Fun golf for everybody!



Our next "9 & Dine" fun golf round will be Sunday, March 10, starting at 3 p.m. Watch for emails announcing this wonderful social afternoon and evening featuring nine holes of golf followed by a delicious BBQ dinner in the restaurant. I really enjoy the happy atmosphere and camaraderie that comes with the monthly get-togethers and I know that you will join us every time after experiencing your first.

"9 & Dine" events are scheduled for the second Sunday of every month during the season. If it rains? We'll do it on the third Sunday. You may choose to come for golf plus dinner, or dinner only if you are a non-golfer. The barbecue is open to everyone, but reservations are necessary so the kitchen has adequate time to order enough food and pack the extras bar. Don't worry, there are no golf points charged for the events, so come to the course on March 10, meet your neighbors and *enjoy!*



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2015 BROKER OF THE YEAR

example), but their passage placed us in a greatly improved status relative to our internal governance as well as compliance with Florida law regulating the operation of condominiums such as Hollybrook.

As a follow-on initiative to the document update, we are now in the process of a comprehensive review and update of our Rules & Regulations which were last revised extensively in 2012. The committee working this project reports that it is on track, and we anticipate that later this year an updated version of the Rules will go to the Board for approval. Stay tuned for further information on the status of this process and the improved document that we will soon have as a result.

Our strategic communications plan continues to expand since the creation of our Director of Communications position two years ago. The Hollybrook website is becoming an increasingly useful tool for residents to access community information. We are always looking for suggestions for additional information and functions to be accessed via the residents' portal on the website. Many subscribe to and appreciate our bulk email communications, which not only disseminate information quickly, but also allow us to save money with certain types of noticing of meetings and budget milestones.

Speaking of The Restaurant at Hollybrook for a moment: On March 9 we will celebrate one year of self-management of the restaurant, and anticipate that we will approach \$600,000 in sales for our first year of operation. I hope you will agree with me that it was a bold but very satisfying step for us to take and that it has resulted in a much more consistent and enjoyable experience in our restaurant. Our manager has turned out to be an incredibly fortunate hire as he has built a very proficient team which did a remarkable job of accommodating the significant increase in restaurant patronage this season. Last year at this time our restaurant was closed and our goal should be avoiding the need to ever close for such reasons again. In addition

to our busy dining room operations the restaurant staff is coordinating a good number of catering events for residents as well as outside organizations. These events have received consistent praise for the professional presentation and we hope that more residents and their families will look to us to host their special events. We will continue to perform targeted upgrades to the kitchen and the installed equipment with the major

project for this summer being the replacement of the kitchen floor which will likely require closing the restaurant for approximately one week. We will work hard to minimize the impact on our patrons when we coordinate this closure.

As I previously mentioned the budget year that commences April 1st provides funding for some new major projects, as well as other projects that are ongoing. I will touch on several of them briefly:

Pipelining: We are very close to completion of Buildings 1 through 12 which began in late 2017, and funding remains for 12 more buildings to be completed in 2018. This project will need to receive additional future year funding as we have funded approximately \$750,000 to date of a total project budget of almost

\$2 million. Continuing to fund this project will allow us to complete the project in all phases except Phase 6 where the buildings do not have cast iron drain lines and therefore do not require the re-lining.

Blown-In Insulation: We completed Buildings 1 through 6 in summer 2017 and 3rd floor residents in those buildings immediately saw relief from the oppressive summer heat and the ability of their A/C systems to cool their apartments. Because of the significant benefit, we have accelerated the funding for this project and will complete an additional (15) buildings this spring, commencing with Building #7 and skipping Phase 2 buildings which are configured differently with concrete deck roofs which do not allow for the installation of such additional insulation. We hope to complete the project with Phases 4 and 5 being done in 2019.



File photo

The Restaurant at Hollybrook will mark its first year anniversary as a resident owned entity on March 9.

Roofs: The loan increase obtained in summer 2017 is allowing us to catch up on the replacement of roofs throughout the property. Two wings of the Towers were recently completed, Building 44 is nearing completion with Building 43 to follow, and (5) remaining roofs will be fully replaced over the next several months, with the goal of completing as much of the work as possible before the arrival of the summer rain patterns. The remaining buildings are: 13, 20, 22, 29 and 35.

Pool Showers: The shower enclosures in the restrooms at Phase 1, 4, and the Towers pools have been updated with form-fitted acrylic surfaces to replace the outdated tile enclosures. We intend to complete the remaining Phases this year with Phase 6 the next to be replaced. If you have not yet seen the new showers and how much cleaner and brighter they are I suggest you visit Pool 1, 4, or the Towers. I think you will be impressed.

Parking Bumpers: There are over 4,000 parking bumpers throughout the community and replacing all of the old bumpers that had been repeatedly repainted requires almost \$80,000. Several of the phases were completed last year and we are currently in the process of replacing them in Phase 3. We intend to complete the remaining phases either late this year or early next year at which point all of the bumpers at Hollybrook will be the new, reduced maintenance paint scheme with a significant labor savings for the upkeep of these items.

There are other new facilities for which funding has been approved and that are now scheduled for installation. Examples include:

Electric vehicle charging stations: In the next two months you will see the first (2) charging stations go into operation along the parking lot side of the cart barn. These stations are being installed at no cost to Hollybrook under a profit sharing arrangement with the company that places them. As the number of electric vehicles in the community increases the company will monitor demand and add additional stations as the usage increases.

Additional pickleball courts: Seasonal demand continues to be strong in Phase 6 for the additional courts we added last year, so once again we intend to re-stripe existing courts and increase from the (6) existing pickleball courts to (8) for next season. The re-configuration

for this increasingly popular new sport still allows the courts to be used for tennis as well.

I will now do my best to explain the status of the new cable contract with Comcast about which there are understandably many questions.

The “good news” is: The cost and combination of services to be included in the new bulk cable agreement, as well as the discounted prices offered to residents for phone and internet service, remain the same and are a very significant upgrade over the services included as part of the previous cable contract. Those who already have the “X1” entertainment operating system which will now be included as part of the bulk package sing its praises loudly. That feature alone is a major victory that has



Photo by Gilles Voyer

The pickleball courts at Hollybrook are so popular that two more courts will be added in time for next season.

been achieved by our negotiations to get this new agreement, and we believe the bulk of our residents will truly appreciate this included upgrade as well as the savings they will realize for its inclusion in

the bulk package provided to all Unit Owners.

Now that the contract is finally executed, we can expect that the terms of the agreement will soon be entered into Comcast’s system and the billing adjustments on Unit Owner’s accounts will commence with retroactive credits to be applied back to January. Comcast has also committed that once the bulk unit by unit installation has commenced they will have 20 technicians on property with a goal of accomplishing approximately 50 units per day.

One of the strengths of this leadership team is our ability to work in harmony with one another for the benefit of Hollybrook. I want to take this opportunity to personally thank my fellow officers, the Board, Paul Ray and the Hollybrook staff for all of their hard work during the past year. I recognize that these many accomplishments reflect the hard work of an impressive team.

President Mack concluded his speech by thanking unit owners for attending the State of the Hollybrook Condominium Address and by reminding them that he is always available to them through his open-door policy.

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# Treasurer's Report



From the desk of  
Dawn White

## Issues to tackle

Our Operations Budget Analysis is showing that our expenses are tracking on target to finish the fiscal year 2017-2018 on budget.

We are at 97% of our expense budget. One item that we are watching closely is our water and sewer bill from the City (Pembroke Pines). Normally, this item is around \$67,000, and it came in at \$93,000 for January. This is significantly higher than the increase we expected.

As of January 31, our income is behind target. The reduction of outside summer golf groups in 2017, Hurricane Irma, and a couple of other golf course issues has put us \$120,000 behind on our projected golf income. The target of \$1,060,000 for 2017 was over ambitious, and we have taken that into consideration when we set the golf income budget for 2018-2019. Additionally, our maintenance income has a shortfall. I will again be encouraging owners to sign up for automatic withdrawal to avoid late fees and interest.

At the beginning of every quarter, our assistant controller Celene Pedersen has the monstrous job of opening approximately 1,500 envelopes and processing the maintenance checks. Every automatic withdrawal signed up makes that task a little easier. The next quarterly payment, due April 1, is the first payment for the 2018-2019 budget. Here are the payment amounts: \$1,328 for Phases 1-5 and Towers, and \$1,638 for Phase 6. Any shortage in full payment is subject to a late fee plus interest (approximately \$37). Payment slips for 2018-2019 have been mailed.

Our self managed restaurant will be one year old on March 9. With help from unspent cards during previous years, our restaurant will break even after one year. Many thanks are due to Steven, our manager, and Paul Ray, or CEO, for their dedication to making this venture work. Now back to reality:

The summer season is coming and we need to encourage residents to continue dining at the restaurant. Additionally, we need to ensure that we provide golf options for our summer golf visitors that will include patronizing our restaurant.

My first year as Treasurer has been interesting, and I hope I have made a contribution to the financial wellness of Hollybrook. I look forward to the next year with anticipation as our 2018-2019 budget is extremely tight and we will be dependent on our CEO Paul Ray to keep our ship called *Hollybrook* full steam ahead.

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# News



Staff photo

President Carl Mack signs the much anticipated contract with Comcast on February 8. His signature was the last step in cementing an agreement that will provide residents with enhanced digital cable services.

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# Pool showers get sparkling clean makeover

*Shiny new shower stalls reveal the kind of care that makes Hollybrook a beautiful place to live!*

By Andrea Wulkan

Many of us may have already noticed updated and improved shower stalls in some of the restrooms at our pools. The shower stalls at Pools 1, 4 and the Towers have been renovated and by March 1, the shower stalls at Pool 6 were also expected to be freshened and renewed. Hollybrook contracted with the nationally known company Bathfitters for the renovations, said Hollybrook Facilities Director Mitchell Davis. According to Davis, the remaining shower stalls will be updated and refreshed also.

The old showers looked like they

could have been original to Hollybrook and never updated. Maintenance kept them clean but they featured outdated pink, cracked and stained tiles - which looked very unattractive. Many Hollybrookers admit that we might not have wanted to actually use them.

Bathfitters was chosen for the job because their method is cost effective and does not require demolition. The existing tile is cleaned and disinfected and then an acrylic overlay is installed. Their result is a beautiful shower stall, complete with new walls and floor, plus a handy shelf. New glass shower doors and

dresser room curtains were added. Grab bars were also installed. Now, the stalls are white, bright, safe and inviting.

While checking out Pool 4 renovations we met resident Louise Aubry of Building 38 who commented on the improvements.

"It looks clean and new and we can all feel good about using (the shower)," she said.

Neal Oksenberg who lives in Building 17 but likes to ride his bike over to swim at Pool 4 agreed.

"They did a nice job and it's very clean," Oksenberg said.

Everybody in the pool shower!



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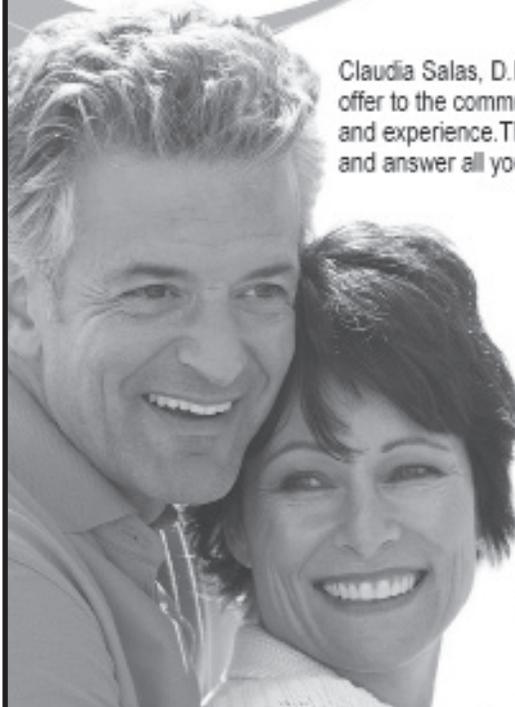


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# News

## Hollybrookers show heart for saving lives

Sixty Hollybrookers attended a class provided by the Pembroke Pines Fire Rescue Department, Feb. 2, in the Social Hall to learn how to use a life saving automated external defibrillator (AED). The class was sponsored by the Hollybrook Men's Golf Association.

Phase 4 Director Gilles Chevrier, of HMGA, organized the educational event at the request of retired firefighter Claude Charpentier.

Pembroke Pines Fire Lt. Bob Bachman led three classes during which he explained how to identify symptoms of sudden cardiac arrest (heart attack) and then how to respond using the AED.

The AED is a portable device that checks the heart rhythm of a person and then, in the case of heart attack, can be used to shock the heart back to normal rhythm.

In Hollybrook, defibrillator are located at the first floor steps leading to the Social Hall, just inside the Administration Building, near the Gym in the Recreation Building, and with Security personnel in a patrol car.

Gilles said he expected to hold only one class, but when so many turned out he divided the group into three.

"You never know when you'll need to be help to someone else, so it never hurts to learn," Gilles said.



Clockwise from top: Hollybrook residents use dummies to practice resuscitating heart attack victims. Lt. Bob Bachman assists Bob Strongman. Booklets about using AEDs were provided to residents for more information. Lt. Bachman shows how to use the device.

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# Sleep your way to better health



By Andrea Wulkan

As we age, we tend to have a harder time falling asleep and more trouble staying asleep than when we were younger. Changes in sleep patterns are a part of the normal aging process. According to The National Sleep Foundation, our sleep needs remain constant throughout adulthood. So, what's keeping seniors awake? Studies on the sleep habits of older Americans show an increase in the time it takes to fall asleep (sleep latency), an overall decline in REM sleep, and an increase in sleep fragmentation (waking up during the night) with age. Some sleep disturbance among the elderly can be attributed to illnesses and the medications used to treat them.

**Why Do We Sleep, Anyway?** Our bodies regulate sleep in much the same way that they regulate eating, drinking, and breathing. This suggests that sleep serves a similar critical role in our health and well-being. Although it is difficult to answer the question "Why do we sleep?", scientists have developed several theories that together may help explain why we spend a third of our lives sleeping. The Division of Sleep Medicine at Harvard Medical School believes understanding these theories can help deepen our appreciation of the function and benefits of sleep in our lives.

**What difference could an extra hour of sleep make in your life?** Maybe quite a lot, according to the experts at Web MD. Studies have demonstrated that the gap between getting "just enough sleep" and getting "too little sleep" may affect your health, your mood, your weight, and even your sex life. Here are nine reasons why you should get adequate sleep.

**1. Better overall health.** Getting a good night's sleep won't grant you immunity from disease, but study after study has found a link between insufficient sleep and some serious health problems, such as heart disease, heart attacks, diabetes and obesity. One study simulated the effects of the disturbed sleep patterns of shift workers on 10 young healthy adults. After a mere four days, three of them had blood glucose levels that qualified as pre-diabetic. Imagine the effect on the elderly!

**2. Less pain.** If you have chronic pain -- or acute pain from a recent injury -- getting enough sleep may actually

make you hurt less. Many studies have shown a link between sleep loss and lower pain threshold. Unfortunately, being in pain can make it hard to sleep. Researchers have found that getting good sleep can supplement medication for pain. If pain is keeping you up at night, there are medications available that combine a pain reliever with a sleep aid.

**3. Lower risk of injury.** Sleeping enough might actually keep you safer. The Institute of Medicine estimates that one out of five auto accidents in the U.S. results from drowsy driving -- that's about 1 million crashes a year. Of course, any kind of accident is more likely when you're exhausted, says Jodi A. Mindell, PhD, a professor at St. Joseph's University in Philadelphia and author of *Sleep Deprived No More*. "When you're overtired, you're more likely to trip, or fall off a ladder, or cut yourself while chopping vegetables," she says. "Household accidents like that can have serious consequences."

**4. Better mood.** Getting enough sleep won't guarantee a sunny disposition, but you have probably noticed that when you're exhausted, you're more likely to be cranky. "Not getting enough sleep affects your emotional regula-

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tion," says Mindell. "When you're overtired, you're more likely to snap at your partner, or burst into tears."

**5. Better weight control.** Getting enough sleep could help you maintain your weight, and conversely, sleep loss goes along with an increased risk of weight gain. Why? Part of the problem is behavioral. If you're overtired, you might be less likely to have the energy to go for that walk or cook a healthy dinner.

The other part is physiological. The hormone leptin plays a key role in making you feel full. When you don't get enough sleep, leptin levels drop. Result: people who are tired are just plain hungrier; and they seem to crave high-fat and high-calorie foods specifically.

**6. Clearer thinking.** Have you ever woken up after a bad night's sleep, feeling fuzzy and confused, like your brain can't get out of first gear? Sleep loss affects how you think," Mindell says. "It impairs your cognition, your attention, and your decision-making." Studies have found that people who are tired are substantially worse at solving logic or math problems than when they're well-rested. "They're also more likely to make odd mistakes, like leaving their keys in the fridge," she says.

**7. Stronger immunity.** Could getting enough sleep prevent the common cold? Researchers tracked over 150 people and monitored their sleep habits for two weeks. Then exposed them to a cold virus. People who got seven hours of sleep a night or less were almost three times as likely to get sick as the people who got at least eight hours of sleep a night! This study was small and other factors may have influenced the results. Still, you can't go wrong getting eight hours of sleep when possible.

**8. Better memory.** Sleep loss contributes to a poor memory. Studies have shown that while we sleep our brains process and consolidate our memories from the day. If you don't get enough sleep, it seems like those memories might not get stored correctly and can be lost.

**9. Better sex life.** According to a poll conducted by the National Sleep Foundation, up to 26% of people say that their sex lives tend to suffer because they're just too tired. There's evidence that in men, impaired sleep can be associated with lower testosterone levels - although the exact nature of the link isn't clear.

Sleep is *not* a waste of time; it's a life-giving, life-changing activity, one that makes you fitter, stronger, smarter, happier and healthier. So if you're getting less than the recommended eight hours of sleep a night, go to bed an hour early tonight. And don't feel guilty about hitting that snooze button and sleeping an extra hour in the morning - it's for your health!

## TIPS FOR FALLING ASLEEP

- ★ Change your pillow
- ★ Keep the room cool (65°)
- ★ Take a warm shower before bed
- ★ Wear socks and loose bedclothes
- ★ Turn off electrical devices
- ★ Keep the room dark
- ★ Listen to relaxing music
- ★ Try lavender aromatherapy
- ★ Visualize a peaceful place
- ★ Skip late night snacks
- ★ Avoid late night exercise
- ★ Keep a consistent bedtime routine

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## LETTERS TO THE EDITOR

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# Cats can get the flu, too

*Reprinted with permission from Embassy Lakes Animal Hospital*

Flu doesn't just affect people. Your cat can develop the viral infection, too. Although most cats recover fully from a bout of the flu, it can be particularly hard on young, old and immune-compromised cats. Most cases of the feline flu last 10 days to three weeks. Here are a few symptoms: runny nose, sneezing; Coughing, red or pink eyelids, fever, eye discharge, dehydration, raspy voice when meowing, joint pain, appetite loss, fatigue, ulcers in the mouth or in and around the eyes.

Flu symptoms are most often caused by exposure to the feline calicivirus (FCV) or feline viral rhinotracheitis (FVR) viruses. The viruses spread when an infected cat sneezes or coughs and your cat inhales the infected air droplets, or when your cat comes in contact with a water bowl, blanket, toy, litter box or other objects that contains the saliva of an infected cat. Once infected by feline flu, the cat becomes a lifelong carrier and can infect other cats if they shed the virus. Shedding usually only occurs if your pet is stressed. Events that cats find overwhelming vary, but may include adding a new person or animal to the household or moving to a new home. When cats shed the flu virus,

they often become sick again, although it's possible to shed the virus without showing signs of illness. You may be an unwitting source of feline flu. Because the virus can survive on surfaces for hours as long as it remains moist, you may unknowingly bring it into your home on your clothing or shoes.

Your cat's veterinarian may want to confirm a diagnosis with blood and urine tests and X-rays in some cases. If you suspect your cat has feline flu, please let your veterinarian's office know that when booking the appointment. They may want to take special precautions so that your sick pet does not infect others when you bring them in for a visit. Although antibiotics are not helpful for treating viruses, your cat's private veterinarian may offer treatments specially aimed at preventing complications and

*Cats - Continued on page 36*

## Pets & Animals Rules and Regulations:

### *New kid on the block*

As the presiding Chairperson of Pets & Animals Regulations, I am compelled to remind Hollybrook residents of two items of concern that are often forgotten but very important to remember.

1. Please make sure that your dog or cat's rabies vaccinations are current and certified. A copy of the certification must be filed with the Hollybrook Animal Regulations office. Failure to do so is a violation of Article VI, Item B, and you may be reported and fined.
2. If there is an issue about another resident's pet, please complete and submit a complaint form. No action can occur without documentation.
3. My office hours are: 9 - 11 a.m. Tuesday and Thursday. Stop by.

**Carole Rappaport**



### Rules for four legged furry friends



Broward County law requires that all pets (guest pets included) be inoculated regularly. Hollybrook Rules & Regulations require that proof of inoculation be submitted to Animal Regulations within 30 days of the injection.

Please bring or email a copy of your pet's current rabies certificate to Animal Regulations upon your arrival at Hollybrook.

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## Recycling Reminders

By Joni Esser-Stuart

Recycling Committee Chair

Always remember to think about our recycling program before you throw items into the trash or dumpsters. Although Hollybrook does not benefit monetarily from our recycling, we all benefit by protecting and preserving our environment for our children future generations. If you have ideas or suggestions, questions or concerns related to recycling, please call me.

### CLOTHING RECYCLING

Harold Parke has established a new partnership with Oasis of Hope for our clothing recycling program. The charity helps teens aging out of foster care. The teens will learn how to sell the clothes online and earn money. The project helps them create a business, develop marketable skills and earn income.

Some of our recycled clothing will still go to the Panamanian village via the Panama Embassy. The clothing recycling bins are now in Buildings 42 and 60 and the additional bins are in Buildings 61, 62, 63, and 64, in the 3rd floor laundry rooms. A bin is also always in the Administration Building.

### PAINT

Do you have paint in your condo that you do not need? If so, Pembroke Pines will help you safely dispose of old paint and other hazardous materials. The first and third Saturdays of every month are drop off days at the Pembroke Pines Hazardous Waste Facility, at 13975 Pembroke Rd, from 8 a.m. to 4 p.m. Up to four cans of paint per visit are allowed to be dropped off. You may also drop off two tires. The Pembroke Pines Utilities Department will answer any additional questions that you have regarding hazardous waste disposal.

*Recycling - Continued on page 20*

## Green iguanas: Uninvited guests

By Andrea Wulkan

Green Iguanas apparently love Hollybrook as much as we do and have made our community their own. Like us, they enjoy hanging out on our golf course, lakes and pools. But what exactly are these scaly, dinosaur looking uninvited guests?

Iguanas are a mostly herbivorous species of lizard. The large green (sometimes gray, brown or orange) creature is often found in vegetation close to water, and can grow to nearly 6-feet long. About two-thirds their length is tail! Native to Central and South America and the Caribbean, the green iguana is an invasive species in South Florida. The original small populations arrived in the Florida Keys as stowaways on ships carrying fruit from South America. Over the years, other iguanas were introduced into our wild, mostly through the pet trade. Some escaped captivity, but some were intentionally released by owners and then thrived in their new habitat. Agile climbers, iguanas can fall up to 50 feet and land unhurt. Believe it or not, people from other countries have been hunting this "chicken of the trees" as a food source for over 7,000 years. (No thank you.)

Known to destroy gardens and landscaping, iguanas are more than a nuisance. Green iguanas have been observed taking over the natural homes of Florida burrowing owls, a species of special concern, making the iguana a serious threat to Florida's ecosystem.

So how do we evict these guys? Well, for several reasons, we can't. For starters, invasive species are protected by Florida Cruelty to Animals Statutes 828.12. For another thing, going to war with these animals is pointless and inhumane.

It is legal to trap the reptiles humanely, but the law prohibits relocating them elsewhere in the state. Many wildlife trappers warn that as soon as one iguana is removed, another will take its place. The recent record-breaking stretch of cold weather has reduced the Green Iguana population significantly across Florida, (local media described the phenomenon as a "frozen iguana shower" as they fell from trees), but Hollybrook Pest Control Manager Mike Donovan, said the reduction is only temporary and the remaining creatures will keep breeding.

If you leave iguanas alone, they will not approach or threaten humans or pets. However, if you corner them, they may bite, scratch, or whip you with their tail in self-defense. So, when you see these ancient looking creatures, my solution is to tell them a joke:

- \* When does an iguana go "moo"?  
When it is learning a new language!
- \* What's an iguana's favorite movie?  
The Lizard of Oz.
- \* Knock, knock! Who's there?  
Iguana. Iguana who?  
Iguana hold your hand!



Photo: Pantanal Escapes

Recycling - Continued from page 19

**CARDBOARD BOXES**

Remember to recycle your cardboard in our recycling containers **not the outside dumpsters.**

**SODA, SOUP, BEER CAN TABS**

Collection receptacles are hung near the grills at all pools. We also collect the tabs at the front desk of the Administration Building and near the elevators on the second floor of the Recreation Building. The tabs are donated to the Ronald McDonald House Charities to support services for families of hospitalized children.

**BATTERIES, EYE GLASSES, LIGHT BULBS, INK CARTRIDGES**

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**PET SUPPLIES**

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**CELL PHONES**

Cell phones can be recycled in the Administration Building. Please see Joni if you have any cell

phones that you wish to donate.

**PLASTIC BAGS**

Hollybrook does not have the capacity to recycle plastic bags. Please do not place them in the recycling containers! Many local grocery stores have outdoor receptacles so you can take your plastics bags to these stores.

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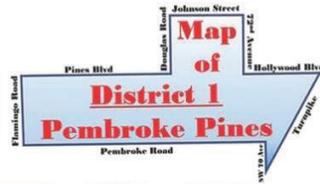
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Political advertisement paid for & approved by Ted Victor for Pembroke Pines City Commission, District 1. Non-Partisan.

Greetings Hollybrook!

Meet Ted Victor, a proud husband to his wonderful wife of many years, Clarissa, who is a registered nurse. They are the parents of 3 amazing children: Saul, Selene, and Sofia. Ted and his family have resided in Pembroke Pines for over 10 years. Ted is currently a science high school teacher, the chair of the Human Relations Committee of the Broward County School Board, Director of Community Relations of the National Sales Network, member of the Miramar Pembroke Pines Chamber of Commerce, member of several businesses and community organizations, and former Habitat for Humanity volunteer. Ted Victor is also the founder of Career Mentors of Youth, and The Broward Social Network.

He has earned several degrees, which include concentrations in history, public health, biomedical science, epidemiology, and education. Ted speaks English, Spanish, French, Creole, and conversational Portuguese.

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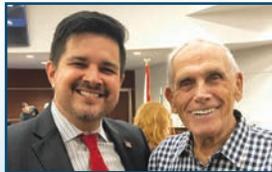
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## Just thinking . . .

A recurring column by Taylor Delit

# Top 'o the Mornin' to Ye!

In pondering the subject of this article I'm flooded with sweet memories of Irish families who've touched my life. This is, after all, the month when on March 17 we celebrate Irish heritage, St. Patrick's Day!

As a toddler, I, my parents and my baby sister left the city for country living. They'd found a little oasis community in the heart of New Jersey, "Adams Station." I fondly recall two such families who also lived there; the McAfreees and Plantsons. "Mother" McAfree, while frail in appearance, ruled her upright, proud household of three sons and a daughter, Susanne. This freckled faced young girl, then 9 or 10, would become my self-appointed guardian/playmate. Her gentle, protective nature lingers with me to this day. Also, there was Jean Plantson, a red headed, older, more established woman, who would become a close confidant to my mother. "Aunt Jean" was a political, citizen minded woman and retired Florist whose only son ran the business. Her white picket-fenced house sat on the front right corner of our long dead-end street. I recall a small chicken coop in her backyard. Nearby, sacks of soft, calico printed cotton holding chicken feed (an oxymoron if I'd ever seen one) laid piled against each other. Aunt Jean would sew lovely little dresses for my sister and I made from those calico sacks. As loving as any blood relative, her friendship remained until her passing decades later.

Two years after moving to the country, my parents bought a strip of land and built a home on Route 1. Mom's restaurant/deli would follow.

It would become a haven to many. The very Irish Ross family, was one of our "regulars" when on "A Ride" from city life. I'm still able to hear its matriarch's hard rolling r's gurgling in her heavy Irish accent - while her impish smile beguiled you. Her husband, Ross, a tall, dark haired, hard drinking man, who some might call handsome, had an unexpected velvet like accent with radio announcer quality. She ruled their little clan, while he jumped to her beat. One could see her tolerance to his Peter Pan persona. We welcomed and were always charmed by their rough, yet upbeat camaraderie.

Wearing green on St. Patty's Day is to honor my mother. She'd been given the nickname "Irish" by her Polish born mother because of her blonde hair and green eyes. So, here's one to you, Mommy!! (Who *never* took a drink.)

To allow a left turn in this writing: My friend, dear Carmen DiPuglia, suggested I mention how safe we feel in this USA. I agree with her. As difficult as it is to read a newspaper or watch TV news, we are still a destination country to people seeking a better life. Do I feel safe? Yes. I wish this for all of this land . . . and for all the world. It begins with you... and me. Until next time.

*Taylor Delit*

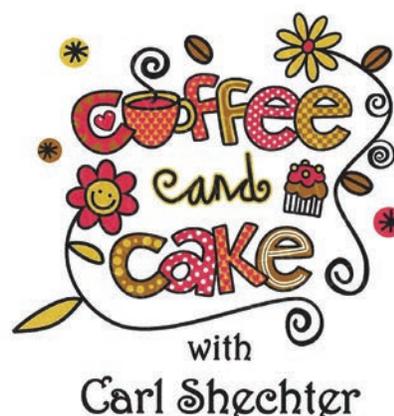
## Message to all who showed love

In memory of  
Anneliese "Ann" Esser

As many of you now know, our dear mother Anneliese "Ann" Esser, passed away on January 14, 2018 in Milwaukee, Wisconsin.

Your kind words, cards, and contributions in memory of our mother have helped us enormously. I thank you, and please know how much we appreciate each of you.

Joni Esser-Stuart  
& Family



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# Creativity alive in art room



If he's not on the golf course, Marvin Fagan, a retired commercial artist can be found in the Art Room at Hollybrook's Recreation Building.

"It's very pleasant here, quiet. I've been here today for an hour and a half and got quite a bit accomplished," he said referring to his current project, a pair of paper bowls made from strips of fashion magazines. "Art is my hobby now."

A longtime Hollybrook resident, Marvin is among dozens of residents who use the room. Complete with a kiln for ceramic pieces, a revolving platform for models, loads of easels and plenty of sunlight, the room also features storage lockers, a sink, shelving and more.

On any morning, the room is scented with oil and acrylics. Artists with pallets, brushes and other tools apply colors to canvases in as many styles

*Art- Continued on page 31*



Clockwise from top: The art room is abuzz with artists of many sorts on a recent morning. Noella Lavoie shows Diane Cantin how to apply paint using a spatula. Marvin Fagan applies strips of paper to fashion a bowl that will later be sealed, glazed then given as a gift to a friend. Albert Charbonneau shares a laugh with artist friends while working on his latest painting.

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March 5 - 7:30 p.m.

Kenneth Branagh, Johnny Depp, Penelope Cruz, Willem Dafoe

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### Wonder



March 19 - 7:30 p.m.

Jacob Tremblay, Owen Wilson, Izabela Vidovic, Julia Roberts, Mandy Patinkin

Who gives you courage to face the world? Auggie Pullman will. *Wonder* tells the true and inspirational story of a boy with facial deformities who enters fifth grade at a public elementary school for the first time. PG-13. 113 minutes.



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*Congratulations to these loving couples who found their sweethearts so long ago and continue living the dream of "happily ever after."*

# Love is all we really need; here's proof

By Elaine Kugelman

*Valentine's Day is done and gone but any Hollybrooker can bet that love is in the air all year round when it comes to our community. In fact, because many of our Hollybrook residents are married 50 years or more, we thought it would be a treat to interview some of them and let everyone else in on the secrets that keep their love alive now and forever more. Here is what some of them had to say:*

**SHELLY AND ARLENE DRAIZIN** were married in Brooklyn, N.Y. 66 years ago, as of January 27. They proudly boast three children, four grandchildren and five great grandsons. The Draizins bought their Phase 4 home in 1985 then moved here permanently five years later.

"Arlene and I laugh together and still have fun. That's what makes a good marriage," Shelly said.

Eventually, the Draizins met up with another resident, Selma Schilder, whose grandfather married them and whose brother-in-law was the cantor at their wedding. Arlene said: "Hollybrook sure is a small world."

**CARL AND ANITA SHECHTER** celebrated their 64<sup>th</sup> anniversary on October 3. Though it is obvious to most people, Anita said it out loud: "We are still in love today, maybe even more than when we first were married."

The couple has four children and seven grandchildren, all who moved to Florida from New York to be near each other. The Shechters moved to Phase 1 in 1982 and have spent many years volunteering time and expertise to help grow Hollybrook into what it is today. Carl attributes their "wonderful relationship" to listening to and respecting each other.

**KURT AND SARAH BRANDT** will celebrate their 67<sup>th</sup> wedding anniversary in September. They

have one son, three grandchildren, and four great grandchildren. Kurt says his successful marriage with Sarah is due to learning very early to say "Yes Ma'am" as often as possible. Married in Boston, Mass., they moved to Hollybrook in 1983.

**JOE AND DOTTIE FALLIK** have been married the longest among the couples we met and they credit it all to love.

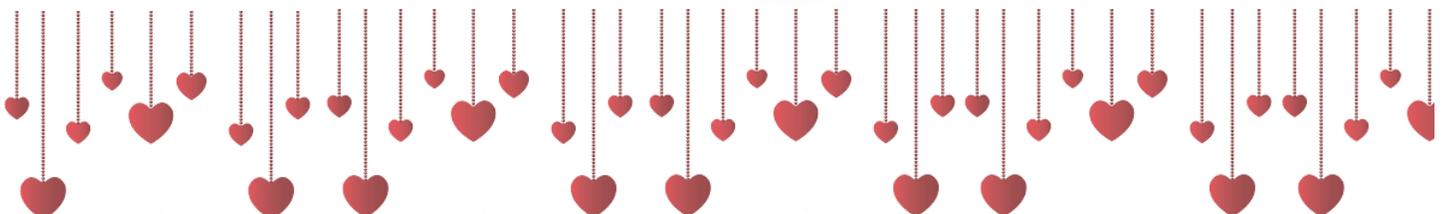
"Love is what kept us together all these 71 years," Joe said.

They were married in Newark, N.J., and began living in Hollybrook in 1974 as original owners. They had 2 children and have 4 "handsome" grandsons.

**GREG AND BEVERLY CANDLISH** were married in Vancouver, British Columbia, 54 years ago in October. These lucky lovebirds have six children and eight grandchildren. "Those six children are what helped to keep us together all this time. They needed two parents to keep them all in line," Beverly said. Greg and Beverly are also snowbirds – they've have been living part-time in Hollybrook since 2002.

**HERMAN AND SELNA FREEDMAN** will celebrate their 70<sup>th</sup> anniversary in March with their two children, eight grandchildren and four great grandchildren. They were married in Boston, Mass. and Selna insists that Herman is her guy "and I still like him." Herman and Selna moved to Hollybrook 36 years ago. "This paradise is our home," Herman said. "We wouldn't live anywhere else."

*Our search led us to discover three more Hollybrook couples who have been married for 50 years or more. Congratulations to **Louis and Helene Bonsant**, married 63 years; **Bill and Betty Kirchner**, married 55 years; and **Norman and Susan Blondin** who just celebrated their 50<sup>th</sup> wedding anniversary.*



## City and County



**From Pembroke Pines  
Mayor Frank C. Ortis**

### **Busy March in store**

Good things happen in our Pembroke Pines.

I am very proud of a community outreach program through

The City of Pembroke Pines Community Services Department at The Carl Shechter Southwest Focal Point Community Center Campus that provides socialization activities and support to the clients at the Alexander Nininger State Veteran's Nursing Home.

The veterans are transported by center buses to and from the center to enjoy Wednesday VA Day where they socialize with other seniors in programs, activities and special events. There is also a newly formed Veteran's Support Group available, which is coordinated by the center's on-site counselor.

The center has dedicated volunteers who travel by bus to the nursing home for Volunteers Visit for Veterans. There, they socialize with clients, play games and provide activities. If you are interested in volunteering for the program, please call 954-450-6888.

It's that time of year again to "tee off" for education at my 17th Annual Pembroke Pines Charter School Golf Tournament which benefits the Pembroke Pines Charter School Foundation. The March 23 tournament will be held at the Pembroke Lakes Golf & Tennis Center, at 10500 Taft Street, from 10:30 a.m. to 6 p.m. It's always such a fun day, complete with lunch, a raffle *and* golfing for a great cause.

I also hope to see you at this year's 20<sup>th</sup> annual Pembroke Pines Relay for Life from 6 p.m. Friday, April 13 to 9 a.m. Saturday, April 14 on the track at Walter C. Young Middle School, 901 NW 129 Ave. Over the years, Pembroke Pines has raised more than \$2.5 million dollars to fight cancer via this world wide American Cancer Society signature event. To join my Mayor's Team or support the fundraiser, please call 954-392-2116. Cancer survivors can contact the American Cancer Society at 954-200-7534 to learn about special ways to participate. Participants can register their own time by going to [www.relayforlife.org/pembrokepinesfl](http://www.relayforlife.org/pembrokepinesfl).

Be sure to check our calendar at [www.ppines.com](http://www.ppines.com) for more information on these and other planned events and to visit our Facebook page at [www.facebook.com/cityofpembrokepines](http://www.facebook.com/cityofpembrokepines). As always, if you have any questions or concerns, please do not hesitate to contact my office at 954-450-1020, or send me an email at [fortis@ppines.com](mailto:fortis@ppines.com).



**From Broward County  
Mayor Beam Furr**

### **Looking to storm season**

Big challenges need big responses.

In January, Broward, Palm Beach, Miami-Dade, and Monroe Counties wrote to the Southeast Florida Congressional Delegation to request language in the FY '18 federal budget bill providing for authorization and 100% federal funding of an emergency preparedness study by the Army Corps of Engineers. The purpose of the study is to identify and prioritize infrastructure improvements necessary for flood damage reduction, provide greater resilience from recurrent flooding and storms, and to bolster the economic competitiveness and resilience of our region. I was proud to team with my fellow mayors to request assistance for this project. It could help mitigate environmental consequences in the future.

South Florida has to be prepared for the threat of rising sea levels. Sea level rise will eventually affect wells and groundwater levels, and our Water and Wastewater Plant and those structures in Pembroke Pines. My hope is that the study provides insight and solutions for mak-

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ing Hollybrook more resilient moving forward.

That is why it is never too early to start thinking about hurricane season. While it may seem too soon, with the summer heat comes the threat of another storm like Irma blowing ashore and wreaking havoc. It is important to begin your preparations far in advance.

Hurricane Irma taught us many important lessons about how best to prepare for hurricanes. Broward County has received a draft of the Hurricane Irma Post Activation Improvement Plan. This plan is the result of months of analysis and research into what went right and what went wrong in the county's response to the storm. It gives detailed instructions on how we can do better. We are taking those plans to heart to make sure that Broward County is safer than ever.

The county is using the After Action Report to implement key changes that will protect you during a storm. These wide-ranging changes include expanding the capacity and provisions of all of our shelters. It also means adding healthcare and nursing facilities to our critical infrastructure list, so they are among the first places to have restored power and extra assistance after the storm. We are expanding our communications operation so we can respond to your needs faster, and



get information out sooner. Finally, we are working with our municipal partners on better implementation of post-storm plans, including clearing debris.

If you are concerned about receiving assistance before and after the storm, I highly recommend signing up for the Vulnerable Population Registry. The Vulnerable Population Registry is for residents who feel that they may need extra help after a storm due to disability, special needs, health, or age. It allows your city to reach out to you after the storm with important information, and to provide assistance such as transportation and provisions. Visit <http://www.broward.org/Hurricane/Registry/Pages/default.aspx> to sign up.

Finally, it is always critical to take stock of basic preparations before the storm. Make sure you follow all warnings to evacuate and take shelter. Check your food and water reserves and ensure you have enough supplies to weather the storm, including batteries! And always make sure your windows are properly protected.

YOUNG ISRAEL CHABAD OF CENTURY VILLAGE OF PEMBROKE PINES INVITES ALL

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# HOLLYBROOK RESIDENTS TO OUR PASSOVER SEDER



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**2ND SEDER - SHABBAT, MARCH 31ST, 2018 - 7:30-11:00 P.M.**

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## Tennis Committee 'loves' sharing good news



By Dorothy Aaron, Tennis Committee Chair

Our Tennis Pro, Felix, is organizing a day trip to the Miami Open on Thursday March 22, at a cost of \$90 or perhaps a bit less, depending on the mode of transportation. There may still be time to sign up - and pay your money - if you have not already done so. See Felix in the Pro Shop, 8 - 11 a.m. on weekdays.

Felix continues to offer clinics for beginners or near-beginners Monday, Wednesday and Fridays at 1 p.m., and for intermediate players Tuesdays at 1 p.m. There is no cost, but tips would likely be appreciated.

The next tennis tournament will be Sunday March 11th, 8 am till noon. This time you can choose your own (same gender) partner if you wish, or the Tennis Committee will find a partner for you. Sign up in or beside the Pro Shop.

Tennis committee member Robert Gadoury continues to work with Communications Director Eileen Soler to adapt the online court reservation system on the Hollybrook website to meet our needs (e.g., singles for 90 minutes, doubles for 120 minutes), and we expect to be testing it before the end of the winter season. Short training sessions will be provided in early March.

The Tennis Committee is looking for an additional member or two. We meet every 2 or 3 weeks during the season, usually Thursday 4-5:30 pm., to discuss, recommend and carry out activities relating to tennis in Hollybrook, e.g. Rules & Regulations, online booking system, tournaments. If you are interested in helping out on the committee, please contact Dorothy Aaron, Chairperson, at [dorothy@aaron.ca](mailto:dorothy@aaron.ca).



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## Tennis Courts renumbered

The tennis courts have been renumbered to better reflect their positions in relationship to the Pro Shop.

The hard courts behind the Towers are now Courts 1 & 2; the soft courts to the west of the Pro Shop are Courts 3 & 4 (next to the Pro Shop) and Courts 5 & 6 (next to the Towers); the soft courts behind the Clubhouse (near the Golf Pro Shop) are Courts 7 & 8, and the hard courts behind the Clubhouse are Courts 9 & 10.

Courts 11-14 in Phase 6 remain the same.

Some hours during which tennis may be played on each set of courts, have also been altered to better honor requests for morning quiet from neighboring residents:

Courts 1, 2, 3 & 5 are open 8 a.m. to 5 p.m.

Courts 4 & 6 are open 8 a.m. to 6 p.m.

Courts 7 & 8 are open 7 a.m. to 11p.m.

Courts 9 & 10 are open 7 a.m. to dusk

Courts 11, 12, 13 and 14 are open 8:30 a.m. to dusk; but Courts 13 & 14 are reserved for pickleball during many mornings.

*Art- Continued from page 26*

as there are painters.

Louis Shoer, whose paintings decorate walls throughout the complex, said he began using the art room in earnest when he moved permanently to Hollybrook in 2006.

“In the summer I have the place practically all to myself,” Louis said, painting on a recent morning.

“And when winter comes, I show up to bug him,” said Canadian snowbird and painter Lynette Ouellette.

Residents who want to learn how to paint can attend classes led by Noella Lavoie since 2010. Noella gives expertise in fine arts 9 a.m. – noon on Monday, Tuesday, Wednesday and Friday for \$7 per class.



“Here, we don’t worry about style. We bring what we like and we make art. Some people speak English, some speak French but we understand each other,” Noella said.

That’s because they all speak the universal language of art, according to student Albert Charbonneau who called the room “peaceful, relaxing and filled with good people.” Albert began taking lessons for from Noella six years ago.

“I had never held a paintbrush in my hand in my life,” Albert said. “Now I keep getting better and better.”



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# Pickleball continues with fun, healthy play 4 all

By Gilles Voyer, Pickleball Chair

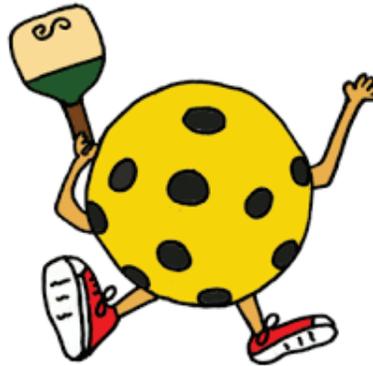
Since pickleball began in Hollybrook six years ago, the sport has become popular and strong among sports activities in our community. From 12 players in the beginning, to 88 players this year, it is without a doubt a success.

On behalf the players, we thank our Board of Administration who endorsed the effort of making pickleball important and viable. The installations at Phase 6 were upgraded last summer and it makes a huge difference - four pickleball courts were painted and nets were put in place to facilitate the game.

Enthusiasm is so present that more and more players come out to play at their own pace. From beginners to high level players, everyone gets a chance to have fun.

The first rule of Hollybrook pickleball is have fun, the second is have fun and the third rule is follow the first two rules. In other words: Have fun.

Many players have reached advanced skills and are quite confident in their play. They are seeking different challenges not just here, but in the greater community. Each Sunday a group from Hollybrook travels to Century Village. Others go to Plantation. On Feb. 7, a group drove to Naples to gather amid French players at the Minto US Pickleball Championships.



cont...

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# Sports

cont...

Our third social tournament was planned for March 3, when all Hollybrookers were welcome to watch and cheer on the players.

This season has been a very good one. We meet four mornings every week and an average of 24 players show up. One morning we peaked at 32 players.

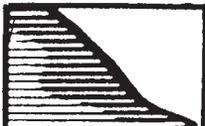
A league was created, with the help of Felix Ningas who gave us guidelines. Sixteen players, whose names are posted on the bulletin board near the tennis pro shop, are part of the league. The next event will take place on March 24. Called the "PICKLEMPICS", spectators will see funny games using pickleball paddles and balls – but in hilarious and challenging ways. (No more hints for now. You have to come and see for yourself.)



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## Important telephone numbers for golf and tennis:

Golf Pro Shop: 954-431-4545  
Tennis Pro Shop: 954-431-1094

*Hello Neighbors,*

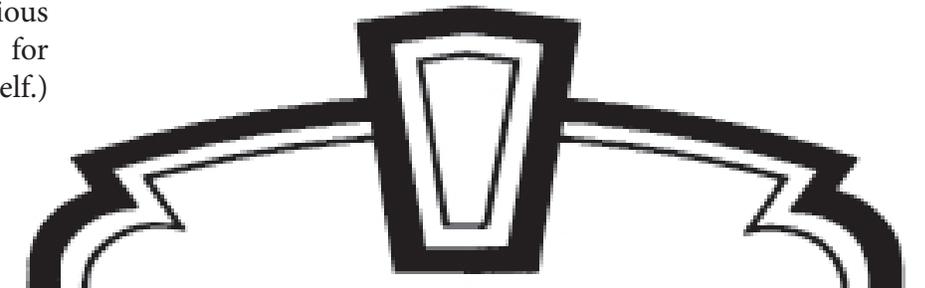


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# Enhancement/Calendar



From the desk of  
**Linda McHugh**  
954-431-0600, ext. 254

**ENHANCEMENT EVENTS  
POSTED IN DAY ORDER**



**BODY DYNAMICS** *every* **MONDAY, WEDNESDAY and FRIDAY at 8:45 a.m.** in the Social Hall. **FREE**

**ZUMBA GOLD** *starts* **MONDAY (Nov. 6), 4:15 p.m.** in the Social Hall. \$25 for 6 weeks.

**ADULT COLORING** *every* **TUESDAY at 3:00 p.m.** in the room next to Arts & Crafts. Bring your own supplies.

**BRIDGE-DUPLICATE** *every* **WEDNESDAY at 12:15 p.m.** in the Social Hall. Call Jane Lopez 305-775-6038 for information and lessons. \$4 per person

**JEWELRY CLASS** - **Starts Jan. 10, 2018 then every WEDNESDAY 1:30 p.m.** in the Arts and Crafts room. \$5 per class. Call Linda at 954-431-0600 ext. 254.

**CHAIR YOGA** *every* **THURSDAY, 11 a.m.,** Room 218. Five weeks cost \$30 per person. First class free for new students. Call Leslie for more information 954-646-4076.

**AQUA ZUMBA** *every* **THURSDAY from 9 - to 10 a.m.** at Pool 5. \$30 for 6 weeks, or pay per class.

**BINGO** *every* **THURSDAY.** Starts 7 p.m. in The Hollybrook Playhouse. **FREE ICE CREAM BAR.**

**PICKLEBALL** **MONDAY 8 - 10 a.m.; WEDNESDAY, 8 - 10 a.m., SATURDAY, 8 - 10 a.m.** Courts13 and 14 in Phase 6.

**THE BOOK CLUB** will be meeting **Wednesday March 21** at 4 p.m. in the library lounge to discuss *Before We Were Yours* by Lisa Wingate. For further information, contact Dorothy Aaron at 954-671-7372 or dorothy@aaron.ca.

**THE SO JO SINGERS and MUSICIANS** is a lively entertainment group in Hollybrook. If you like music, singing or playing an instrument, you should join. All talent levels welcome. Check it out in Room 218, **2 to 5 p.m.** the **first and third SATURDAY** *every* month. Call Lily at 954-450-0801.

**PROGRESSIVE BRIDGE** *every* **SUNDAY 1 P.M.** in Room 204 in the Recreation Building. Cost is \$1. Call Jean Barber at 954-433-2565 for details, and call if you can or can't attend.

**HISTORY CLASSES** with history professor **Dr. Richard Corseri.** **MONDAY, 3 p.m., Recreation Building.** Classes start January 8 and run through March 19. Cost is \$45 for all six lectures, or \$10 per class at the door. Session topics for this year begin with World War II. Call Hollybrook resident Arthur Jordan, 954-437-1524, to sign up.

**PAINTING WITH NOELLA** *every* **MONDAY, TUESDAY, WEDNESDAY AND FRIDAY** from 9 a.m. – noon, in the art room in the Recreation Building. \$7 per class.

.....  
*Read the flyers above your mailboxes, view Channel 92 on your Hollybrook televisions. Check us out and like us on Facebook at [www.facebook.com/hellohollybrook/](http://www.facebook.com/hellohollybrook/).*

**THE VOICE OF HOLLYBROOK**

If you'd like to join our team, call Director of Communications Eileen Soler 954-431-0600 ext. 262. Or send an email to [communications@hollybrook.com](mailto:communications@hollybrook.com)

Reporters and photographers are especially needed.

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# Good times, indeed

By Betty Kirchner

It's March already which in a bittersweet way means it's also time for the Italian Culture Club's season grand finale. Mark your calendars for Sunday, March 18.

As can always be expected, the last event of the season will be something spectacular that will be a topic of conversation leading into April and beyond. You can expect a full afternoon of team competitions, and outstanding food, wine, water and soft drinks. Of course, participants can BYOB, if they want. Hollybrook's own Jimmy C will be master of ceremonies at the special event to entertain us with his table magic, awesome solo singing and his ability to inspire group singing. No one has ever been bored by Jimmy's shows! Check the details on the bulletin boards, posters and channel 92 for time, place and other important info. Sign up by the March 14 deadline. Cost is \$10 for members and \$22 for guests.

## LOOKING BACK

Our country western Square Dance in January was a fun evening for all. Those who participate didn't even have to bring a partner! They just came out to the dance floor and were paired up. Due to the nature of square dancing, couples didn't matter because of the fun effect of ever-changing partners. Even line dancing, another super fun country western style of dance, didn't require partners.

The Presidents' Birthday Party in February featured very special guests, George Washington and Abe Lincoln, who likely showed up just for the cake and make-it-yourself sundaes (Andy Ingram and Bill Kirchner – we know who you are.) However, in light of today's politics, we're sure Abe and George had a lot to discuss. Thanks to the SOJO singers and musicians for the great music. The night was delightful.

Many thanks to the Board and volunteers who make all our fun events happen for everyone at Hollybrook, even for non-members of the Italian Culture Club. Also, many thanks to the members who add to our success.

To those of you who will be heading north to your summer homes, we look forward to seeing you



Top: SOJO performs while (at right) "Honest Abe" Lincoln and "Potus 1" Washington eat cake and ice cream at the past presidents' b-day party.



Photos by Bill White

in the fall. Happy travels! We are sure the Board will be brainstorming new and different events to make next season an even better season, if that's possible.

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# Abandoned unoccupied units still on legal radar

*Provided by Querino Pacella,  
Legal Committee Chair*

The legal office became aware in 2013 through unit abutter complaints, maintenance department work order issues and attorney foreclosure status reports, that Hollybrook had a number of units that were unoccupied or abandoned and some of the units were in various stages of disrepair due to neglect on the part of absentee owners.

The Legal Office, working with the CEO, our legal counsel and the security department, began to address this problem because it is the association's responsibility to address the abutter's concern.

This is a very serious matter for our community due to climate control, mold, pests and rodent issues. It will always be an ongoing problem in need of attention.

The Legal Office has positioned Joan Whitcomb to coordinate the program at the Administration Building. Joan can be reached at 954-431-0600 ext. 253.

If you suspect that a unit is unoccupied or abandoned, please contact Joan. The unit will be placed in the system for inspection and remediation. Units in question are inspected by Bob Strongman and Norm Blondin.

*Cats - Continued from page 18*  
making your cat more comfortable. Veterinary care is essential if you cat is very young or old, has a disease that affects the immune system or has a chronic health condition or disease, such as kidney failure or diabetes. These pets may be more likely to develop pneumonia or other secondary infections and must be carefully monitored and treated promptly should complications occur.

You can make your cat more comfortable by using a cool mist vaporizer (placing it out or reach) to ease breathing, wiping discharge from the eyes and mouth with a moist cloth, providing a variety of foods to tempt your pet to eat, moving a litter box closer to your cat's preferred resting place, providing a warm bed away from drafts in a quiet part of the house.

Vaccinating your cat can provide protection from the flu. Although the vaccine is effective against most common strains of feline flu, it's possible that your cat could become sick if infected by a less common or new strain. Separating an ill cat from healthy cats is important if you have multiple cats. Washing bedding and blankets often and cleaning hard surfaces regularly will help protect your other cats from becoming sick.



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## Comfort food for mind, body & soul

Compiled by Nancy Kline

### BREAKFAST GRILLED CHEESE

#### Ingredients

2 eggs, lightly beaten  
 2 tablespoons milk  
 1/4 tspn salt  
 1/8 tspn ground black pepper  
 2 x 2" frozen waffles, thawed  
 1 tablespoon butter, melted  
 2 slices cheese  
 (American, cheddar, Colby jack, etc)  
 2 slices bacon, crisp cooked  
 Toppers like avocado, tomato, spinach, etc. (optional)



#### Directions

In a small bowl beat together eggs, milk, salt, and pepper. Lightly coat a 6-inch nonstick skillet with nonstick cooking spray. Preheat skillet over medium heat. Add egg mixture. Cook, without stirring, until mixture begins to set on the bottom and around edge. Using a large spoon or spatula, lift and fold partially cooked egg mixture so uncooked portion flows underneath. Continue cooking over medium heat for 2 - 3 minutes or until egg mixture is cooked through but is still glossy and moist. Remove from heat immediately. Brush one side of each waffle with melted butter. Top the unbuttered side of one waffle with 1 slice of cheese, the eggs, bacon, remaining slice of cheese, and any additional toppings. Top with remaining waffle, buttered side up. Return skillet to medium heat and cook sandwich for 3 minutes per side or until waffle is golden and cheese melts. To serve, slice in half.

### 4 Top Teas for Stress Relief

Troubled times call for measures that help us find peace of mind in natural, healthy ways.

Here are four teas to help you calm your internal storm.

1. *Peppermint Tea* - The menthol in peppermint is a natural muscle relaxer. Its low caffeine content makes it fine just before bedtime.

2. *Chamomile Tea* - Ingredients in chamomile are great for insomnia. Your body relaxes; irritability is reduced.

3. *Lemon Balm Tea* - Helps elevate mood and reduce the stress hormone cortisol.

4. *Passion Flower Tea* - Contains flavone chrysin which has anti-anxiety benefits and induces peaceful sleep.

### CHICKEN SALAD CROISSANTS

#### Ingredients

2/3 cup mayonnaise  
 1/2 cup dill pickle relish  
 1 tablespoon minced fresh parsley  
 1 teaspoon lemon juice  
 1/2 teaspoon seasoned salt  
 1/8 teaspoon pepper  
 2 cups cubed cooked chicken  
 1 cup cubed Swiss cheese  
 6 croissants, split  
 Lettuce leaves



#### Directions

Mix first six ingredients; stir in chicken and cheese. Serve on croissants lined with lettuce. Yield: 6 servings.

### POTATO CHEDDAR SOUP

#### Ingredients

1 28 ounce package frozen diced hash brown potatoes with onions and peppers  
 1/2 teaspoon salt  
 1/2 teaspoon curry powder  
 3 cups fat-free half-n-half  
 1 cup chopped miniature sweet peppers  
 1/8 - 1/4 teaspoon cayenne pepper  
 1 cup water  
 6 ounces cheddar cheese, shredded (1-1/2 cups)  
 Sliced miniature sweet peppers (optional)  
 Snipped fresh Italian (flat-leaf) parsley (optional)



#### Directions

In a 4-quart Dutch oven combine potatoes, chopped sweet peppers, half-and-half, salt, curry powder, cayenne pepper, and 1/2 cup of the water. Bring to just boiling. Reduce heat. Simmer, covered, over medium heat for 10 minutes or until potatoes are tender, stirring occasionally. Cool slightly. Carefully transfer about half of the soup mixture to a blender; add the remaining 1/2 cup water and blend until nearly smooth. Return to Dutch oven; stir to combine. Cook and stir over low heat until heated through. Stir in cheese until melted. Top servings with sliced sweet peppers and parsley.

# Diversions



## Daily Bridge Column by Frank Stewart

February 7, 2018  
Senior Knockout Teams

In the Senior Knockout Teams, a major event at the ACBL Fall NABC, two sponsored teams met in the final: Nick NICKELL (Katz, Levin-Rosenberg, Meckstroth-Rodwell) vs. Mike LEVINE (Wold, Clerkin-Clerkin, Jacobus-Passell). NICKELL led early, fell behind and was fighting back when today's deal arose. When West for NICKELL opened three spades, North doubled — winning my award for the most undisciplined call of 2017. If East had passed, South might have passed also. But when East redoubled, South unwisely tried four hearts. East-West doubled that and beat it by four tricks, plus 1,100.

### REPLAY

In the replay, West for LEVINE opened one spade, and North doubled. East bid 1NT, artificially showing length in clubs — ah, science — and South competed with two hearts. After two passes, East cue-bid three hearts, and East-West eventually landed at four spades doubled, down two, 500 points more to NICKELL.

NICKELL gained 17 IMPs, but they had losses on other deals and lost the match by 14.

### DAILY QUESTION

You hold: ♠ 4 ♥ A K 9  
♦ A 10 5 3 2 ♣ 9 5 4 3. Your partner

opens one spade, you respond two diamonds and he bids two hearts. What do you say?

**ANSWER:** You have two options, neither satisfactory. You can raise to three hearts, but you would suggest four-card support, and a trump lead against a heart contract might hurt. Limit your strength with a bid of 2NT. You lack a club stopper, but you do have length. Maybe partner will bid again.

West dealer  
Both sides vulnerable

**NORTH**  
♠ 4  
♥ A K 9  
♦ A 10 5 3 2  
♣ 9 5 4 3

|                |                  |
|----------------|------------------|
| <b>WEST</b>    | <b>EAST</b>      |
| ♠ K Q J 10 3 2 | ♠ 6              |
| ♥ Q 7 6        | ♥ J 5 2          |
| ♦ J 9 6 4      | ♦ K 8            |
| ♣ None         | ♣ A K Q 10 8 7 2 |

**SOUTH**  
♠ A 9 8 7 5  
♥ 10 8 4 3  
♦ Q 7  
♣ J 6

|      |          |       |       |
|------|----------|-------|-------|
| West | North    | East  | South |
| 3 ♠  | Db! (!!) | Redbl | 4 ♥   |
| Db!  | All Pass |       |       |

Opening lead — ♠ K

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## Daily Bridge Column by Frank Stewart

February 18, 2018  
Cy's Sense Of Romance

"I heard you split with your latest girlfriend," I remarked to Cy the Cynic. He dates at least three women a week and has had countless "permanent" relationships.

"We're back together," Cy said matter-of-factly. "I broke up with her on the 13th and made up on the 15th. I saved a fortune on money for roses and candy."

Cy's sense of timing isn't that good at the bridge table. As today's South, he landed at six spades after East opened a weak two-bid in hearts. West led a heart, and the Cynic took the ace and cashed the A-K of trumps. When East showed out, Cy continued with the top clubs and a club ruff, hoping for a 3-3 break. This time, West discarded.

Out of options, Cy took the king of diamonds and finessed with dummy's jack. He lost to East's doubleton queen, and West's high trump won the setting trick.

Cy could afford to buy his girlfriend a nice Valentine's gift with more careful play. After he takes the top trumps, he leads a club to the ace, ruffs a heart, goes to the king of clubs and ruffs the last heart. Cy then exits with a trump.

West has no more hearts. If he had a third club and led it, Cy would ruff, and dummy's clubs would be good. As it is, West must lead a diamond, and dummy plays low. East must

play the queen, and Cy is home.

This line of play offers many chances. Cy would succeed if West held, say, Q-x-x-x in clubs and either the ten or queen of diamonds. If West had Q-J-x-x in clubs and could exit safely when he took the queen of trumps, Cy could hope to guess well in diamonds.

East dealer  
Both sides vulnerable

**NORTH**  
♠ 9 8  
♥ J 5 3  
♦ A J 7  
♣ A K 10 6 2

|              |                |
|--------------|----------------|
| <b>WEST</b>  | <b>EAST</b>    |
| ♠ Q 7 2      | ♠ 10           |
| ♥ 7 6 2      | ♥ K Q 10 9 8 4 |
| ♦ 10 5 4 3 2 | ♦ Q 6          |
| ♣ J 4        | ♣ Q 8 7 3      |

**SOUTH**  
♠ A K J 6 5 4 3  
♥ A  
♦ K 9 8  
♣ 9 5

|      |       |          |       |
|------|-------|----------|-------|
| East | South | West     | North |
| 2 ♥  | 3 ♠   | Pass     | 5 ♠   |
| Pass | 6 ♠   | All Pass |       |

Opening lead — ♥ 7

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# Diversions

???????????

# For Laughs

## ACROSS

- 1 Present
- 7 Takes aback
- 15 \_\_\_ rose (edell-weiss)
- 16 Willing to take it
- 17 Controlled Dobbin
- 18 Clearance
- 19 Group of crooks
- 20 It may go with "cheese"
- 22 Beauty mark
- 23 Ceased
- 25 Finito
- 26 Type of dog or robe
- 27 South-of-the-border sun
- 28 Leered
- 30 Motivation
- 32 Fills the Minolta again
- 34 Rubbernecked
- 35 Little devils
- 36 Kayak or umiak

- 37 Public tantrums
- 40 Declare openly
- 43 Adjusted a piano
- 44 Swatch locale
- 45 Rapper name start
- 47 Physics unit
- 48 "Double Indemnity" author
- 49 Subway turner
- 51 Woods and Els, e.g.
- 53 Bartenders' fruit
- 55 Served an unreturnable ball
- 56 Opposite of a symbiont, in a way
- 58 Providing weapons for
- 60 Tiffany's staffer
- 61 From that place
- 62 Tramp ships
- 63 NCOs, for short

## DOWN

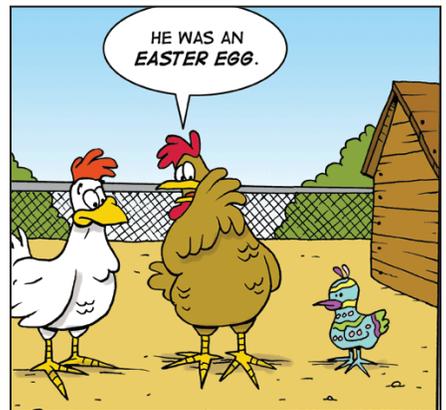
- 1 Erie canal craft
- 2 Rosalynn Carter's real first name
- 3 Turntable feature
- 4 Trace of color
- 5 Number needed for patience
- 6 Unites
- 7 Endeavors
- 8 Labored
- 9 Birch's kin
- 10 What "Alhambra" means, in Arabic
- 11 Mine car
- 12 Hand cream ingredient
- 13 Vatican City vis-a-vi Rome
- 14 Made Tea
- 21 Patterns
- 24 Fated to fail
- 29 Spaces

- 30 Novelist's progressions
- 31 Reprove
- 33 Genealogy
- 34 Whispers endearments
- 36 Pickle juice
- 37 Russian prairies
- 38 Raisin's relative
- 39 Glut
- 40 Early texts
- 41 Divvying up the pie
- 42 "The virtue of fools, to Sir Francis Bacon
- 44 Vittles deliverer
- 46 Window box perches
- 48 The "C" of C.S. Lewis
- 50 Circus worker
- 52 FDR's mother
- 54 Lazy days: abbr.
- 57 Capp's Marryin'
- 59 British pet-protecting gp.

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| 23 |    |    |    | 24 |    | 25 |    |    |    |    |    | 26 |    |    |
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| 60 |    |    |    |    |    |    |    |    |    | 61 |    |    |    |    |
| 62 |    |    |    |    |    |    |    |    |    | 63 |    |    |    |    |



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# Classifieds

SEEKING A DEPENDABLE, caring, and qualified personal in-home care professional? Norma Thompson (Hollybrook resident) is a Certified Nursing Assistant (CNA #90375) with over 20 years experience serving the elderly. Ready to provide live-in/live out care with integrity. Contact Norma at 954-549-5761 or norma308@bellsouth.net.

.....

FOR SALE: One bedroom apartment with 1 and 1/2 baths in the Towers. The first floor apartment has a spectacular view of the golf course and is within walking distance to the pool. Recently upgraded and modernized and fully furnished. If interested, call Sam Jimenez at 646-260-1678 for details.

.....

FOR SALE: SPECTACULAR 2beds/2baths in Phase 2 (21-304). Completely renovated with new kitchen cabinets, stainless steel appliances and granite countertops. New bathrooms and ceramic floors. Walking distance to pool and BBQ. Very modern. One of the best deals in Hollybrook. Call Robert 954-354-9592.

.....

A VENDRE: Envitez les froids de l'hiver dans un condo 2/2-Phase 2 (21 - 304) completeme renove. Nouvelle armoires de cuisine avec granite. Les salles de bain refaites. Planchers de ceramique partout. Tres moderne et parmi les plus beaux condos a Hollybrook. Appelez Robert 954-354-9592.

.....

TOWERS - For Sale or Annual/Seasonal Rental! 1 BR/1.5 BA. Fully furnished (Ethan Allen furniture) and fully renovated (model appliances). One of the best golf views in Hollybrook overlooking the PGA golf course 3rd hole. For information contact J. Rodrigues at 914-384-5227.

.....

FOR RENT - fully remodeled 2/2 - 58/309. Lovely view of Par 3. Can be rented with or without furniture. Annual rental preferred. Call Nancy 954-629-9502 for more details.



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plastic bags  
in  
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| S | T | E | A | M | E | R | S |   | S | A | R | G | E | S |

# Crossword Solution

## Classifieds

**FOR SALE 2BR/2BA Turnkey** Beautiful large Lake/Golf Course View. Recreation Lease PAID IN FULL! Absolutely 1 of the nicest places here. Recently updated! A MUST SEE! Don't Wait!

**FOR SALE** Turnkey quality 2 BR/ 2 BA with beautiful view of 16th green on Par 3 course. Tastefully furnished w/ extra built-in-storage and hurricane shutters. Recreation Lease PAID IN FULL. Priced so low it might be considered a steal!

**SEASONAL or ANNUAL RENTAL** 2 BR / 2 BA fully furnished and reasonably priced. Minimum 3 month rental. Enjoy our Hollybrook lifestyle and amenities. FOR SALE or LEASE OPTION TO BUY!

**FOR SALE** Turnkey 1BR/ 1.5 BA fully, expensively furnished. Available for immediate occupancy. I will provide the toothbrush - it's all you need. PRICED BELOW MARKET VALUE!

**ANNUAL RENTAL** Beautiful 2 BR / 2 BA upgraded with lots of nice features. Unfurnished. Rent for 1 year and LOVE Hollybrook forever!

**FOR SALE FIRST FLOOR 2 WAY WATER VIEW..** Glass enclosed patio. 2BR/2BA, granite kitchen, updated baths. MOVE RIGHT IN!

**I have SEASONAL RENTERS who need places for next year. Call!**

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*NO Excessive Processing Fee*

*Make your CHOICE for*

*Friendly and*

*Professional Service*

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**Etc...**

- **Broward Meat & Fish Company**
- Monday - Thursday - Saturday
- Drop off time: 10:00 am
- Pick up time: 11:15 am
- **Publix, Dollar Tree, Einstein Bagels, and Denny's Restaurant ONLY**
- Monday - Tuesday - Thursday - Fridays - Saturday
- **1st Trip**
- Pick-up at Hollybrook 9:30 am
- Drop off at Publix/Dollar Tree 10:00 am
- Pick-up at Publix/Dollar Tree 11:30 am

**Courtesy Bus Schedule**  
 Pick up order: Phase 2-1-5-3-4-6-Towers

**2nd Trip - Includes Broward Library**  
 Pick-up at Hollybrook 1:00 pm  
 Drop off at Publix/Dollar Tree/Library 1:30pm  
 Pick-up at Publix/Dollar Tree/Library 3:00 pm



**Wednesdays Only: Pembroke Lakes Mall and Super Walmart**  
 Pick-up at Hollybrook 9:30 am  
 Drop off at Pembroke Lakes Mall 10 am  
 Drop off at Super Walmart 10:15 am  
 Pick-up at Super Walmart 12:45 pm  
 Pick-up at Pembroke Lakes Mall 1:00 pm

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