



THE VOICE OF HOLLYBROOK

October 2021
No.143



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Answers to common questions

Summer is now over and we are into fall. Many of you have raised questions concerning issues in Hollybrook. Rather than listening to rumors, listed below are some questions and answers.

1) Why does it take so long for washing machines and dryers to be repaired?

Our contract, that was signed by a previous administration, calls for a machine to be repaired within 2 business days after being reported. There is no penalty clause written into this contract for non-performance. This has been a continuing problem. Our contract with the current company is up soon and we are starting to look at other providers.

2) Why does it seem that some in-house maintenance issues take forever to resolve?

Believe it or not most issues are taken care of within days. There are some more involved problems that could take additional time due to materials needed and also the lack of manpower. We have initiated a central call-in number and person where all maintenance requests go to. It is then sent to the proper person to get it done. This has streamlined the process and created a more accountable system. There has also been a change in responsibilities to different employees which seem to be making a world of difference.

3) How come, if the Board approved a project months ago, nothing has been started?

There are a few different reasons why a project could be taking additional time to get underway. In the past, some contracts were not reviewed by an attorney. There were provisions that were not favorable to Hollybrook. Now, an additional step of reviewing contracts takes place. There are also material considerations. Due to Covid-19 many supply chains have been disrupted and material is just not available. I would not allow the playhouse roof to be started until the contractor has all the material needed on hand. We would not want to be caught with an open roof while awaiting material. The carpet for the tennis courts was four months back ordered, as were the pavers for the patio. We continue to monitor each and every project and make changes when we can, such as switching from pavers to stamped concrete which can now be done in a few weeks weather permitting.

4) Do we now protect ourselves with new contracts?

Yes! All contracts now contain a start and completion date. Larger contracts have a penalty clause as well as retainage held. Retainage is usually 10% of the total contract held back until total completion of work; and if needed, signed off by an

inspector. The money we hold back helps protect Hollybrook if the vendor fails to live up to their contract.

5) How often does the board meet?

The board is required to meet at least nine times during the year. We, at Hollybrook, often exceed that number many times over.

6) Why is the Restaurant not open seven days a week and for shorter hours?

During the last year and a half good help has been extremely difficult to get. The current staff were working themselves to exhaustion trying to maintain the expanded hours. It was felt that by opening only five days we would have enough coverage and the staff would have two days a week off. Now that things are getting a bit better, we are again discussing more days and hours.

7) Is our maintenance going to increase hundreds of dollars due to the cost of insurance? Rumor is that we will be hit with a few thousand dollar assessment?

It is true that our insurance costs have increase by about \$850,000.00 and the 40-year study (for building safety recertification) adds about another \$150,000.00 in unanticipated costs to our budget. There is some good news, however. Our golf revenue is currently over \$400,000 ahead of last year. We have so far identified some additional money not spent in previous years - about \$150,000.00 - and there will be additional savings in payroll. We are also watching what we spend. It is too soon to project what will happen, but during the next few weeks I, along with Kyle, Alex and Mary, will be sitting down to review all income and spending. I can guarantee you that any increase will be a last resort. It may be necessary for a special assessment of \$250.00 - which is our limit - but I feel this would be a better resolution to a possible shortfall. As always, I will try to avoid both and will keep you aware of the process as we go forward. There are no secrets here. Each and every one of you deserve and have the right to know how your money is spent.

8) Will other projects that you promised be put on hold?

Yes and no. While some projects were already approved by the board, the funds have been set aside such as the vegetation perimeter along Pines Boulevard. The Phase 6 tennis courts repair has also been allocated for and will be completed. Some smaller projects, such as a dog run, can be funded and we are awaiting some legal issues to be cleared up. The redoing of our pools, chairs, fence and awnings, while still looking to be completed, will have to wait awhile until all budgets are looked at as explained previously.

There are many projects to accomplish; time, manpower

VOH Information

THE VOICE OF HOLLYBROOK

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Pembroke Pines, FL, 33025

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Ext. 262

Fax: 954-437-2969

Communications@hollybrook.com



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LETTERS TO THE EDITOR

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

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(3 month minimum)

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Full page	7½x10	\$240
Half page	5x7½	\$120
Third page	5x5	\$90
Third page	7½x3	\$75
Quarter page	3½x5	\$60
Eighth page	1¾x5	\$30
Eighth page	3½x2½	\$30

Color

Call for rates

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

VoH Submission Procedures

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

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

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

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

2. That all articles by the VOH staff, prior to publication, must be thoroughly screened for accuracy of facts. Subjects should be local and news items should report facts. No advocacy position is to be expressed in any articles. Neither the Officers, the Editor, nor the Business Manager assume personal responsibility for the ads or articles printed herein.

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

Board Members

HOLLYBROOK OFFICERS

President - ALAN EISMAN

Vice President - GILLES CHEVRIER

Treasurer - MARY LOPRETO

Financial Secretary - JONI ESSER-STUART

Recording Secretary - ELAINE YOST

PHASE DIRECTORS

Phase 1 - WOODY FISHER, RAYMOND

PRIMONATO, CAROLE RAPPAPORT

Phase 2 - REINE FORTIER, ALAN HORN,
ALI MUNJU

Phase 3 - MICHAEL EATON, ENRIQUE
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HIPPI, MYRA MARKOWSKI

Phase 5 - ANDY INGRAM, STUART KLAR,
VIRGINIA WEBBER

Phase 6 - ROINN BRUNO, GREG
JAMIESON, MATTHEW SARNELL

Towers - ANN PETERSEN, SAL DIPP

Unit Sales



Hollybrook

'Welcome'
New
Neighbors

BLDG/APT	SELLER - BUYER	BDRM	PRICE
03-107	Blain to Latour	2	\$95,000.00
07-209	Hernandez to Studier	2	\$180,000.00
09-206	Mejia to Tatulis	1	\$70,000.00
11-104	Gagne to Meltz	2	\$128,000.00
16-304	Furtado to Soulier	2	\$150,000.00
25-208	Daniel to Diaz	2	\$120,000.00
28-203	Giraldo to Zamora	2	\$150,000.00
28-307	Esguerra to Lember	2	\$150,000.00
29-104	Lau to Granados	2	\$122,500.00
32-102	Webster to Pueda	2	\$140,000.00
33-308	Francoeur to Simon	2	\$135,000.00
44-105	Davis to Torres	2	\$145,000.00
50-103	Santiago to Diaz	2	\$175,000.00
54-202	Barbeau to Mathieu	2	\$177,000.00
56-308	Johnson to Potvin	2	\$130,000.00
62-103	Myers to Parsons	2	\$120,000.00
66-216	Ayllon to De Miranda	1	\$87,500.00

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Vice President's Message From the desk of Gilles Chevrier



VP Project Update

INSURANCE SEARCH

Your Board created the Insurance Advisory Committee so that, for the first time in 15 years, we made sure that we were getting the best coverage and price for this major annual expense. I have chaired the committee on which George Nozick and the late Towers Director John Campbell have also served. After making sure that the renewal of our property policy in May was the best deal that we could get, we went through the same process for other policies that were due for renewal on October 1.

In mid-July, we had two brokers left in the bidding process to choose the carriers that they would go with to obtain

quotes. I can report that the premium we were presented with by Brown & Brown in September was the best deal. In these times of uncertainty in the Florida insurance world, we were fortunate that our incumbent carriers renewed our policies with reasonable increases. Many other condominium complexes such as ours were denied renewal or faced increases more than double what they paid in the previous year. That is why I made the motion at the September Board meeting to accept the renewal. Your Board made sure that the process was carried out, per Florida Statute, for the first time in 15 years.

OWNERS' APPLIANCE & AIR CONDITIONING MAINTENANCE CONTRACT

As previously reported, we reached out to three maintenance companies for competitive prices on the same contract. One of the three did not represent an organization that we could rely on to carry out the contract properly for our resi-

dents. Another did not feel they could agree to the wording of the contract and its obligation. Remember, even though the President of Hollybrook signs the Master Agreement, it is left to the individual owner to sign their own contract. After complaints from numerous owners concerning the wording and exclusions contained in the previous contract, the present Administration felt it necessary to revisit the Master Agreement. With our Legal Chair and the President, we tried to produce a Master Agreement that would meet unit owner needs. General Manager Kyle Hatakeyama picked up the ball and met with the President of TOTAL to iron out our differences. You will see a revised contract for the coming year, which will be sent out next month, that should more clearly meet the needs of our owners.

I have always felt that my duty as an Officer was to work for our owners and defend their interests and I will continue to do so.



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2021 HURRICANE SEASON

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

WHAT IS A HURRICANE?

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



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

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

WHAT IS A TORNADO?

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

HURRICANE WATCH VS WARNING?

HURRICANE WATCH =

CONDITIONS POSSIBLE WITHIN THE NEXT 48 HOURS

HURRICANE WARNING =

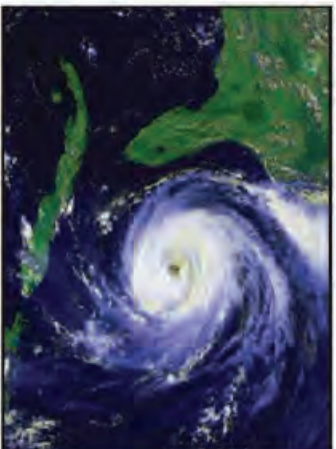
CONDITIONS EXPECTED WITHIN THE NEXT 36 HOURS

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

PREPARATION BEFORE THE STORM

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

For quick reference pull out and hang on your refrigerator.



PREPAREDNESS GUIDE

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

BUILDING AN EMERGENCY KIT

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

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

BASIC FIRST AID KIT – sterile gloves, sterile dressings, soap and antibiotic ointments, antiseptic 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 or 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 have last minute essentials in a "Grab & Go" bag.

Local Emergency Telephone Numbers

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



For quick reference pull out and hang on your refrigerator.

THE VOICE OF HOLLYBROOK

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Treasurer's Report



From the desk of Mary LoPreto Dollars & Cents

The design and implementation of the Hollybrook Golf & Tennis Club budget is meeting our maintenance needs while addressing improvement ideas.

Total monthly operating expenses for August are at 105.48 % and YTD is 98.88 %

Please feel welcome to contact me with a question or concern.

**ATTENTION ALL RESIDENTS - STAY TUNED
REGULAR BOARD OF ADMINISTRATION MEETING
7:30 P.M. , OCTOBER 20, 2021
IN THE ADMINISTRATION BUILDING via Zoom
Watch LIVE ON CHANNEL 93
In Person Attendance is Limited**

President - Continued from page 3

and money dictate prioritation. I will keep you updated.

Sorry for the oversight in previous columns. I want to thank two additional members of the Security Committee for all their hard work: Joe Riley and Ricardo Santos.

Please Note: Due to the fact that our Financial Secretary has not provided you- the unit owners- with the customary monthly report. I will include a brief recap of it here.

There are 20 units in collection in the amount of \$155,520.

There are six units that have not yet paid July maintenance in the amount of \$8,640. We expect to receive two or three payments in the coming few weeks. This should amount to \$3,000 to \$4,000 dollars. October maintenance is due now and this includes the restaurant card fee. Remember, if you owe any money, no matter how small, you will **not receive** your restaurant card until your balance is cleared. Cards can be picked up towards the end of October. Keep an eye out for a letter letting you know when and where You can clear up your balance when you pick up your card if you wish.



HOLLYBROOK'S #1 REAL ESTATE CHOICE

CONTACT MARTIN TODAY!
954-802-5929
mcohen@AMGfamilyrealty.com



Martin Cohen P.A
Broker / Manager

Martin Cohen, GRI with 29 years Real Estate experience, is a long time/full time owner/resident in Hollybrook. He lives here with his lovely wife Rosanne Wexler Cohen. Originally from Windsor, Ontario, CANADA.

Martin knows how to sell Hollybrook!

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QUESTIONS TO ASK BEFORE HIRING A REALTOR® IN HOLLYBROOK

Hiring a Realtor® to help you **SELL** or **BUY** your apartment in Hollybrook is an important decision – one that can make the difference in how much money you make or save.

- How many closed transactions have you had in Hollybrook in the last 12-18 months?
- How familiar are you with Hollybrook's ever changing requirements?
- Are you familiar with the Florida Condominium Governance Form?
- Are you an owner/full time Hollybrook resident?
- How far is your office from Hollybrook?
- How extensive is your marketing plan?
- Do you use professional photography, videos and virtual tours for all your listings?
- What financial consideration do you give if no other Realtor® is involved in the transaction?
- Do you prepare a Comparative Market Analysis for Sellers and Buyers?
- Do you have a team (Title Company, Attorney, CPA, Insurance Agent, Cleaning Crew, Photographer, Handyman, Trash-out resource, Plumber, Electrician, Painter, etc to help me when I need them?
- Can you help me to avoid the FIRPTA withholding tax (15% for Foreign Sellers)?
- What experience do you have in negotiating for me?
- What professional designations do you have? How do they help me?
- Are you familiar with ALL of Hollybrook's amenities? How do you promote them?
- How many listings do you have in Hollybrook? How do you leverage your listings to sell my place?
- What is your communication plan?
- Do you just show your own listings?
- Why do Buyers and Sellers like working with you?
- Why do other Real Estate Agents like working with you?
- How long have you been a Realtor®?
- Are you a full-time Realtor® or do you only do this part-time?
- WHY SHOULD I CHOOSE YOU?

Contact me for my answers to all of these questions?
I know you'll be happy with all my answers!

HOLLYBROOK'S #1 REAL ESTATE CHOICE
MARTIN COHEN
954-802-5929
mcohen.amgfamilygroup@gmail.com

4

SOLD
LAST MONTH

CURRENT LISTINGS

Phase V – GORGEOUS WATER VIEWS! 1st Floor 1BR/1.5BA, Furnished, Cul-de-Sac across from pool. Neat and Clean. Recreation Lease **PAID IN FULL!** **MOVE RIGHT IN! PERFECT!**

PHASE V – FANTASTIC LAKES & GOLF VIEWS! 2BR/2BA, 2nd Floor. Special Floor Plan. Walk to Clubhouse & Pro Shop. Recreation Lease **PAID IN FULL!** **WON'T LAST LONG! PERFECT!**

PHASE IV – 1BR/1.5BA on 11th GREEN (par 3 Course) **LOW PRICE** reflects need to update. **WORTH SEEING!**

PHASE I – BEAUTIFUL WIDE LAKE VIEW! North/ South exposure. 1st Floor 2BR/2BA; All Tile Flooring. Hurricane Accordion Shutters! Recreation Lease **PAID IN FULL! MUST SEE!**

PHASE IV – 1ST FLOOR WIDE WATER FOUNTAIN VIEW! Quiet cul-de-sac. 1st Floor 2BR/2BA (Granite). Tile throughout. Recreation Lease **PAID IN FULL!** **PHASE I – 1ST FLOOR WIDE LAKE VIEW!**

PHASE I – 2BR/2BA FRESHLY PAINTED THROUGHOUT. Open eat-in-kitchen with raised ceiling. Newer AC. Steps to the pool. **PRICED TO SELL FAST!**

PHASE 5 - 1BR/1.5BA 2nd Floor Corner. Par 3 Course. Water views. Short walk to clubhouse, restaurant and Pro Shop. Recreation Lease **PAID IN FULL!** **ENJOY HOLLYBROOK!**



SEASONAL RENTALS
NEEDED
LONG WAITING LIST
TOP \$\$\$



EVERY LISTING
PROFESSIONAL PHOTOGRAPHY!



City and County



From Broward County District 6 Commissioner Beam Furr Redistricting to happen

Every ten years, one of the most crucial processes in our American democracy happens – redistricting. With the release of new Census Data at the start of every decade, redistricting begins which can make or break how a community is represented. This year’s process has begun in earnest, with a fair and independent drawing of maps at the Broward County Commission level that will shape our politics for the next decade.

Redistricting is required by the United States Constitution. Our founding document mandates that all levels of govern-

ment – federal, state, and local – undergo the process to coincide with new Census results. The drawing of lines will include new districts for the County Commission, State House and Senate, Congress, School Board and even some cities (including Pembroke Pines) to match the movement of population and demographics. The process often brings significant legal challenges and hotly contested debates due to the significant impact on election results. Even a very small shift in how the line is drawn can completely swing an election to one party or candidate. The stakes are high, and in our polarized environment, they have never been higher.

Each jurisdiction has their own redistricting process, with the Florida State Legislature and Congressional Districts drawn by legislators in Tallahassee *in a closed session*. In

Furr - Continued on page 29



From Pembroke Pines Mayor Frank C. Ortis Happy announcements

I am happy to announce that the Department of Motorist Services Mini-FLOW (Florida Licensing on Wheels) program is back again at Pembroke Pines City Hall. It is quick, easy and convenient for handling services that include changing your out of state driver license to a Florida license, renewals, making duplicates for lost or stolen licenses, address and/or name changes, ID cards, license reinstatements and emergency contact information registration. No written or driving tests will be provided.

Mini-Flow will be at City Hall 10 a.m. – 1:30 p.m. on the

first Tuesday of every month; first come first serve up to 40 people. Before coming, check out the licensing and proof of identity requirements at <https://www.flhsmv.gov/driver-licenses-id-cards/what-to-bring/>

Help celebrate Florida City Government Week, October 18-22. Sponsored by the Florida League of Cities, residents are encouraged to learn more about their municipal government, become aware of services that Pembroke Pines provides, and learn how our city government works. PLUS – join me for coffee 8 a.m. – 9:30 a.m. on Wednesday, October 20 in the lobby of the Charles F. Dodge City Center, 601 City Center Way. You’ll also get a chance to meet people from various departments. Ask us about what makes Pembroke Pines great.

October is a busy month for Pembroke Pines and we hope

Ortis - Continued on page 29



From Pembroke Pines Dist. 1 Commissioner Tom Good Bow Wow Ween is back

I know, I know, I sound like a broken record, but Hurricane Season is not over yet. We’re almost at the end, but reminder to continue to be vigilant. If you haven’t yet, please visit www.ppines.com/hurricane for information and resources keep you prepared.

We’re so pleased that the Carl Shechter Southwest Focal Point Community Center has re-opened its doors and is now safely providing classes, programs and activities that we missed so much. This month the center is holding its annual “Walktober” for registered members. The free event challenges participants to walk 31 minutes every day in October - that’s 31 days. A group walk happens at the center every Monday from 9 - 10 a.m., with a certified fitness instructor, nutritional guidance and a weigh in, if you choose. For more

information on this and other activities, call 954-450-6888. Remember, COVID-19 safety guidelines must be followed.

Congratulations to the new Miami HEAT Golden Oldies. From our city alone, 42 men and women auditioned at the Center to be part of the renowned dance team. The competition was tough. I look forward to their performances at the games. If you were one of the competitors, please let me know! And if you are on the team, may I have your autographed picture? Please?

Autumn in South Florida may not look the part with fall-colored leaves bouncing on cool breezes, but Pembroke Pines is bringing back annual free events that will safely put us all in that brisk fall mood. My favorite event is Bow Wow Ween and my dogs know it’s coming because they get to go shopping and try on different costumes. The atmosphere is a lot of fun with so many other dogs “dressed to the nines!” If you get a chance, come on out and bring your dog, or camera, for a fun late-morning time. Meet us Saturday, October 9, at Craig Rupp Dog Park. Check the city’s calendar at www.ppines.com.

Good - Continued on page 29

40-Year Recertification inspections, so far smooth sailing

Resident cooperation helps ease process

Broward County's mandatory 40-year condominium recertification is underway in Hollybrook and moving forward without significant safety concerns.

Led by Compliance Officer Beatriz Goycochea, Security Chief Mike Tirado and Inspector Angel Marquez, of G. Batista Engineering & Construction firm, the inspections began in earnest during the second week of September. So far, Buildings 50, 51 and 52 and all units in the Towers have been inspected. As of this report, all except Building 11 in Phase 1 were to be finished by October 6.

Other Hollybrook employees helping in the effort include Vlad Torres, Sands Egerton, Clifton Dinnal and Sydheer Joseph.

Hollybrook management hoped that buildings would be inspected in a continuous flow, and that the project would be completed in a few short months. The

first several weeks were successfully executed in that manner. However, because condominium inspections in Miami-Dade and Broward County became urgent after Champlain Towers South, a beachfront condominium in Surfside, collapsed on June 24 leaving 98 people dead, engineering firms have been saturated with contracts.

"It won't be done as quickly as we expected, but we are not skipping any units or cutting any corners. We are doing whatever is necessary for full safety inspections at every apartment,"

Chief Tirado said.

Hollybrook's contract went to G. Batista Engineering & Construction following an extensive search and bid process. Money for the project had already been allocated and the structural inspection was expanded to include all Hollybrook patios and balconies.

Officer Goycochea said most of the inspection is done outdoors at the exterior of the

40-Year Recert - Continued on page 16



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## WHEN WE WISH UPON A DOG PARK DREAM

By Joan Whitcomb



Photo by Elaine Yost

Dogs of Hollybrook (left to right) Mayling, Doozie (aka Helena), Chelsea and Riley seem in search of a friendly dog park in their neighborhood.

Hollybrook dogs that dream of escaping into the freedom of a Pembroke Pines dog park may see their wishes become reality even closer to home.

Ideas for the first Hollybrook dog park are being brainstormed and seriously considered, said President Alan Eisman.

area across from Building 47 at Phase 6, will likely include two double gated entrances, benches, a water source, and dog waste containers.

But what dog park rules would make sense for pet parents and their pooches?

“We welcome input and ideas from ev-

eryone,” Alan said.

Most rules under consideration for the dog park are already mandated for Hollybrook pets wherever they promenade, but here are rules that will likely be implemented at the dog park, too: All dogs must be registered with Hollybrook Animal Control (tagged and current with vaccines); no dogs over 20 pounds will be allowed, *no exceptions*; owners will be responsible for all of the actions of their dogs; all pet waste must be picked up and disposed into designated containers; gates must be kept closed at all times; and if the dog barks excessively or displays aggressive behavior, the owner must leave the park. Additionally, the dog park hours will be 10 a.m. to sunset Monday through Friday and 11 a.m. to sunset on Saturday and Sunday.

Email suggestions and comments to President Alan Eisman at [president@hollybrook.com](mailto:president@hollybrook.com) or leave a message at ext. 231 in the Communications Office.



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



**CANINE**

**CASTING CALL**

Calling on all Hollybrook canines who would like to be featured in our full color 2022 Hollybrook Hounds Calendar. This pilot project will spotlight our four-footed family of male and female canine companions who are experienced in conveying puppy eyes and attitudes that steal our hearts.

If you have a cute canine companion who fits the description, please submit a color photo electronically (via email), along with your name, building/unit number, contact phone, pet's name and Hollybrook tag number.

We'll accept photos through October 25. This will allow us time to create the best collage showcase for our Hollybrook Hounds and have the calendars printed and available by Thanksgiving - *plenty of time for holiday gifting!*

We'll include a special tribute section for Hollybrook Hounds who have passed on. If your fur baby crossed the Rainbow Bridge during the last 18 months, please send their picture so we may honor them by including them.

Please send your expressions of interest, questions, photos and pertinent details to [communications@hollybrook.com](mailto:communications@hollybrook.com). We will provide additional information as it becomes available.



# WE'RE BACK!

What a year this has been! Lesson #1 - we are so much happier when we are in the company of others. Lesson #2 - wearing sweat pants for a year is an invitation to gain 15 pounds! It's time to get together with our friends, reengage our minds, and get back into shape!

We can't wait to see you at The Carl Shechter SW Focal Point Community Center. You can hear the clicking of the dominos, the break of the billiard balls, the rhythm of the treadmills, and the whir of the stationary bikes. Register for Tai Chi, Yoga, or Zumba classes or head to the pool for water aerobics!

Settle into your seat for your meeting, your meal, or your conversation with a friend. Classes are back in session and you can feel their energy! Pottery, flower arranging, English classes, Spanish classes, computer classes, salsa, stretching, meditation, chair fitness, how to use an I-Phone...and more! And the clubs and workshops! From bridge and card making and the photography club to the magic created by Marvelous Hands and the beautiful words crafted in the writing group...they're all waiting for you. We're all waiting for you. Put on your mask and join us. We have an elbow bump with your name on it!



¡Qué año ha sido este! Lección n. ° 1: somos mucho más felices cuando estamos en compañía de otros. Lección n. ° 2: jugar pantalones deportivos durante un año es una invitación a aumentar 15 libras! ¡Es hora de reunirnos con nuestros amigos, volver a involucrar nuestras mentes y volver a estar en forma!

Estamos ansiosos por verte en el Centro Comunitario Carl Shechter SW Focal Point. Se puede escuchar el chasquido de las fichas de dominó, la rotura de las bolas de billar, el ritmo de las cintas de correr y el zumbido de las bicicletas estáticas. Regístrese para clases de Tai Chi, Yoga o Zumba o diríjase a la piscina para hacer aeróbicos acuáticos.

Acomódese en su asiento para su reunión, su comida o su conversación con un amigo. ¡Las clases están de vuelta en sesión y puedes sentir su energía! Cerámica, arreglos florales, clases de inglés, clases de español, clases de computación, salsa, estiramiento, meditación, ejercicios en silla, cómo usar un I-Phone... ¡y más! ¡Y los clubs y talleres! Desde el bridge y la creación de cartas y el club de fotografía hasta la magia creada por Marvelous Hands y las hermosas palabras creadas en el grupo de escritura ... todos te están esperando. Todos te estamos esperando. Ponte tu máscara y únete a nosotros. ¡Tenemos un golpe en el codo con tu nombre!

# ¡ESTAMOS DE VUELTA!

# News

40-Year Recert - Continued from page 12 buildings, but entry into each apartment is essential for checking smoke alarms and electrical panels, and gaining access to patios and balconies. The vast majority of Hollybrook unit owners have complied with rules that require them to provide duplicate door keys to the Security Department for emergencies or instances such as the mandatory inspection. On average, two buildings can be inspected in one work day – but delays occur.

“Some unit inspections can take a few minutes, others more because we don’t have a key and have to stop,” Officer Goycochea said. In those cases, the locks are changed on the spot and the new keys are held in the Security Department until the unit owner pays the cost of the new lock and picks up the new key.

Residents can help speed indoor inspections by providing the duplicate key; moving items such as artworks, lamps



Chief Mike Tirado



Officer Beatriz Goycochea

and furniture away from the front of electric panels; and by making sure smoke detectors are in working order. National Fire Prevention Week, October 3 - 9, is a good time to remember to replace the batteries in your smoke detector. Call the Administration Building for help, if needed.

Unit owners are advised as close to the date of their inspection as possible. Typically, notices are placed at conspicuous

locations on a building scheduled to be inspected within 48 hours. Emails, called eblasts, are also sent by the Communications Office to those unit owners if (by Florida law) the unit owner has provided proper authorization to receive Hollybrook emails.

To be included in eblasts, please send an email to [Communications@hollybrook.com](mailto:Communications@hollybrook.com) from the email you wish to register. Include your name, building, unit, and telephone number. You may also come to the Administration Building to fill out a paper permission form that will be kept on record as proof of your authorization.

### QUESTIONS ABOUT THE 40-YEAR RECERTIFICATION INSPECTION?

Call Security Chief Mike Tirado at ext. 233 or Compliance Officer Beatriz Goycochea at ext. 270

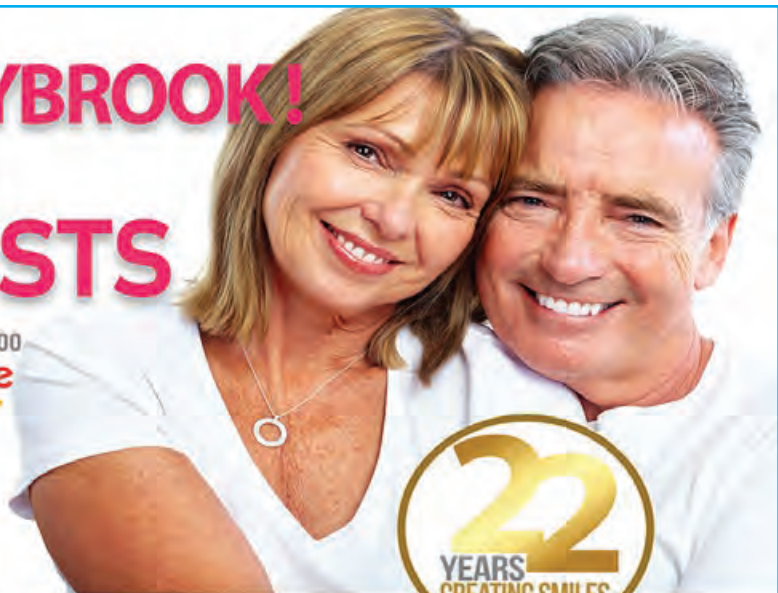
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## Investing a little time may save you a lot of dimes

Renewing your auto insurance policy? You may be able to save some money by taking a safe driving course.

For many years, the late Terry Stucki organized AARP Smart Driver Courses on site at Hollybrook for residents. In September, Board Member Joni Esser-Stuart picked up the torch and compiled information that you may use online now or wait until January when Joni will host a classroom style course in the Social Hall.

Here are some potential benefits:

- \* Improved driving ability
- \* Possible auto insurance discount
- \* Learn defensive driving techniques
- \* Acquire several useful tips for proper vehicle maintenance



### Hollybrook AARP Smart Driver Course Information

**When:** Thursday, January 20, 2022

**Time:** 10:00 a.m. – 4:00 p.m.

**Where:** Social Hall

Pre-registration is required, checks or money orders should be made payable to AARP in the amount of \$25. The

cost for current AARP members is \$20. Please leave your payments for Joni prior to December 30 to ensure a reservation for the course.

The online program is self-paced and can be completed in the comfort of your home in under two-months. Additional information for the online course can be found at <https://www.aarp.org/>

## Wills, Trusts and Medicaid Planning... We're Here To Help

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- **Incapacity:** Make your voice heard in the event you lose legal capacity to manage your assets
- **Remarriage Protection:** Keep your inheritance in the family if your spouse remarries
- **Medicaid Planning:** Learn how to qualify for Medicaid to pay your nursing home costs



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Attorney Nydia Menéndez has been a member of the Florida Bar for 29 years. She is the "Voice of the Voiceless" and makes sure clients understand the importance of an Estate Plan tailored to the specific needs of their families.

## Safety first: Enjoy the ride, arrive alive

By William Brittain

(Edited, reprinted from March 2021)

With 10 miles of asphalt at Hollybrook to ride our bikes in the beautiful Florida sunshine we must be mindful of safety and of respectfully sharing the road with other cyclists, pedestrians and vehicles.

### # 1: Bicycle and Pedestrian Directions

- Bicycles must ride on the right side of the road going the same direction as the traffic. It's the law.

- Walkers must walk against traffic (traffic coming toward you). When walking with more than one person or one or more pets, beware of oncoming traffic and step to the side of the road so cars are not forced to move into a lane where there could be oncoming traffic. If you stop to chat with friends along the

way, step off the road.

- Ride your bike in the middle of the lane using a mirror to keep an eye on what is behind you and your eyes looking ahead for cars backing out of a parking space. Some people suggest riding to the right of the lane, but if someone starts to back out of a parking space in front of you there is little time to swerve out of the way. The mirror helps you see an approaching car; you can then move right.

### # 2: Bicycle Safety

- **Wear a helmet!**

- **Keep your brakes working properly.**

- **Mirror:** Because we bicycle in the same direction as traffic, a mirror on the left handlebar is important to help you see when a vehicle is coming

*Bike safety - Continued on page 25*

## Overseeding Dates Set

*Golf course closed Oct. 12 - 15*

Overseeding, a twice yearly and vital golf course maintenance undertaking, is scheduled for Hollybrook's PGA course from Tuesday, Oct. 12 through Friday, Oct. 15. The four-day project is one of the most important processes to create thick, cushiony grass perfect for setting golf balls up for better playability. It also promotes and secures the beauty of the course, which is lauded by golfers throughout South Florida.

To ensure that overseeding is successfully executed, the course must stay closed all four days. Watering of the course will seem excessive to some residents during that time, but it is essential. Water use will be closely monitored by skilled golf course technicians led by Greenskeeper Osmar Mena.

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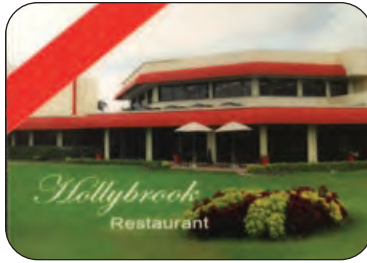
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We adhere to all city, state and federal guidelines and protocols in a safe and secure environment.

## Maintenance fee, restaurant card time

By MJ Boxall

It's that time of year again. With the Board of Directors having adopted the 2021/2022 budget, a \$225 charge for the 2022 Restaurant Card is included in your October 2021 maintenance fee. Disbursement of the new card will begin during the last week of October. You may begin using it right away, if you choose; but remember - it will expire on December 31, 2022.



To receive the card, your Hollybrook account must be paid in full including the October 2021 maintenance payment. The complete October payment is \$1,594.00 for Phase 1-5 and the Towers; the payment is \$1,914.00 for Phase 6.

There are options available to receive your card: by mail; in person by you; or picked up by a designated person you choose.

**Mail** – An eblast, sent out September 23, contains links to the form for the unit owner to complete and send to Administration. The mailing address is Hollybrook Golf & Tennis Club, Attention Celene, 900 Hollybrook Drive, Pembroke Pines, Florida, 33025. You may choose to email the form to [controller@hollybrook.com](mailto:controller@hollybrook.com) or fax it to 954-437-2969.

**Pickup** – Certain pick up dates are set aside for each Phase. The pickup spot will be at the east door of the Administration Office, by the Memory Garden/bicycle racks, **between 9 - 11 a.m.**

**Phase 1 – Monday, October 25**

**Phase 2 – Tuesday, October 26**

**Phase 3 & 6 – Wednesday, October 27**

**Phase 4 – Thursday, October 28**

**Phase 5 & Towers – Friday, October 29**

**By Designated Person** - If you choose to designate someone to pick up your card, you must complete form RC1900. The form must be signed by the unit owner. You may obtain the form through email, through our website, or in person at the Administration Building reception desk.

**For unit owners still in Canada** - Your cards may be kept in the office; you may have it mailed to a local address (*not Canada*); or you may have someone pick it up for you by completing the RC1900 and sending it to Celene Pedersen.

**Questions? Call the Controller's Office at ext. 236**

## Restaurant offers meatless options

Vegetarians can leap for meatballs, minus the beef, at The Restaurant at Hollybrook.

“Any recipe that we use ground meat for can now be made into a vegetarian plate,” said Restaurant Manger Heather Giblin.

Brand new on the menu is Veggie Lasagna, made with meatless marinara sauce, plenty of garden vegetables and vegetarian pasta (\$14.94). The lunch entrée comes with soup or salad. For \$3 more, the dish becomes fabulous dinner with salad or soup, rolls and complimentary dessert.

The popular Pasta Primavera lunch entrée, served with fresh steamed vegetables and choice of side salad or soup, is already available with meatless marinara sauce (\$11.95). Now, vegetarians may add a hearty meatless burger (\$17.95).

If you love vegetarian tacos, order a taco salad meatless for the same great price (\$12.95) that beef and chicken lovers enjoy!

“Even our dinner specials can be meatless. When we’ve got spaghetti and meatballs or meatloaf for dinner – or anything usually made with ground beef at any time - we’ll make it for you meatless,” Heather said. “All you have to do is ask.”

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**Thursday, October 28**

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## 'Willkommen' to 'Cabaret'

Hollybrook's going to PPTOPA's Cabaret

By Judy Thomas

Twenty months after the stage went dark due to COVID-19, Pembroke Pines Theatre of the Performing Arts (PPTOPA) is ready to raise the curtain on the 2021-2022 season. What better way than with the always spectacular musical *Cabaret*?

"Cabaret is the perfect show to bring to the PPTOPA stage right now," said Director Jeffrey Bruce. "The themes in this show highlight the dangers of being afraid of and vilifying people different than we are, racism, and the importance of inclusion."

The show runs Oct. 22 - Nov. 7. Shows are 8 p.m. Fridays and Saturdays, and 2 p.m. on Saturdays and Sundays. Hollybrookers Jay Maxwell and Wendy Marrero are PPTOPA members.

Based on a play by John Van Druten and the book by Chris-



topher Isherwood, the musical takes place during the rise of Naziism in Berlin, Germany. With music by John Kander and lyrics by Fred Ebb, a garish master of ceremonies welcomes the audience and assures them they will forget all their troubles if they escape into the cabaret filled with songs, dance and bold, bawdy humor.

*Cabaret* explores the tumultuous life of Berliners as the Third Reich comes into power. Musical numbers include "Willkommen," "Cabaret," "Don't Tell Mama" and "Two Ladies."

Hollybrook has already purchased 25 tickets in advance for the 2 p.m., Saturday, October 30 show. Tickets are on sale at the Communications Office for \$17 each; more may be ordered as needed and if seats are available. For other dates, tickets may be purchased at [www.pptopa.com](http://www.pptopa.com) or by calling 954-437-4884.

PPTOPA President Geoffrey Short said that the pandemic has been challenging for all arts groups.

"Now, we are so excited to welcome back audiences after having to be dark for so long," he said. "(And) we're working hard

to ensure a safe and healthy environment for patrons."

Many protocols are in place including: cast, crew and patrons, must wear masks while indoors; PPTOPA members are vaccinated; no congregating will be allowed, and two separate doors will be used to enter and exit the building. Social distancing will be maintained.

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# Your Health



## Pros & Cons of Coffee

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

Coffee has many benefits. It gives you energy, makes you feel smarter and upbeat, provide some nutrients, and may protect you from dementia. But if you drink too much coffee, you may suffer some negative effects.

### NEGATIVE EFFECTS OF COFFEE

Too much of the beverage can cause anxiety and agitation because of its caffeine content, so be sure to limit the cups of coffee you drink per day. Because consuming more than six cups of coffee daily can be detrimental, limit yourself to two or three cups, maximum.

Drinking your java in the afternoon or evening may cause insomnia; caffeine will keep you restless and fully awake. The same coffee you drank in the morning should keep you alert and energized.

If you have cholesterol problems, you might watch your coffee intake because it could increase your LDL (bad) cholesterol and triglycerides. However, research shows that filtered coffee generally reduces those effects.

Because coffee decreases the amount of calcium in your body and can lead to weakened bones, people with or at risk of osteoporosis should consider reducing their coffee intake or switching to decaf.

### POSITIVE EFFECTS OF COFFEE

Alzheimer's disease, the most common

neurodegenerative disease, is the leading cause of dementia worldwide. In order to prevent it we must eat healthy and exercise at least three times a week (which could be a simple 30-minute walk). Remarkably, several studies have shown that coffee drinkers have up to a 65% lower risk of Alzheimer's disease.

Other studies indicate that coffee drinkers have a 30 to 60% lowered risk of Parkinson's disease, and a Harvard University study revealed that drinking coffee may lower the risk of depression by 20%. Other studies show that coffee drinkers have a 40% less risk of liver cancer and 15% lower risk of colorectal cancer.

Coffee has a high content of antioxidants and has some nutrients like B2, B3, B5, manganese, potassium and magnesium, which gives us that happy, upbeat feeling. If you have asthma, drinking a couple of cups of coffee may help you to breathe better.

All said, if you enjoy the taste of coffee like I do, have a cup or two in the morning to feel chipper and more alert and to benefit from other good things that come with java.

On the other hand, if you cannot tolerate coffee because of some side effects, then stay away! Try herbal tea or just plain hot water with a fresh squeeze of real lemon.

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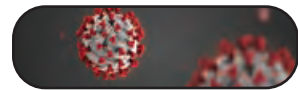
8:30 a.m. - 11:30 a.m.



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- behind you. Some use two mirrors.
- **Light and reflectors:** Reflectors are great day and night to let others know you are present. Use a light in early morning and at dusk so that motorists see you.
- **Horn:** A horn notifies someone that you are coming. It is also a quirky way to say "hello" to your Hollybrook friends as you cycle by.
- **Maintenance:** For a safer and smooth ride, keep your tires inflated to the proper pressure and have someone clean and oil your bike chain (do not use WD-40!).
- **Bicycle size:** Be sure that the bicycle is the right size for you and the seat is at the proper height. This is important because



File photo  
Above: Paul and Patti Tripodi take a relaxing afternoon ride for exercise on a warm September afternoon along Hollybrook Drive.

- If your seat height is not correct, you will likely put too much stress on your knees and that could cause damage to your knee joints.
- If the bicycle is too big and/or the seat too high you will not be able to safely use a foot to stop a fall.

**#3: Don'ts for Bicycling in Hollybrook**

- Do not ride bicycles on the wrong side of street. It causes traffic confusion and is hazardous to cyclists riding in the correct direction.
- Do not walk in the direction of traffic; you will not be able to see cars or bicycles coming toward you and you will not be prepared to step or jump out of the way to avoid being hit.
- Do not ride without a helmet. Head injuries could cause a person to be impaired for life.

**#4: Car Driver Sensitivity**

- **Lights on:** Many bicycle mirrors are not perfectly clear. Your lights allow bicyclists to see your car coming.
- **Horn tap:** A light tap will let a bike rider know you are there.
- **Slow down and heed stop signs:** Be courteous to all who share the road by maintaining a 15 mph speed and stopping at stop signs. Remember, running stop signs and speeding are both against the law.

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# Pet Health



## Aging pets need special diets

By MJ Boxall

As our pet cats and dogs grow older, they start to develop their own set of age-related health problems in a similar way that humans do. Some pets slow down in their old age, but others retain high level energy from their youth, making it hard for us to recognize when they need extra care.

One of the easiest things we can do to keep our aging pets healthy and happy is switch them to a senior diet.

Generally, dogs are considered seniors when they are between 7 and 12 years of age; large breed dogs grow "older" earlier than small breeds. Cats are considered seniors at around 10 years of age. As dogs and cats age, we notice changes in their body composition, partly due to slowing of their metabolic rates and decreases in lean body mass that lead to more body fat. Though they may consume the same amount of food as they did a few years earlier, you may see them gaining weight. Sound familiar?

Your first instinct may be to simply decrease the amount of food you provide but that might not be the best choice. Studies show that increased body fat may be because their body is less able to metabolize fats, which means that fats consumed from the diet simply passes through the animal without being used or

broken down. Reducing the amount of food that you give your pet does not decrease the amount of fat they consume; instead, it reduces the proportion of available fat that your pet *can* use. A better way to alter the amount of fat eaten is to change the quality of fat in their food so the fat eaten will be used. Good quality fat is highly digestible and rich in essential fatty acids (EFAs).

To compensate for increased digestible fats, pet food companies typically lower the proportion of calories that are contributed by fat. That helps decrease the energy density of the diet, which is good for older pets that are less active.

A most important EFAs is gamma-linolenic acid (GLA) which maintains healthy skin and coats. As our pets age, its harder for them to convert EFAs to GLA; dogs are often deficient in GLA. A solution is to give a GLA supplement with your dog's food.

Other supplements may also benefit your senior pet, but check with your veterinarian to be sure that your choice is best for your furry friend. Supplement options may include:

- FOS (fructooligosaccharides): Prebiotic to promote beneficial bacteria growth in your dog's intestines for healthy digestive tract.
- Antioxidants: vitamin E and beta-carotene to boost the immune system.
- Glucosamine (often with chondroitin) for osteoarthritis.

Another misconception about senior pet diets is that protein levels should be reduced to ease protein load filtering through kidneys - which lowers risk of kidney failure. However, protein requirements do not decrease with age; older pets still need protein. This is especially true for cats; they require more protein than dogs. However, if your pet has renal problems, your veterinarian will likely recommend a lower protein diet.

Most major pet food companies offer diet options for senior dogs and cats. If your pet is "getting up there" in age, choosing a food formulated specifically for older animals is your best bet.

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By Timothy E. Parker

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| 17 | S | U | B | D | I | S | T | R | I | C | T |   | T | A | I |
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| 58 | H | U | T |   | E | R | R | O | L |   | N | O | V | A | E |
| 61 | A | T | E |   | S | K | A | T | E |   | S | T | A | R | T |



## Etcetera

### This 'n That with Barbara S

By Barbara Saksenberg

Happy fall Hollybrookers! Here's hoping that you are all well and already beginning to enjoy autumn. We may not feel the cool breezes that our friends to the north get to experience, but we can use our imaginations, savor the occasional cool evenings and begin to plan for upcoming holidays.

**Happenings:** \*\* Bonnet House Museum and Gardens in Fort Lauderdale is a 35-acre oasis of tropical greenery just across the street from the sandy beaches of the Atlantic Ocean. The museum is staged inside a historic home and offers self-guided tours 11 a.m. - 4 p.m. Tuesday - Sunday. Check it out at 900 N Birch Rd., in Ft Lauderdale. For information call 954-563-5393.

\*\* Fall Festival at Flamingo Road Nursery, 8 a.m. - 6 p.m. daily through November 7, 1655 S Flamingo Rd., in Davie. Hayrides, harvest baskets, something new! Call 631-352-6179.

\*\* The Lifelong Learning Institute at Nova Southeastern University offers classes and programs for seniors via Zoom. Call 954 262-8471 for information.

\*\* If you test positive for COVID-19, lifesaving treatment can be administered immediately after testing at C.B. Smith Park, 900 N. Flamingo Road, in Pembroke Pines. Call 850 344-9637 for information.

**Restaurants to try:** \*\* BJ's Restaurant at 12100 Pines Blvd., in Pembroke Pines. Try the prime rib special on weekends. A large menu offers super tasty dishes. Call 954 430-3545 \*\* Sufrat Mediterranean Grill at 10430 Pines Blvd. in the City Hall Plaza. The menu is jam packed with sandwiches and platters featuring seasoned lamb, beef and chicken in hearty servings. Call 954-998-1049

**Hint:** \*\* When using your garbage disposal, put only a small amount of garbage in at a time, run the water and grind. Repeat the process until all you wish to dispose of is safely through your pipes.

**Have a suggestion to offer? A need to be filled?** Call me at 954-431-0600 ext 23. Leave a message. I will get back to you ASAP.



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

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

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

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



# Food Stuff

## Florida, what's in season?

by MJ Boxall

Its October in Florida and here are the what's in season produce; indeed very different than what's in season in Canada. Canadians are thinking "turkey, cranberries and pumpkin spice", but pumpkin spice *everything* started in August – I can't get on board with this!

Canadians celebrate Thanksgiving in early October, so when many of us travel down to Florida in late November, we get to be doubly thankful! But let's forget about pumpkins for now; let's focus on a few things we can make with Florida's October bounty right now.



## Florida Grouper with Citrus Salad

### INGREDIENTS

- 4 (6-ounce) Florida grouper fillets
- 3 Florida oranges, peeled, seeded and segmented
- 2 Florida grapefruit, peeled, seeded and segmented
- 1 tablespoon rice wine vinegar
- ¼ cup fresh flat leaf parsley, chopped
- 1 fennel bulb, thinly sliced
- ½ cup jicama, peeled and julienned
- 4 tablespoons olive oil, divided
- Sea salt and fresh ground pepper, to taste



### PREPARATION

Combine the fennel, jicama, citrus segments, 2 tablespoons of olive oil, vinegar and parsley in a large bowl. Season with salt and pepper and mix thoroughly. Store in the refrigerator until ready to serve. Preheat 2 tablespoons of oil in a large skillet over medium-high heat. Season grouper fillets with salt and pepper. Carefully place the fillets into pan and sear for two to three minutes per side or until completely done. Serve over chilled citrus salad.

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## Veggie Stuffed Florida Mushrooms

### INGREDIENTS

- 24 medium-sized Florida mushroom caps, rinsed and stems removed
- 1 cup Florida zucchini, finely diced
- ½ cup Florida onion, finely diced
- ½ cup radish, finely chopped
- ½ cup bread crumbs
- ½ cup fresh basil leaves, chopped
- 3 tablespoons Parmesan cheese
- 1 egg
- 1 teaspoon freshly ground pepper

### PREPARATION

Preheat oven to 375 degrees. Combine all ingredients except mushrooms; mix well. Stuff mixture into mushroom caps and place stuffed mushrooms on a large baking pan. Bake until mushrooms soften and mixture begins to brown, approximately 15 minutes.



Furr - Continued from Page 11

Broward County, we have a more transparent process. Your County Commission relies on maps produced independently by an academic institution – in this case, Florida International University because of their knowledge of our region. Because the process is independent and transparent, fairer maps will represent all elements of our diverse community.

The Census Bureau has released the granular data (demographics and population changes) needed to move forward. Community meetings occurring soon will lead to preliminary maps in October. Maps will be approved by the end of 2021.

Too often, representatives pick their voters. Under our Broward system, voters can pick their representative. That's because there are plenty of opportunities for important community involvement and input that invites residents to weigh in. This includes saying whether your community should be in a certain district, or be grouped with a different area, and much more input and insight that are invaluable to forming the best maps for each area of our community. Public meetings began in late September and resident voices are being heard. The next and final meeting will be held 10 a.m. on October 16 at Champions Hall Community Center, 6601 Boulevard of Champions, in North Lauderdale. I highly encourage you to attend and let the FIU team know your thoughts. Your thoughts and ideas are also welcome via email to [redistricting@broward.org](mailto:redistricting@broward.org).

Contact Beam Furr at 954-357-7006 or [bfurr@broward.org](mailto:bfurr@broward.org)

Ortis - Continued from page 11

to see you at activities and events. Please follow COVID-19 safety guidelines if you attend.

First, we'll have our Ninth Annual Bow Wow Ween, 9 a.m. – 1 p.m. on Saturday, October 9, at K-9 Officer Craig Rupp Dog Park, 9751 Johnson Street. Make sure to bring your costumed pets! Next, don't miss an exciting and free Jazz in the Pines Concert with Melina Almodovar "La Muneca de la Salsa" Band from 3 – 5 p.m. on Sunday, October 24, 2021 at the City Center Plaza. During the concert, artist Alejandra Gotera will paint live. Visit [www.ppines.com/specialevents](http://www.ppines.com/specialevents).

Contact Frank Ortis at 954-435-6505 or [fortis@ppines.com](mailto:fortis@ppines.com)

Good - Continued from page 11

[www.ppines.com/specialevents](http://www.ppines.com/specialevents) for details and other scheduled events.

Remember last summer when I wrote that the City Commission supported my request to light up city facilities in purple during June to highlight Alzheimer's and Brain Awareness? Well, the City Commission also approved shining lights throughout October on various issues that affect us. City buildings will go pink for Breast Cancer Awareness, purple for Domestic Violence Awareness and blue for National Bullying Awareness. Detailed information can be found in the city's newspaper, City Connect, and at [www.cdc.gov](http://www.cdc.gov) and [www.stopbullying.gov](http://www.stopbullying.gov) Please continue keeping yourselves and loved ones safe and healthy.

Contact Tom Good at [tgood@ppines.com](http://tgood@ppines.com) or 954-290-5189.



## ¿Necesita Ayuda para pagar su factura de Energía?

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

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

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

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301 NW 103rd Avenue Pembroke  
Pines, Florida 33026  
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# Fun Stuff

## Celebrate October with Pumpkins, Pizza, Popcorn Plus Plenty of Fun Facts to Wow Friends & Family

The name *October* is derived from the Latin “*Octo*” which means eight as October was the eighth month of the year on the Roman calendar. It was called Winterfylleth, meaning the “fullness of winter”, by the Anglo-Saxons because the first full moon of the winter season appeared during the month.

### Happy Thanksgiving Canada!

This year, Thanksgiving is celebrated in Canada on October 11. It is different than Thanksgiving in the US. Long before Pilgrims settled in North America, Canadians followed the European tradition of harvest celebrations to show thanks for their bounty. First observed officially as a civic holiday on April 5, 1872, it heralded the recovery of the Prince of Wales (later King Edward VII) from an illness. Thanksgiving became an annual event in Canada on November 1879. (*Gobble, gobble!*)



### Happy Halloween Everybody!

More candy is sold on October 28th than any other day of the year. (*That's to re-fill the first batch of Halloween candy purchased earlier but eaten, me thinks.*)

In some early versions of trick-or-treating, people danced for “treats.”

The top pumpkin-producing states – Illinois, California, Ohio, New York, Pennsylvania and Michigan – account for 1.31 billion pounds of pumpkins.

Today, nearly 35 million pounds of candy corn are produced each year. Between costumes, decoration and candy, Halloween is the second largest commercial holiday in America, second only to Christmas. Halloween, the spookiest night of the year, is



celebrated in many countries on October 31, the eve of All Hallows' Day, also called All Saints Day. It is believed that on that day, spirits wander the earth freely and children, only under the guise of costumes, may wander neighborhoods for treats.

**Columbus Day**, the second Monday of October, is marked in many countries of the Americas as the anniversary of Christopher Columbus' arrival in 1492. Many cities and Native Tribes have replaced Columbus Day with **Indigenous People's Day** to honor millions of native people who were killed during subsequent colonization that brought with it disease, wars, massacres, and forced assimilation.

**Alfred Nobel**, a philanthropist and the founder of the Nobel Prize, was born in Italy, on October 21, 1833. Since 1901, the Nobel Prize has honored men and women from all corners of the globe for outstanding achievements in physics, chemistry, physiology or medicine, literature, and works toward peace. (*Note that there is no Nobel prize for mathematics.*)

### October fun facts:

- \* The grey coloring of a deer's coat during this month might predict the severity of the winter ahead.
- \* Shakespeare, the famous English poet, playwright and actor, regarded as the greatest writer and dramatist in the English language, never mentioned October in any of his works.
- \* Six US presidents have been born in October - more than any other month.
- \* In the US, October not only marks the onset of the festive season but it also celebrates National Pizza Month, Popcorn Month, Pork Month and Sausage Month. (*Couldn't the last two really be the same?*)



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# Fun Stuff

## CROSSWORD, PUZZLE ME THIS

### ACROSS .....



- 1) Definitely on one's toes
- 6) Inundated
- 11) Be competitive
- 14) Lift a lawyer's license
- 15) Large book size
- 16) Common connector
- 17) Smaller part of a larger zoned area
- 19) Mai \_\_\_ (rum cocktail)
- 20) Requirement
- 21) Hard to make out
- 23) One delivering a dressing-down
- 27) Wall candleholders
- 29) Brought to mind
- 30) Fine cigar
- 31) Editor's insertion symbol
- 32) Cop's treat in stereotypes
- 33) Prefix with "natal"
- 36) Betting figures
- 37) "Dined" partner
- 38) Tablet-producing company
- 39) Formerly known as, in maiden names
- 40) Puts money in the bank
- 41) Peculiar
- 42) Musketeer's need
- 44) Combat pilot's flight
- 45) Cause disorder to
- 47) Any pest
- 48) Strengthened a poker pot
- 49) One way to make a sweater
- 50) 1040 reviewer, briefly
- 51) Doing one's job, and how!
- 58) Primitive dwelling
- 59) Flynn of old Hollywood
- 60) Suddenly bright stars
- 61) Absorbed, as a cost
- 62) Roll in a roller derby
- 63) First square of many board games

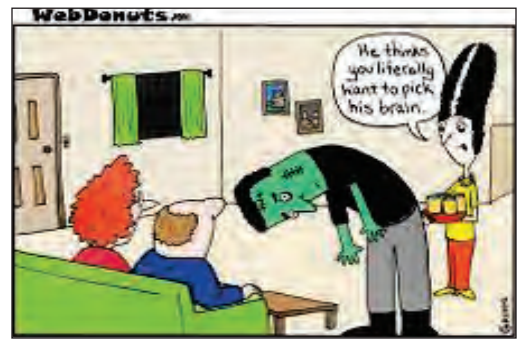
### DOWN .....

- 1) Magazine revenue sources
- 2) Bucharest currency
- 3) Emulate a certain tide
- 4) "Awesome!" in the '90s
- 5) Bauble
- 6) Label for the skinny picture
- 7) Dictionary entry
- 8) Late boxing champion
- 9) "I'm quoting this exactly"
- 10) Cruel barracks "gag" of old
- 11) Where the Pope lives
- 12) Nonsensical
- 13) Cuts and pastes
- 18) Part of an apple
- 22) Andy's raggedy doll
- 23) Exploratory mission, for short
- 24) Give the slip to
- 25) Pennsylvania, to Maryland
- 26) Miniature guitars, informally
- 27) Loudness units
- 28) Yucky deposit
- 30) Funnel-shaped
- 32) Thing that courteous golfers replace
- 34) Like a haunted house
- 35) Gavel pounder's word
- 37) Enterprise speed unit
- 38) Plane-related
- 40) Unusable fingerprints
- 41) Chinese dumplings
- 43) "\_\_\_ you nuts?"
- 44) Trivial tizzy
- 45) Russian country home
- 46) Contributed suggestion, e.g.
- 47) Approach to an article
- 49) Shoelace problem
- 52) Mork's home planet
- 53) Savings for a distant rainy day
- 54) Nursery schooler
- 55) Egg of old Rome
- 56) Tolstoy title word
- 57) Catcher of a clumsy acrobat

**WHERE EVER** By Timothy E. Parker

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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| 31 |    |    |    |    |    |    |    | 32 |    |    |    | 33 | 34 | 35 |
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 Ha,  
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 !!!  




## Fun Stuff

### FAST EDDIE, BUDDIES 'N CLUBS

Or, Hogan's Hero hits a hole in one.

By Ken Schlossberg

When I play golf with my best bud, Alan, Fast Eddie always greets us at the 11<sup>th</sup> green, barking encouragement from my condo balcony and doing the Fast Eddie Dance; leaping rhythmically from side to side like a Viennese Lipizzaner horse.

"You know," Alan said, "if you put a club in his mouth that's a pretty good golf swing." Alan is a real student of the game; his swing hero is the legendary Ben Hogan. Like Hogan, Alan never wears a glove, preferring the naked feel of the grip.

"You think?" I asked. "How are we going to fit him for clubs?"

"A driver and a putter should do. I can make them in my workshop," Alan said. Alan's golf nickname is Handyman. Nicknames in golf are an art in themselves. Mine is Viper after the commander in *Top Gun*. Tough on the outside, a softy inside.

Alan was a good as his word and we took Eddie over to the driving range on the lake. Eddie was wearing his Hollybrook golf hat and shirt that I special ordered for him. We set a ball on a tee and Alan put the driver in Eddie's mouth. I showed him one of his favorite treats and said, "Dance, Eddie, dance."

Well, son of a Ben Hogan, Eddie did a couple of leaps back and forth and then came right into the ball, hitting it about 25 feet dead straight, then dropped the club and came running over to me, pink tongue hanging out, to get his treat.

"Ha," said Alan, "his swing is better than yours."

"Don't push it," I said. "He's listening. He'll demand more treats."

"Let's take him out on course. See if he can do it again."



When Eddie heard that, he barked then danced like Fred Astaire in *Carefree*.

"Okay," I said, "we better talk to Justin." Justin is Hollybrook's eminent Golf Director. Hollybrook rules don't allow dogs on the course, except the greenskeeper's dog to chase off ducks.

Alan, me and Eddie sat down in Justin's office. Alan did the explaining while Justin looked skeptically at Eddie sitting quietly, pink tongue hanging out. He knows that is his most adorable look. Justin has had his share of strange requests like the time a guy came in from playing and said he lost his Glock somewhere on the course. Justin found it lying in a sand trap. The guy was thrilled to get it back but was informed that weapons are not allowed on the course. The guy said he had a permit and wanted to know why.

"Golf course rage," Justin told him. "Worse than driving on I-95 in Miami." Anyway, Justin mentioned the no dog rule but then he asked Eddie if he would sign a waiver and promise not to poop, pee or chase birds.

Eddie barked his most affirmative acceptance, put his paw on an ink pad and stamped it. Then Justin said we had to sign too.

"Why us?" asked Alan, who is super wary about signing anything these days because of all the hidden disclosures in the fine print and no-opt outs.

"He breaks a rule, you guys are banned for a week," Justin said.

Alan looked at me and Eddie. Eddie nodded, signaling his OK. We went to our cart. Eddie hopped onto the seat between Alan and I. We drove up to the silver tees, first hole, and teed off. Eddie hopped out and ran out to our balls like a caddy showing the way. We hit our second balls, both about 25 yards from the pin. Eddie ran up to them again.

"This is about his distance," Alan said. I agreed. Alan set up a ball on a tee and put Eddie's driver in his mouth. Eddie looked at the pin and back at the ball. He started dancing then *WHAM!*, he hit the ball and it rolled in for a hole in one!

*Eddie golfs - Continued on page 34*

😄 Ha, ha, ha, ha, ha, ha !!! 😄





# Sports

## Pickleball clinic = serious play

By Judy Thomas



The Hollybrook Summer Pickleball Group participated September 4 in a pickleball clinic conducted by IFP Certified Pickleball Instructor Gabriel Alvarado on Court 11.

There were two, 1-hour sessions; 4 players each. The first session was bright and early at 7:30 a.m. for Advanced Beginners. The second was held at 8:30 a.m. for players at the Beginner skill level. The reasonable fee was only \$15 per player. Gabriel gave us a basic fundamentals lesson, stroke technique and kitchen drills with cones. He also led a discussion about winning strategies.

After my drill session ended, I felt more confident with my

## HWGA: Ready, set, (almost) go

The HWGA Committee wishes a safe return to Florida to all HWGA members this season. Activities will begin on Nov. 18 and 20. The Winter League will begin on Jan. 8, 2022.

As the pandemic is still present with the Delta variant extremely contagious in Florida and elsewhere, vaccinations and proof of such will be required to participate in HWGA.

Social activities are on the agenda, and the committee hopes all of them happen, but each will need prior confirmation with Hollybrook and under what COVID-19 protocols.

The Committee will provide everyone with more information about registration and membership fee for this season; and about COVID-19 vaccination requirements.

The HWGA looks forward to seeing everyone in Hollybrook again! **Content submitted by the HWGA Committee: Hélène, Sylvie, Ginette, Lise and Monique**

stroke techniques and kitchen strategies. Everyone was pleased with Gabriel's relaxed teaching style. We had our second pickleball lesson with Gabriel on September 18, and again we enjoyed every minute.

If any other Hollybrook pickleball players are interested in group or private lessons, Gabriel can be reached at [gabo\\_alvarado@hotmail.com](mailto:gabo_alvarado@hotmail.com). If you'd like to join one of our group sessions, contact Jose Cordova at 305-467-6701.

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Eddie golfs - Continued from page 32

Alan and I jumped around screaming, while Eddie did his Bichon blitz, running up the hole, looking inside for his ball and running back for his treat that I held out in my hand.

"Let's go back to the proshop," said Alan.

"Why?" I asked. "Eddie's just getting started."

"We have to report it to Justin. We are witnesses. He has to send paperwork to the PGA for Eddie's hole in one certificate."

Eddie and I both looked dubious.

"Don't worry," said Alan. "Justin will do it. It's his chance to go down in history. And it will be all over Fox News. Can you imagine the publicity for Hollybrook? Dog owner golfers will pile in. The golf course will make a fortune."

Eddie started barking at Alan like crazy.

"What's he saying?" Alan asked.

"He's just letting you know that he wants a commission," I said. "In treats."

"One more thing. He needs a golf nickname," Alan said.

"How about Hogan's Hero?"

Eddie barked and danced the Bichon blitz.

"That's it," I said. "He loves it."

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# Hollybrook Bus Schedule

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

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

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

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

**AM ROUTE**

- 9:30 - Pickup at Hollybrook
- 10:00 - Drop off at retailers
- 11:30 - Pickup at retailers

**PM ROUTE**

- 1:00 - Pickup at Hollybrook
- 1:30 - Drop off at retailers
- 3:00 - Pickup at retailers

**Wednesdays** (one-time route):

Bus stops at Sedanos Supermarket & Walmart

- 9:30 - Pickup at Hollybrook
- 10:00 - Drop off at retailers
- 11:00 - Pickup at Sedanos
- 12:30 - Pickup at Walmart



**Additional COVID-19 mitigation requirements are in effect for the bus until further notice:**

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

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# What to Expect after Getting a COVID-19 Vaccine

The COVID-19 shot may cause side effects in some people. Side effects should go away in a few days.

## COMMON SIDE EFFECTS

### On the arm where you got the shot:

- Pain
- Redness
- Swelling

### In the rest of your body:

- Fever
- Chills
- Tiredness
- Headache
- Muscle pain
- Nausea



### Ask the facility healthcare provider (or facility staff) for help if:

- The redness or pain where you got the shot gets worse after 24 hours
- Your side effects are worrying you
- Your side effects do not seem to be going away after a few days

## HELPFUL TIPS

If you have pain, headache, or fever, ask a healthcare provider (or facility staff) if you can have medicine.

### If you are sore where you got the shot:

- Apply a clean, cool, wet washcloth over the area
- Use or move your arm gently

### If you have a fever:

- Drink a lot of water
- Get plenty of rest
- Dress lightly



## REMEMBER

Side effects may make you feel a little sick or even make it hard to do daily activities, but they should go away in a few days.

Some COVID-19 vaccines need 2 shots to work. You should get the second shot even if you have side effects after the first shot, unless a doctor tells you not to.

COVID-19 vaccines may not fully protect you until a week or two after your final shot. It takes time for your body to build protection after any vaccination.



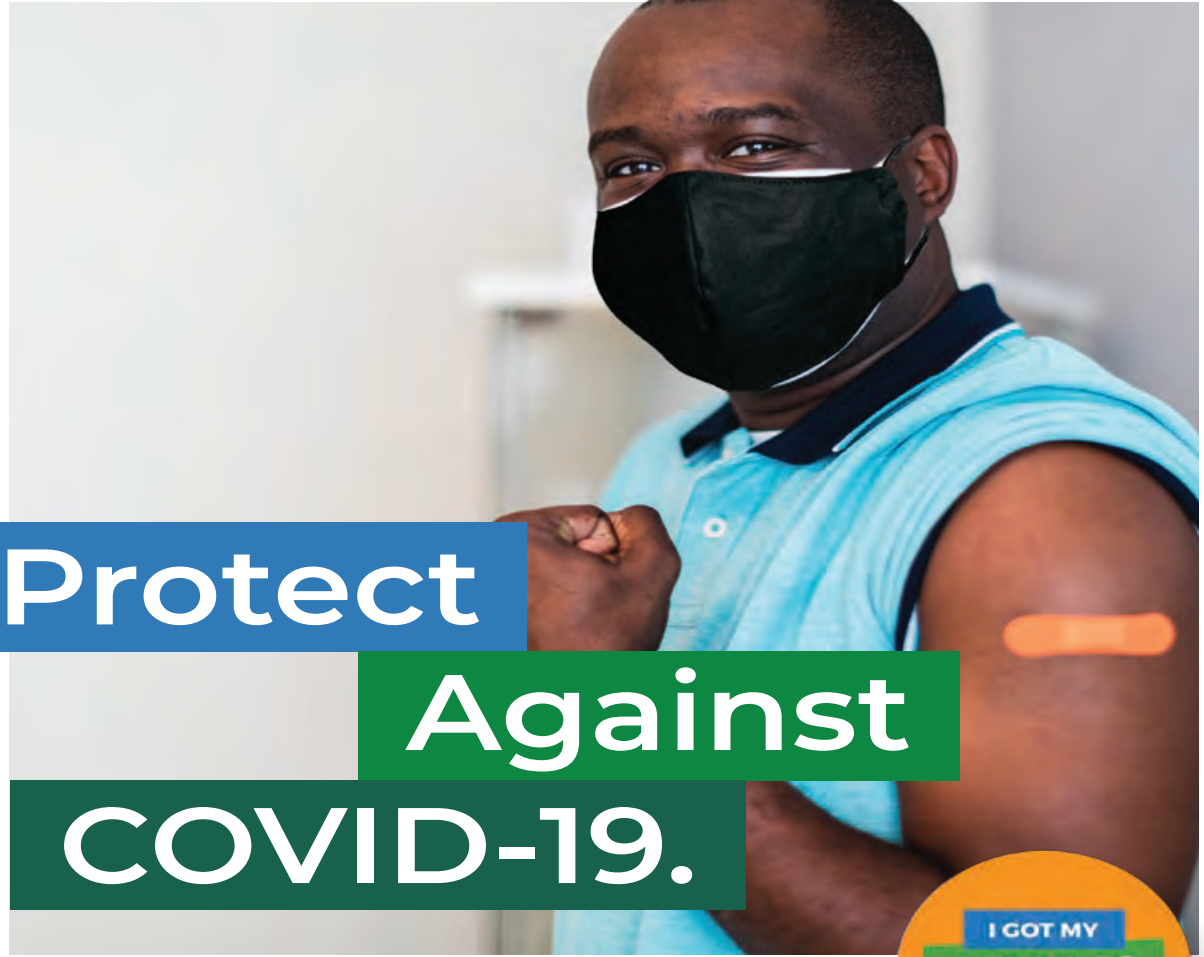
Even after your COVID-19 vaccination, when you are in a correctional facility, it's important to continue wearing your mask, try to stay at least 6 feet away from others as much as possible, and wash your hands often.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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