



TRAIL TALK

OCTOBER 2024

PUBLISHED MONTHLY FOR THE RESIDENTS OF AVALON TRAILS

17TH EDITION

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Campbell Property Management Information

Property Manager:

- Tammy Landay – Property Manager/CAM
561-859-0357.

AvalonTrailsPM@campbellproperty.com

- Tiffani Landers – Admin Assistant,
561-859-0320.

AvalonTrailsAdmin@campbellproperty.com

Social Director (Part-Time: 10am - 3pm):

- Teri Hoffman – Social Director,
561-859-0363.

AvalonTrailsSD@campbellproperty.com

**Your after-hours emergency
number is:
(954) 427-8770.**



Ghosts and Goblins,
Spooks Galore.
Scary Witches
At Your Door.
Jack-O-Lanterns
Smiling Bright,
Wishing You a
Haunting Night!

Committees & Chair persons

- Architectural Review — Gary Meltzer
- Compliance / Violations — Phil Napoli
- Athletic / Fitness Center — Mark Seltzberg
- Clubhouse Committee — Judi Lubin Lewis
- Security Committee — Jack Feldheim
- Alliance of Delray — David Korman
- Welcoming Committee — Kathy Bass
Jake Marzouk
- OVC Master Association — Judi Lubin Lewis

Newsletter Staff

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- Beverly Parnes beverlyparnes@gmail.com
- Jack Feldheim jackf2323@yahoo.com
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- Julianna Lessor juliannag11@msn.com
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- Martin Arnold mharnold01@gmail.com
- Artie Bernaducci ajbyogi@protonmail.com
- Monica Bernaducci monicaell128@aol.com
- Donna DiNatale ddonnae@aol.com

Caring Club

The Caring Committee is here for you. If you are undergoing a difficult time such as a loss, recovering from surgery, or would just like a member to regularly check in with you, don't hesitate to contact one of us.

- Julianna Lessor 954-610-4578
- Lynne Veltri 954-829-4762
- Letty Nunez 347-301-4849
- Susan Young 516-805-6852
- Robin Eggerman 561-703-6265
- Artie Bernaducci 732-614-5832
- Lori Dickstein 732-547-9985
- Rikki Lubin 215-205-8024
- Susan Lamberton 973-216-0506
- Claudia Glass 310-740-6818
- Jeannie Feldman 516-306-0082
- Robyn Goldberg 954-326-1454

Hello, Avalon Trails community!

I'm Teri Hoffman, your new part-time Lifestyle Director, and I couldn't be more thrilled to join you. As a Florida native with over 20 years of experience in social event planning, I have a true passion for crafting memorable experiences. In my downtime, you'll find me creating art, listening to music, catching a good movie, diving into a book, or enjoying precious moments with my children and grandchildren.

Every community has its own spirit, and I can't wait to discover what makes Avalon Trails feel like home to you. My mission is to bring a diverse range of events and activities that nourish your mind, body, and soul.

I'm eager to hear your ideas on what you'd like to see at the clubhouse! If you're interested in contributing, we've launched five exciting sub-committees:

1. Welcoming Committee
2. Entertainment Committee
3. Holiday Committee
4. Special Events Committee
5. Speakers Committee

Join us for a complimentary **Bagel Breakfast on October 19th at 10:00 AM**, where you can share your thoughts and complete a questionnaire for a chance to win a gift card in our drawing.

I'm looking forward to getting to know each of you better. If you're at the clubhouse, please stop by and say hi!

Website—

Just a reminder that Avalon Trails now has its own Website



Homeowners and Residents your official website and homeowner portal is up and running, ready for everyone to log in. You can access the website at: www.avalontrails.org.

Great source of information for all your needs at Avalon Trails. If anyone need help don't stop into the office and I'm sure Tammy would be glad to help. ☺

2024 Avalon Trails Board, Committees and Clubs

HOA Board	Name	E-mail	
President	Kathy Bass	Kathyb.avalontrails@gmail.com	
Vice President	Jack Feldheim	JackF2323@yahoo.com	
Treasurer	David Sabin	David@sabes.net	
Secretary	Jake Marzouk	jmarzou@yahoo.com	
Director-at-large	Bill Simmons	wmsimm65@gmail.com	
Committees	Chair	Phone	E-mail
Architectural Review & Landscaping (ARC)	Gary Meltzer	954-670-4279	gmeltzer1665@yahoo.com
Athletic/Recreation	Mark Seltzberg	917-821-1826	coachms@aol.com
Caring	Julianna Lessor	954-601-4578	JuliannaG11@msn.com
Clubhouse	Judi Lubin Lewis	516-695-0848	Lulew115@yahoo.com
Compliance	Phil Napoli	917-932-3995	phillipnapoli65@gmail.com
Delray Alliance	David & Sheri Korman	973-495-9889	dbkorman1@gmail.com
Security	Jack Feldheim		JackF2323@yahoo.com
	Bill Simmons		wmsimm65@gmail.com
Clubs	Name	Phone	Email
Arts & Crafts Club	Marcy Schwarz	516-659-7739	MarcyRSchwarz@gmail.com
Book Club	Linda Wain	516-603-6295	lindaandcliff@yahoo.com
	Shari Feldheim	516-606-4795	shariGF112@yahoo.com
Canasta Club	Sylvie Standley	917-517-3367	dsbuster@comcast.com
	Susan Sabin	561-843-2311	Susan@sabes.net
Caring Club	Julianna Lessor	954-610-4578	JuliannaG11@msn.com
Golf Club	Mark Susskind		msusskind@bellsouth.net
Jewish Heritage Club	Neil Keller	301-922-2882	NeilKellerFL@gmail.com
Men's Club	Ed Weinreb	561-414-6439	Edw174@bellsouth.net
Newsletter	Bob Masters	952-393-5540	rj.masters@yahoo.com
Pickleball Club	Mark Seltzberg	917-821-1826	coachms@aol.com
Ping Pong Club	David Sabin		David@sabes.net



Avalon Trails 3-part Safety Series — Fire Safety...

The first in the 3-part series kicked off on Wednesday night September 4th. This presentation focuses on managing risks, establishing an emergency action plan, practicing fire evacuation drills and accountability. Presented by Charbel Khadij, Fire Safety Specialist Palm Beach County Fire Rescue. Some free merch was included. 🎁



Halloween Without Trick-or-Treaters

A feel-good story generated by Nova AI

Retirement had brought a new rhythm to Jim and Sally's lives. The once-busy house now echoed with the sounds of silence. Their children had grown up, moved out, and started families of their own. With the passing years, the excitement of Halloween had faded into a memory of costumes, candy, and laughter.



As October approached, Jim and Sally found themselves feeling a mix of emotions. For the first time in decades, they would not be carving pumpkins, decorating the house, or taking their grandchildren trick-or-treating. The thought of a quiet Halloween night at home seemed strange and a little bit lonely.

Despite their initial reservations, Jim and Sally decided to embrace this new chapter in their lives. They dusted off the old decorations, hung a few cobwebs, and placed a jack-o'-lantern on the front porch. As they reminisced about Hallowsens past, they realized that they still had each other and a lifetime of memories to cherish.

On Halloween night, Jim and Sally sat on their porch swing, holding hands and watching the neighborhood children parade by in their costumes. The laughter and chatter of trick-or-treaters filled the air, bringing back fond memories of their own children running from door to door in search of candy.

As the sun set and the streetlights flickered on, Jim and Sally decided to venture out themselves. They strolled hand in hand through the neighborhood, marveling at the creativity of the decorations and the joy on the faces of the children. They felt a sense of warmth and contentment as they soaked in the sights and sounds of the spooky holiday.

Returning home, Jim and Sally settled in for the night. They lit a fire in the fireplace and curled up on the couch with a bowl of popcorn. As they watched a classic Halloween movie, they found themselves laughing and sharing stories from their own childhoods.

As the clock struck midnight, Jim and Sally realized that this Halloween had been different, but special in its own way. They had embraced the change, welcomed the quiet moments, and rediscovered the magic of the holiday through each other's eyes.

Retirement had brought them a new perspective on life, allowing them to appreciate the simple joys and moments of togetherness. As they headed to bed, Jim whispered to Sally, "Who needs costumes and candy when we have each other?" Sally smiled, knowing that their first Halloween without kids had been a beautiful reminder of the love and laughter that still filled their home. ☞

IMPORTANT—Parking instructions for overnight parking at the clubhouse



Residents of Avalon Trails Homeowners Association, Inc.

To secure a parking pass, you must register your vehicle for overnight parking at the Avalon Trails clubhouse by following these instructions.

To register your vehicle for parking, visit **Register2park.com**.

Choose your preferred language.

Click the **RED** 'Register Vehicle' button.

Enter the property name: Avalon Trails, then click the **RED** 'NEXT'.

The address for Avalon Trails Clubhouse will display. Click the **BLUE** 'Select' button.

Read the Guest Parking Rules. If you agree, click the **BLUE** 'Continue' button.

Click the **RED** 'Visitor Parking' button.

Fill in your name, address, phone number, and the make, model, and license plate number of your vehicle. Then click the **RED** 'Next' button.

Choose the number of days you wish to register your vehicle for (up to four days can be selected). Click the **RED** 'Next' button.

You will receive a confirmation code upon approval. Click the **BLUE** 'Email Confirmation' button to send the confirmation to your email for your records. ☞

☞ *We don't check
the refrigerator
multiple times in
hopes to find new food.*

☞ *We check to see
if our standards
dropped enough to
eat what was available.*



Back by Popular demand!
Entertainment provided by the
fabulous Motown Group —

MEMORY LANE!

Trick or Treat
at our Candy Bar!
BYOB.

Friends and Family WELCOME!
RSVP, with any seating requests,
by October 27.

Please make checks payable to
Avalon Trails HOA. Payments can be
brought to the clubhouse and deposited
in the drop box located in the lobby.

Any questions, contact Teri Hoffman at
AvalonTrailsSD@campbellproperty.com or
call 561-859-0363, x1002.

**Wednesday, October 9
at 7:00 p.m.**

AED/CPR & the Yellow Dot program



Get familiar with the AED
device and with Hands-
Only CPR. The life you
save is likely to be
someone you love. We

will also discuss the Yellow Dot Program
which alerts first responders to valuable
health care information located in your
glove compartment.

• Presented by Charbel Khadij,
*Fire Safety Specialist Palm Beach
County Fire Rescue*

If the person who named
Walkie-Talkies named
everything

- STAMPS — Lickie Stickie
- DEFIBRILATOR — Heartie Startie
- BUMBLE BEES — Fuzzie Buzzie
- PREGNANCY TEST — Maybe Baby
- BRA — Breastie Nestie
- FORK — Stabbie Grabbie
- SOCKS — Feetie Heatie
- HIPPO — Floatie Boatie
- NIGHTMARE — Dreamie Screampie



Avalon Trails Clubs...

TRAIL **TALK**

This page is being set aside for all the clubs forming at Avalon Trails and it is this page where the clubs can post information about there club activities and any upcoming events planned for the months ahead.



By Linda Wain

The AT book club meets every month on a Monday night at 7 PM.

Last month we discussed *Someone Else's Shoes* by JoJo Moyes. We had a lively and fun discussion facilitated by



Linda Wain. We even had Ruth contribute a pretty shoe charm as a prize. The book deals with women's friendships and redefining yourself. The book was both witty and moving.

On October 9th Julianna Lessor will lead the discussion on *The Spectacular* by Fiona Davis. The book gives a picture of the Rockettes and the Radio City Music Hall.

To add to the excitement, the mystery of the Mad Bomber of the 1950's and the use of psychological profiling to solve murders is introduced.

It gives New Yorkers an interest in reading other books by Ms Davis that deal with other NY famous buildings.

If you would like to participate in future meetings , contact Linda Wain. ☞

Happy Reading! Linda Wain



COMING ATTRACTIONS
FOR THE MONTH
OF OCTOBER

- Cooking with Susan Lamberton
Thursday, October 10th @ 12:00 PM
Space is limited.
- Mexican Train
Thursday, October 17th @ 7:00 PM
- Canasta Club
Open Play Night
Monday, October 21st @ 7:00 PM
- Arts & Crafts Club Class
Thursday, October 24th @ 6:30 PM
RSVP Marcy @ Marcyrschwarz@gmail.com
- Arts & Crafts Club Class
Friday, October 25th @ 1:00 PM
RSVP Marcy @ Marcyrschwarx@gmail.com
- Canasta Club Tournament
Tuesday, October 29th @ 6:30 PM
- Halloween BINGO
Thursday, October 31st @ 7:00 PM ☞



will be presenting

**A Pickleball Halloween
Round Robin on Sunday
Oct 27th at 9am.**



By Neil Keller

On Sunday September 22nd, the JHC had their first bagel breakfast of the season. During which time ideas were discussed the upcoming events for October and November thru the coming season.

For more info contact Neil Keller at 301-922-2882 or email at: NeilKellerFL@gmail.com. ☞



Hello Avalonians...

October is breast cancer awareness month and the 2024 *Making Strides Against Breast Cancer of Palm Beach Walk & Fundraiser* will take place on **Sat – October 26, 2024** at the Sunset Cove Amphitheatre in Boca Raton, FL. It is a 5K walk that begins at 9:00 am.

Claudia Glass will be leading the Avalon Trails TaTa Brigade team and reaching out to the community to recruit additional team members (walkers). If you are unable to join the walk, but would like to support the team and this event with a donation, please reach out to Claudia.

She can be reached via email at glassc6410@gmail.com or text/phone at 310-740-6818

Any support is much appreciated and many thanks to those that have already donated! 🌸

To all My Friends 50 years and up:

Most of us are going through

The next phase of our lives.

We're at the age where we see wrinkles,
gray hair and extra pounds.

We have run homes, paid bills
and dealt with sickness,
madness, trauma, and

everything else life

has assigned us. We are survivors, we are warriors, we are like a classic car or a fine wine. Even if our bodies may not be what they once were, they carry our souls, our honor, courage and our strength. We shall

all enter this chapter of our lives with humility, grace and pride over everything

We have been through. Never feel less than for getting older. **It's a privilege**

denied so many. 🌸



Avalon Trails



MEN'S CLUB

Is having a Welcome Back Breakfast

SATURDAY, OCTOBER 26

In the Clubhouse

9:30 AM

The Men's Club breakfast is open to all current paid up members and open to all non members (new members: \$25), all are welcome, new residents and renters alike.

Our breakfast will consist bagels, sweets, and fresh fruits and of course coffee!

For more information contact:
Ed Weinreb at (561) 414-6439



Avalon Men's Club

From the Delray Beach Historical Society

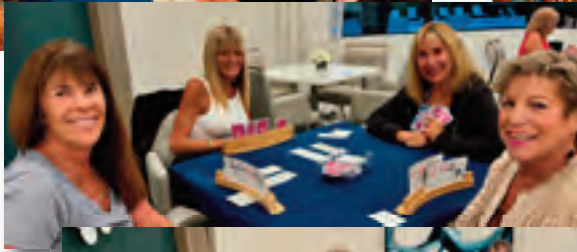


John and Mary's Restaurant, formerly located at 215 NE 6th Avenue (Federal Highway), c.1968. 🌸

#DelrayHistory #FromtheArchives

Avalon Trails Canasta club at play

Submitted by: Susan Sabin



Wine-down Wednesday at the clubhouse



DINING OUT



Here you will find fun places to eat!

From time-to-time we will inspire you to just get out and find a fun place to eat or try. Delray Beach and surrounding areas have a wealth of fun

eateries featuring exciting foods and cuisines. I have been living here for 3 years now and I find that I am just starting to scratch the surface of places to eat. You can find from cheap to the most expensive but I will try to keep my findings to places of affordability!



Delray Marketplace
14859 Lyons Rd #132
Delray Beach, FL 33446
Phone: (561) 450-6799

Since 1995, Skillet's Restaurants has been a favorite for breakfast and lunch in South Florida.

This local restaurant chain serves classic breakfast fare & sandwiches in a warm, relaxed setting. They also have outdoor seating for when the weather gets cooler.

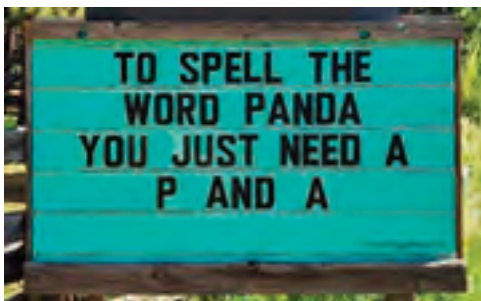
Jeane and I have eaten there several times and we haven't been disappointed. The food is fresh and the service is spot-on. Certainly worth the drive.



15084 Lyons Rd, Ste 750,
Delray Beach, FL 33446
Closes 8 PM
Phone: (561) 412-3750

RIPE is a burger joint with a twist! Ripe is your destination for an all-natural, fresh, scratch-made meal. Each menu item is handcrafted using only the highest quality ingredients. We serve innovative, healthy conscious food that delivers a mix of regional flavors. Service options includes outdoor seating, doesn't accept reservations, also serves vegan dishes.

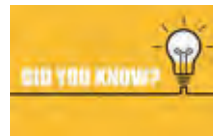
Something to ponder!



The Shops of San Marco
13800 Jog Rd,
Delray Beach, FL 33446
Phone: (561) 499-9003

Delicatessen is a word that gets thrown around pretty carelessly these days. It's a term that takes in any food counter that offers meats and cheeses, maybe some potato salad or sliced nova. But once upon a time, delicatessen meant something. It meant experienced cooks crafting family favorites –the same Jewish soul food that mothers and Bubbes made for their own families. I have discovered this gem of a deli. I had lunch there the other week with my son and to my amazement our server placed a bowl of slaw and a couple large juicy pickles on the table. Our lunch was fresh and heaping.

Jeanne and I have stopped by there on several Sundays for breakfast to find that (if you get there before 11am) you can get complimentary coffee with your meal.



DELRAY BEACH...*



Ladies taking a stroll along a path that would eventually become our mainstreet, Atlantic Avenue. (Delray Beach, 1900's). #FromTheArchives Delray Beach Downtown Development Authority City of Delray Beach, Florida Government



The Traveling Teacher –

By Donna DiNatale



Next Stop: Scotland



Ancient castles, rolling landscapes and blaring bagpipes make Scotland undeniably intriguing! This past summer, my group and I traveled to well-known Scottish cities and towns then moved farther into the untamed Highlands and Gaelic speaking villages.

We began in Glasgow visiting the Kelvingrove Art Gallery and Museum which houses everything from medieval suits of armor to a collection of work by Scottish artists. Next was a tour of Stirling Castle where the infant Mary was crowned Mary, Queen of Scots in 1543.



In the town of Falkirk, we stopped to see the Kelpies, two 98 foot high steel sculptures that pay homage to the role horses played in Scotland's agricultural development. This sculpture took our breath away! Simply amazing!!

The following morning, we continued on to the Scottish Highlands passing Loch (Lake) Lomond and passing through Trossachs National Park. A local guide took us through Inveraray Castle where we viewed over 1,300 muskets, swords and other weapons. The 2012 Christmas episode of *Downton Abbey* was filmed here! A walk through the beautiful gardens ended our tour.



Surrounded by legend and lore, Loch Ness is one of Scotland's most mysterious sites. Cruising along the deep, freshwater lake, we were all on the lookout for the famous monster Nessie! On our way back to our hotel, a

stop in the village of Inverness allowed us to shop and have a "cuppa" and a bite to eat.

The Skye Bridge over the Loch Alsh to the Isle of Skye was where we were headed the next morning. This isle is most famous for its association with Bonnie Prince Charles. Stopping and exploring the town of Portree

gave us the opportunity to view the rock pinnacle known as the Old Man of Storr, the busiest attraction on the isle. A 3.4 mile hike around the pinnacle, considered a challenging route, allows for breathtaking views.

After a scenic drive around the isle, we arrived at Eilean Donan Castle, the world's most photographed castle. The castle was featured in such films as *Braveheart*, *James Bond* and even *Game of Thrones* and *Outlander*!

En route to Edinburgh the next morning, we stopped in Perthshire, the gateway to the Scottish highlands. A tour of Blair Castle, the former home of the Dukes and Earls of Atholl and their distillery for a whiskey tasting was a definite highlight!



That evening we enjoyed a special Scottish tradition as we witnessed an authentic *Ceilidh*, an age-old celebration which included a 4 course dinner beginning with a dish of their famous *Haggis*. No thank you! While dining, we were serenaded by a band playing Scottish folk tunes. Towards the end

(continued on page 10)

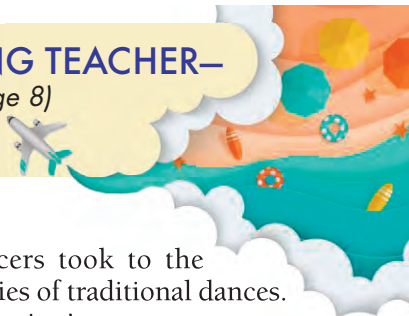
Found on the Trail...



THE TRAVELING TEACHER—

(continued from page 8)

By Donna DiNatale



of the evening, dancers took to the stage to perform a series of traditional dances. What a wonderful evening!

Sightseeing in Edinburgh the next day included the Royal Mile, the statue of King George and the Sir Walter Scott monument. Viewing the Scottish Crown Jewels in Edinburgh castle was amazing! That afternoon, we participated in Afternoon Tea complete with sweet and savory pastries and scones with clotted cream and jam. No dinner needed that evening!



St. Andrews was our destination the next morning. Although it is best known as the home of golf, it is also the site of Scotland's oldest university. We explored the school which, of course, is where Kate and William met, and

then entered the ruins of the town's medieval cathedral and 13th century castle which overlooks the North Sea. After free time for lunch, we visited the golf course and gift shop before heading back to the hotel.

That evening at our farewell dinner we were delighted to be entertained by Scotland's National Bagpiper, Louise Marshall, who also performs at all high-profile events throughout the country. She taught us about the history of the bagpipe, Scotland's National instrument, and played a few songs including some current pop hits! After dinner, she gave us all a typical Scottish hat to wear and a set of practice bagpipes and attempted to teach us breathing techniques and how to play. Not the easiest thing to do!



On our return to the hotel, we all agreed that Scotland is truly a beautiful country with so much history that needs to be seen by all. As Sam Heughan, star of the show Outlander, said, "I am so proud of the country and all it has to offer." ~

Hope to see you at the airport!



It is never too late to reinvent yourself. Start a new career at 40. Fall in love at 50. Learn to dance at 60. Start a whole new life at 70. Stop saying you can't. You can and you should. Dreams don't have to expire. Ravenwolf ~

As seen along the Trail...

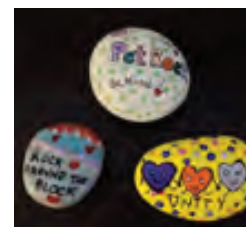


We are beyond lucky to have such an amazing property manager! She is not only stellar at her job but she is generous, kind and hilarious! Thank you for giving the aqua fit class a great laugh! We love you Tammy!!!! ~

Friendship Written by Jon Katz — Artist Unknown



I think if I've learned anything about friendship, it's to hang in, stay connected, fight for them, and let them fight for you. Don't walk away, don't be distracted, don't be too busy or tired, don't take them for granted. Friends are part of the glue that holds life and faith together. Powerful stuff. ~





THE LILAC BUSH...

By Martin Arnold

My dad, Jack Arnold, passed away several years ago. He ran a successful business for many years but around home he was an avid gardener. He had one notable lack of success and upon his passing, mom penned this poem on his behalf.



The Lilac Bush

A non-fiction short story

By Elizabeth S. Arnold

We both loved lilacs so we decided to plant one in our small garden. We found a nice sunny spot and went to the nursery to find the perfect bush. Then we dug a hole, watered, fertilized and did everything by the book. Sure enough, next spring we had a big, beautiful bush but alas, no flowers.

What to do? Perhaps it should be pruned. So we consulted with each other and started pruning.

Then we had a lovely plant with a few old canes showing. Next spring again no flowers, but a very nice bush. Then it was time to consult an expert. Our local garden shop informed us we had trimmed old-growth and left the graft. Now we had to hope we saved enough of the old growth. Sure enough next spring we had a very nice bush, a little scraggly, but no flowers!

Another consultation with each other, Eureka! Find a better spot with a little more shade. So we transplanted the bush to a new home on the north side by the deck. Now it's springtime again and this time a lovely bush but no flowers. We decided to let it be and to go on to other things.

That fall, sadly my sweetheart passed away. You guessed it, the lilac started blooming in May and has been blooming it's head off ever since. ♪

ODE TO A LONG AGO GHOST

from: <https://www.poetrysoup.com/>



Right before dark in the middle of June,
Between the setting sun and the rise of the moon

I feel an eerie vapor, damp and dim,
Exhale from a distance fence and over its rim

It steals like magic over grass and field,
A motion in sunder, my eyes reveal

Dare, I stand there wide awake,
Dare, I stay for pretty words sake

The strangest presents from a silent tree top,
Through a lattice of limbs a bodiless drops

So, fearful above and close to my wall,
My chest like shadows rise and fall

I say to myself, "have no fear,
Why or what are you dreaming here?"

Shaking from nerves from unopened eyes,
I stand and feel the ghost go by

Does he sleep just over that fence,
What kind of a danger does a ghost present?

Does his tomb have a sounding door,
Do you hear that echo or more? ♪



The Whole World Paused this Morning.



Do you know why? Because an 8 year old's tank was empty.

The boys had already started their school day at their desks and I was preparing to leave for

work when I noticed my littlest standing in the bathroom wiping his face.

I paused at the door and asked if he was okay. He looked up with tears silently dripping and shook his head. When I questioned if something happened, again he shook his head.

So I sat on the side of the tub and pulled him in my lap. I told him sometimes our heart tanks feel empty and need to be refilled.

He cried into my chest and I held tight.

I asked if he could feel my love filling him up?

A nod, and tears stopped...

I waited a minute...

'Has it reached your toes yet?'

He shook his head no...

'Okay man. We will take as long as you need. Work doesn't matter right now. School isn't important either. This right here, is the most important thing today, okay? Filling you back to the top. Is that good?' *nods*

One more minute...

'Is your heart full of mamas love now?'

'Yeah...'

looks in his eyes I see it shining in there, you're full to the top, and you're smiling!

Y'all. You may not be 8- you may be 28, 38, 48 or whatever- but ALL of us run on empty just like he did. His weekend was so busy and so full and his little soul was just dry!!!

We all have to pause, and take a moment to refill with the good things. Scripture, prayer, sunshine, worship, song, laughter, friends, hugs. Refill your empty, or you'll find those emotions (tears, anger, snappy words) overflowing with no reason why.

Take a moment. Refill. It's the most important part of your day!

So true... I love this! ~

You start dying slowly...

Submitted by Monica Bernaducci



"You start dying slowly
if you do not travel,
if you do not read,
if you do not listen to the
sounds of life,
if you do not
appreciate yourself.
You start dying slowly
When you kill your self-esteem;
When you do not let others
help you.

You start dying slowly
If you become a slave of your habits,
Walking everyday on the same paths...
If you do not change your routine,
If you do not wear different colors
Or you do not speak to those you don't know.

You start dying slowly
If you avoid to feel passion
And their turbulent emotions;
Those which make your eyes glisten
And your heart beat fast.

You start dying slowly
If you do not change your life
when you are not satisfied with your job,
or with your love,
If you do not risk what is safe for the uncertain,
If you do not go after a dream,
If you do not allow yourself,
At least once in your lifetime,
To run away from sensible advice." ~

~ written by Martha Medeiros

Chef Boyardee was a real person.

The world knows him as the jovial-looking fellow whose face has graced untold numbers of ravioli cans, but to those who knew him in life, he was Ettore “Hector” Boiardi — which is to say, Chef Boyardee was a real person.



Born October 22, 1897, in Piacenza, Italy, Board was working as an apprentice chef by the age of 11 and founded the company bearing his name in 1928, after he and his family settled in Cleveland. The business began because Boiardi's

restaurant there was so successful that patrons wanted to learn how to make the dishes at home, which was remarkable for the time — Italian food wasn't nearly as well know (and beloved) as it is today. In fact, Chef Boyardee has been credited with helping popularize the cuisine in America.

There was just one problem, though: “Boiardi” was difficult for Americans to pronounce, so his products were sold under the phonetic name of Chef Boy-Ar-Dee (since simplified to its current spelling). Notably, Boiardi helped with the war effort during WWII by producing army rations, with required keeping his factory in Milton Pennsylvania, open 24 hours a day. By then, the company had become too big for Boiardi and his family to manage alone, so they sold it to a conglomerate Conagra in 1946. According to Boiardi's niece, it was the only way to make sure everyone still had jobs after the war.

Boiardi continued appearing in commercials until 1978, and died on June 21, 1985. ~



RECOMMENDATIONS

What follows is a list of recommendations by residents for residents from the area here at Avalon Trails. Residents have used these services and have found them reliable and the work was/is worth recommending:

Window and Auto Tinting (auto or home)

- AMAZIN TINTS (comes to your home), Khouri Howson, 754-307-4233

Hearing Specialist (Miracle Ear)

- Ross Lappin, HAS, BC-HIS, Publix Shopping Center, 13800 South Jog Rd, Unit 105, 561-865-8715

Cataract Specialist

- Rosenblat Eye, Dr Elan Rosenblat, 6290 Linton Blvd., Delray Beach, 561-880-2480

Dental

- Dr Jason Berg, Berg Dental (General & Family) 13590 Jog Rd, Ste 1, Delray Beach, 561-499-1199

Patio Screens

- All Florida Screens & Shutters, Alvaro Cepeda, 2764 N Dixie Hwy, Wilton Manors, FL 33334, 954-254-6089

Plants, Pots and garden things

- The Bushel Stop, 8596 W Atlantic Ave, Delray Beach, FL 33446, (561) 498-4009
- Johnny Mango's, 2708 N Federal Hwy, Delray Beach, FL 33483, (561) 276-4424



Canasta Winners

Congratulations to Andrea and Karen on winning canasta tournament!



As Artie See's It

By: Artie Bernaducci

Yoga Methods of Diet and Spiritual Food

I came upon Yoga when I was in college and have followed it ever since. Considering that we all are older now, and like to eat out often, I thought the information below might be of interest to some of my fellow Avalonians because it strongly correlates to our health. I know that not everyone is interested in Yoga, however I hope that the content does rouse some curiosity in understanding why it is still around after five-thousand years.

To start, Yoga is often perceived primarily as a physical practice, but its philosophy encompasses a holistic approach to life, including diet and nutrition. The way we nourish our bodies plays a significant role in our overall well-being, spiritual growth, and the practice of yoga itself.

This article explores the yoga methods of diet and the concept of spiritual food, integrating the principles of Ayurveda, the yogic tradition, and modern nutrition.

The Philosophy of Diet in Yoga

At the heart of yoga is the concept of Ahimsa, or non-violence. This principle extends to the foods we consume. A yogic diet emphasizes the importance of consuming foods that promote harmony and vitality rather than those that contribute to suffering or disease. Foods are classified into three primary categories based on their qualities, known as Gunas: Sattva (pure, harmonious), Rajas (active, passionate), and Tamas (dull, lethargic).



1. Sattvic Foods: These are considered the most beneficial for yoga practitioners. Sattvic foods are fresh, organic, and rich in nutrients. They promote clarity, calmness, and spiritual insight. Examples include:

- Fresh fruits and vegetables
- Whole grains (like quinoa and brown rice)
- Nuts and seeds
- Legumes (beans and lentils)

- Dairy products from healthy animals (like milk and ghee)
- Herbal teas and natural sweeteners (like honey)

Sattvic foods are believed to nourish both the body and the mind, creating a foundation for deeper meditation and spiritual practices.

2. Rajasic Foods: These foods are stimulating and can lead to restlessness or agitation. While they may provide temporary energy, they often distract the mind from spiritual pursuits. Examples include:

- Spicy foods
- Caffeinated beverages
- Processed or fast foods
- Excessive amounts of meat and alcohol

Rajasic foods can be beneficial in moderation for those engaged in intense physical activities but should be consumed mindfully by those pursuing a spiritual path.

3. Tamasic Foods: These are considered the least favorable for yoga practitioners. Tamasic foods can induce lethargy, confusion, and mental dullness. Examples include:

- Stale or processed foods
- Overly fermented items
- Meat from unhealthy sources
- Foods high in preservatives

Avoiding tamasic foods is essential for maintaining clarity and focus, which is crucial to being effective for those who practice meditation and yoga.

The Practice of Mindful Eating

Mindful eating is a practice that encourages individuals to be fully present during meals. This approach aligns with yogic principles and enhances the spiritual aspect of food consumption.

Here are some key elements of mindful eating:

- **Awareness:** Pay attention to the colors, textures, and aromas of your food. This mindfulness helps cultivate appreciation and gratitude for the nourishment provided.
- **Gratitude:** Before meals, take a moment to express gratitude for the food and the effort it took to bring it to your table. This practice fosters a deeper connection to the earth and the cycles of life.
- **Slowing Down:** Eating slowly allows for better digestion and a deeper connection to the experience of eating. It gives you the opportunity to listen to your body's hunger and fullness cues.
- **Intention:** Set a positive intention before meals. Consider how the food you eat contributes to your overall well-being and spiritual growth.

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As Artie See's It

By: Artie Bernaducci

Yoga Methods of Diet and Spiritual Food (continued)

Spiritual Food and Its Significance

In the yogic tradition, food is not just fuel; it carries spiritual energy. The concept of Prasad—food offered to deities and then shared among devotees—highlights this belief. Consuming Prasad is thought to imbue the eater with divine blessings and elevate their spiritual consciousness.

- **Offerings:** Preparing food with love and intention transforms it into spiritual nourishment. The act of cooking becomes a form of meditation, allowing practitioners to infuse their meals with positive energy.
- **Community and Sharing:** Sharing meals with others fosters a sense of community and connection. In yogic practices, communal meals can enhance the spiritual experience, creating bonds among practitioners.
- **Detachment from Outcomes:** In line with the teachings of yoga, practitioners are encouraged to detach from the results of their actions, including the consumption of food. This perspective helps in cultivating a balanced relationship with eating, where the focus shifts from pleasure or guilt to nourishment and gratitude.

The methods of diet and spiritual food in yoga are deeply intertwined with its core philosophies. By embracing Sattvic foods and practicing mindful eating, people can enhance their physical health, mental clarity, and spiritual growth. The concept of spiritual food emphasizes the transformative power of intention and community, enriching the yogic journey. Ultimately, the path of yoga invites us to view food not merely as sustenance but as a sacred practice that nurtures both body and spirit. Through thoughtful choices and a mindful approach, we can cultivate a diet that supports our overall well-being and enhances any of our spiritual practices. ∞



TRAIL TALK

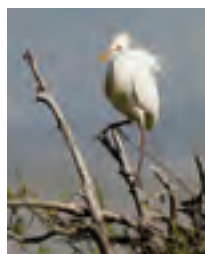
Wakodahatchee Wetlands

The Wakodahatchee Wetlands, is practically right in our back yard, located in Delray Beach at 13270 Jog Road.



Constructed on 50 acres of previous wastewater utility property, the created wetlands are free and open to the public. Wakodahatchee features a three-quarter mile boardwalk that crosses between open water pond areas and islands with shrubs and snags to foster nesting and roosting.

The boardwalk has interpretive signage as well as gazebos with benches along the way. This site is part of the South section of the Great Florida Birding Trail and offers many opportunities to observe birds in their natural habitats. Over 178 bird species have been identified there, along with turtles, alligators, rabbits, fish, frogs and raccoons.



Each day, the Southern Region Water Reclamation Facility pumps approximately two million gallons of highly treated wastewater into the Wakodahatchee Wetlands, which in turn acts as a percolation pond, returning billions of gallons of fresh water back into the water table.

During busy times of year, such as February, March and April, you may experience wait times for a parking space to become available. Please remain patient and enjoy the scenery while you wait for a spot to open up.

NOTE: No pets are allowed on the boardwalk. ∞

Sorry I'm late. I put lotion on my hands and became a prisoner in my bathroom for 30 minutes.

What's Around The Block... Activities in the Area for October

By Beverly Parnes

Here are things to do for October locally

DATE	TIME	EVENT	VENUE
Oct 2	6-8PM	Oldies from the 50s & 60s	Delray Marketplace
Oct 3	8PM	Elton John Tribute	Boca Black Box
Oct 3	8PM	David Spade	Kravis Center
Oct 4	8PM	Jimi Hendrix Tribute	Boca Black Box
Oct 4	7:30PM	The Broadway Tenors	The Wick Theater
Oct 4	8PM	Avatar: The last Airbender in Concert-Movie with Live orchestra	Kravis Center
Oct 5	8PM	Rocky Horror Picture Show with Barry Bostwick	Kravis Center
Oct 5	8PM	Boyz II Men	Hard Rock Live
Oct 5	8PM	One Hit Wonders	Arts Garage
Oct 6	3PM, 7PM	Linda Rondstadt Tribute	Boca Black Box
Oct 6	2PM	The Broadway Tenors	The Wick Theater
Oct 6	7PM	Jeremy Jordan	The Parker
Oct 6	7PM	Anthony Geraci-Blues Music Award Winner	Arts Garage
Oct 9	6-8PM	Dance Rock from the 70s to 90s	Delray Marketplace
Oct 11	8PM	The Mersey Beatles: A Hard Day's Night	Delray Beach Playhouse
Oct 11	8PM	Whitney Houston Tribute	Boca Black Box
Oct 11	7:30PM	Rock of Ages Band	The Parker
Oct 11	8PM	The Mersey Beatles: A Hard Day's Night	Delray Beach Playhouse
Oct 12	7PM, 9PM	Queen Tribute	Boca Black Box
Oct 12	7:30PM	Turnstiles tribute to Billy Joel	Galuppis
Oct 13	2PM	Tribute to Women & Guitars of Blues Rock	Boca Black Box
Oct 13	7PM	Marvin Gaye & Motown Tribute	Boca Black Box
Oct 13	7PM	John Legend	Hard Rock Live
Oct 13	7PM	Being Somebody-Growing Up in Brooklyn- A Father/Daughter Tale	Arts Garage
Oct 16	6-8PM	Rock, Blues & Dance	Delray Marketplace
Oct 18	8PM	Music of the 60s & 70s	Boca Black Box
Oct 18	8PM	Whitestone Band - 5 Decades	Kings Point Theater
Oct 18	8PM	Allman Brothers Tribute	Delray Beach Playhouse
Oct 19	7PM	Led Zeppelin Tribute	Boca Black Box
Oct 20	3PM	Elvis Tribute	Boca Black Box
Oct 20	6-9:30PM	Legacy of the South (Doobie & Skynyrd)	Galuppis
Oct 20	7PM	Kevin Hart	Hard Rock Live
Oct 23	8PM	Keys on Fire - 40s, 50s, & 60s	Boca Black Box
Oct 23	6-8PM	Surf Music Favorites	Delray Marketplace
Oct 24	7:30PM	Jethro Tull's Martin Barre, A Brief History of Tull	The Parker
Oct 24	7PM	The Last Night of Ballyhoo	Delray Beach Playhouse
Oct 25	8PM	Mitch Woods-Blues	Arts Garage
Oct 26	7:30PM	80s Halloween Party with Tiffany The Studio at	Mizner Park
Oct 26	8PM	Disney in Concert: Tim Burton's The Nightmare Before Xmas: Movie with live orchestra	Broward Center

(continued on next page 17)

DATE	TIME	EVENT	VENUE
Oct 26	7PM	60s Rock n Roll: Brooklyn Bridge, The Happenings, Drifters, Brian Hyland	The Parker
Oct 27	12PM	The Rock & Roll Playhouse	Mizner Park Amphitheater
Oct 27	7PM	Jim Henson's Labyrinth in Concert: Movie with live band performing in sync with David Bowie's vocals	The Parker
Oct 27	7PM	Deborah Silver- Basie, Beatles & Beyond	Arts Garage
Oct 27	7:30PM	Sex in the City: A Musical Parody	Broward Center
Oct 30	8PM	Neil Diamond Tribute	Boca Black Box
Oct 30	6-8PM	Classic Rock	Delray Marketplace
Multiple Dates			
Oct 10 – Oct 31	Mat/Eve	Groucho	The Wick Theater
Oct 29 – Oct 31	Mat/Eve	Mrs. Doubtfire	Kravis Center

Music Venues

- **Arts Garage** — 94 NE 2nd Ave, Delray Beach, FL 33444, (561) 450-6357
- **Aventura Arts & Cultural Center** — 3385 NE 188th St Aventura, FL 33180, (877) 311-7469
- **Boca Black Box** — 8221 Glades Rd Suite #10, Boca Raton, FL 33434, (561) 483-9036
- **Broward Center** — 201 SW 5th Ave, Fort Lauderdale, FL 33312, (954) 462-0222
- **Delray Beach Playhouse** — 950 NW 9th St, Delray Beach, FL 33444, (561) 272-1281
- **Delray Marketplace** — 9025 W Atlantic Ave, Delray Beach, FL 33446, (561) 865-4613
- **Funky biscuit** — 303 SE Mizner Blvd #59, Boca Raton, FL 33432, (561) 395-2929
- **Galuppi's** — 1103 N Federal Hwy, Pompano Beach, FL 33062, (954) 785-0226

- **Hard Rock Live** — Seminole Hard Rock Hotel & Casino, 1 Seminole Way, Davie, FL 33314, (954) 797-5531
- **Kings Point Theatre** — 7000 W Atlantic Ave, Delray Beach, FL 33446, (561) 499-3335
- **Kravis Center for the Performing Arts** — 701 Okeechobee Blvd, West Palm Beach, FL 33401, (561) 832-7469
- **Mizner Park Amphitheater** — 590 Plaza Real, Boca Raton, FL 33432, (561) 393-7890
- **Rose & Alfred Miniaci Performing Art Center** — 3100 Ray Ferrero Jr. Blvd, Davies, FL 33314, (954) 262-5480
- **Old School Square Pavilion** — 51 N Swinton Ave, Delray Beach, FL 33444, (561) 243-1077
- **The Parker Playhouse** — 707 NE 8th St, Fort Lauderdale, FL 33304, (954) 462-0222
- **The Wick Theater** — 7901 N Federal Hwy, Boca Raton, FL 33487, (561) 995-2333
- **Sunset Cove Amphitheater** — 12551 Glades Road, Boca Raton, FL 33498, (561) 488-8069

CONGRATULATIONS TO DAVID AND SHERI



They are thrilled to announce the birth of our first grandchild, a boy! He was born on Friday, September 6, 2024. Name will be announced at his bris on 9/13. This beautiful bundle of love weighed 7.4 pounds, and measured 21 inches. ∞



Grandchildren

Just make you feel better when you are around them.

They're sunshine for your souls and medicine for your mind.



Some Last Minute Humor...

A young woman submitted to tech support the message below (about her relationship to her husband) presumably did it as a joke. Then she got a reply that was way too good to keep to herself. The tech support people's love advice was hilarious and genius!

The query:

Dear Tech Support,

Last year I upgraded from Boyfriend 5.0 to Husband 1.0 and noticed a distinct slowdown in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under Boyfriend 5.0.

In addition, Husband 1.0 uninstalled many other valuable programs, such as Romance 9.5 and Personal Attention 6.5, and then installed undesirable programs such as: NBA 5.0, NFL 3.0 and Golf Clubs 4.1. Conversation 8.0 no longer runs, and House cleaning 2.6 simply crashes the system. Please note that I have tried running Nagging 5.3 to fix these problems, but to no avail.

What can I do?

Signed: Desperate

The response (that came weeks later out of the blue)...

Dear Desperate,

First keep in mind, *Boyfriend 5.0* is an Entertainment Package, while *Husband 1.0* is an Operating System.

Please enter command: `I thought you loved me.html` and try to download *Tears 6.2*. Do not forget to install the *Guilt 3.0* update. If that application works as designed, *Husband 1.0* should then automatically run the applications *Jewelry 2.0* and *Flowers 3.5*. However, remember, overuse of the *Tears* application can cause *Husband 1.0* to default to *Grumpy Silence 2.5*, *Happy Hour 7.0*, or *Beer 6.1*. Please note that *Beer 6.1* is a very bad program that will download *Snoring Loudly Beta* version.

Whatever you do, **DO NOT**, under any circumstances, install *Mother-In-Law 1.0* as it runs a virus in the background that will eventually seize control of all your system resources.

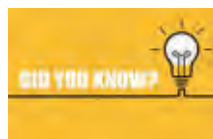
In addition, please do not attempt to re-install the *Boyfriend 5.0* program. These are unsupported applications and will crash *Husband 1.0*.

In summary, *Husband 1.0* is a great program, but it does have limited memory and cannot learn new applications quickly. You might consider buying additional software to improve memory and performance. We recommend *Cooking 3.0*.

Good Luck, Tech Support ☺

JHC first Bagel Brunch kicking off the first day of Fall.

It was fun and we discussed upcoming ideas for the Jewish Heritage Club. ☺



DELRAY BEACH...*



A parade down Atlantic Avenue, c. 1970s. [#DelrayHistory](#) [#FromtheArchives](#) ☺