



# TRAIL TALK

MAY/JUNE 2025

PUBLISHED MONTHLY FOR THE RESIDENTS OF AVALON TRAILS

10TH EDITION

**PLEASE NOTE!**  
TrailTalk newsletter will be taking the summer off, May is the last issue until September. There will not be any newsletters in June, July and August.



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## 2025 Avalon Trails Board, Committees and Clubs (revised)

<b>President</b>	Jack Feldheim	JackF2323@yahoo.com
<b>Vice President</b>	Bill Simmons	wmsimm65@gmail.com
<b>Secretary</b>	Jake Marzouk	jmarzou@yahoo.com
<b>Treasurer</b>	Kathy Bass	Kathyb.avalontrails@gmail.com
<b>Director at Large</b>	Cliff Wain	lindaandcliff@yahoo.com

COMMITTEES	Name	Phone	Email
<b>Architectural Review &amp; Landscaping (ARC)</b>	Karen Finklestein	(561) 212-0204	lukafi01@yahoo.com
	Christine Ringrose	(732) 794-2520	ctripler@hotmail.com
<b>Athletic</b>	Mark Seltzberg	(917) 821-1826	coachms@aol.com
<b>Clubhouse</b>	Judi Lubin Lewis	(516) 695-0848	Lulew115@yahoo.com
<b>Compliance</b>	Phil Napoli	(917) 932-3995	phillipnapoli65@gmail.com
<b>Welcome</b>	Monica Bernaducci	(732) 245-8694	monicaell128@aol.com

CLUBS	Name	Phone	Email
<b>Book Club</b>	Linda Wain	(516) 603-6295	lindaandcliff@yahoo.com
<b>Caring Club</b>	Julianna Lessor	(954) 610-4578	JuliannaG11@msn.com
<b>Jewish Heritage Club</b>	Neil Keller	(301) 922-2882	NeilKellerFL@gmail.com
<b>Men's Club</b>	Steven George	(703) 220-7477	georgefamily2005@verizon.net
<b>Newsletter</b>	Bob Masters	(952) 393-5540	rj.masters@yahoo.com
<b>Pickleball Club</b>	Mark Seltzberg	(917) 821-1826	coachms@aol.com
<b>Ping Pong Club</b>	David Sabin	(561) 843-2310	David@sabes.net
<b>Club Maj Jongg</b>	Beverly Parnes	(914) 262-2694	beverlyparnes@gmail.com
<b>8-Ball Pool Club</b>	Marty Finklestein	(561) 866-5074	malafi2021@gmail.com
<b>Women's Golf Club</b>	Beverly Parnes	(914) 262-2694	beverlyparnes@gmail.com
<b>Meditation Club</b>	Artie Bernaducci	(732) 614-5832	Artie@retiring-boomer.com

### Campbell Property Management Information

#### Property Manager:

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

[AvalonTrailsPM@campbellproperty.com](mailto:AvalonTrailsPM@campbellproperty.com)

- Maria Ortega – Admin Assistant,  
561-859-0320.

[AvalonTrailsAdmin@campbellproperty.com](mailto:AvalonTrailsAdmin@campbellproperty.com)

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

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

[AvalonTrailsSD@campbellproperty.com](mailto:AvalonTrailsSD@campbellproperty.com)

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

### Caring Club

The Caring Club 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 – chair – (954) 610-4578
- Lynne Veltri – co chair – (954) 829-4762
- Claudia Glass – (310) 740-6818
- Susan Young – (516) 805-6852
- Susan Lamberton – (973) 216-0506
- Letty Nunez – (347) 301-4849
- Rikki Lubin – (215) 205-8024
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- Lori Dickstein – (732) 547-9985
- Jeannie Feldman – (516) 306-0082
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- Gail Karger – (561) 452-8751
- Lisa Dolack – (201) 774-4432
- Robyn Goldberg – (954) 326-1457

## HOA President's Message

by Jack Feldheim

To All Avalonians.

It is my distinct pleasure and honor to be delivering my first President's report. We have a challenging year ahead and I and my fellow board members look forward to tackling the challenges facing our community with initiatives which I will highlight shortly.

But I would be remiss before moving forward without a few acknowledgments:

First, I would like to welcome Cliff onto our team. We look forward to having him contribute his expertise and experience in the year ahead.

Secondly, I would like to thank David Sabin for his tireless and valuable contributions he has made in the past 2 years. My thanks for both his wise council and friendship.

Finally, I would like to express gratitude for the heavy lifting that Kathy Bass made as our President, shepherding us forward with our initial board.

The upcoming board year is filled with both challenges and promise. Amongst our top priorities which have carried over from last year are our settlement claims against Lennar and finding a permanent solution for our gates.

In order to increase our efficiency in the year ahead we will be setting more defined goals and responsibilities for each board member. This will allow us to leverage in more detail the areas of expertise each member brings to the table. This will also serve to give the community more visibility to whom each area is assigned to.

As a board we will be working under a strategic plan that will involve both group and individual goals, deadlines for completion and accountability.

### Committees

As a new board year has approached, we have reviewed the chairs and members of each committee with an eye toward evaluating efficiency and effectiveness. As a result, the current committees and their chairs for the upcoming year are as follows:

**Architectural Review Committee (ARC)** – Co-chaired by Karen Finkelstein and Christine Ringrose

**Athletic** – Mark Selzberg

**Clubhouse** – Judy Lubin Lewis

**Compliance** – Phil Napoli

**Welcoming** – Monica Bernaducci

We will be asking more of the existing committees. We will be looking to them to more actively serve their roles as advisors to the board by asking them to create strategic goals for their group. Further, we would like more clarity in the monthly board reports to give the community members the information on their activities they so richly deserve.

We will be looking to expand our committees with the addition of a combined contract/finance committee that will be headed by Kathy and Cliff. This committee will be charged with reviewing existing and proposed vendor contracts to ensure the association is getting what it wants and is being charged appropriately for the services rendered as well as assisting the board in the preparation of the annual budget. If you are interested in being a part of this new initiative, please reach out to Kathy and Cliff directly.

Our current social group consists of 3 sub-committees: *Holidays and Special Events, Entertainment and Speakers.* In order to assist Teri in the organization of these groups and coordinating activities I am pleased to announce that Melissa Otera has agreed to serve as the overall chair of the Social Committee.

A constant concern for all board members is whether our decisions and actions reflect the will and desires of the community. It is challenging to get a consensus from the community; we have to cut through the cacophony of the often-diverse community feedback and try to determine the best course of action. Sadly, there is no polling available in an HOA community to help guide us. To help ameliorate this situation we will be establishing a Community Advisory Board. At its core this is a group of invested homeowners who provide us with input and feedback on various aspects of our organization, our initiatives and our needs. The goal is to give a voice to the community while cultivating a shared sense of ownership and responsibility for the well-being of our beautiful homes. Please contact me directly if you are interested in participating.

### Office Hours

We are fortunate to have a highly capable and efficient property manager in Tammy. Perhaps as a victim of her own success she has become inundated with personal requests, drop-in visits and asked to be both a problem solver and dispute resolution expert. As a result, she has been stunted in her efforts to accomplish her job: to manage the community and staff, and act as liaison for the board. To provide her with the work time she needs we will be limiting her open-door office hours for the community to 1:00 – 3:00pm daily. At other times her door will be closed and we ask that you respect this time by not disturbing her and communicating any requests by e-mail. Additionally, the general office hours will Monday through Friday 10:00am – 4:00pm. We ask you to be respectful of these timeframes so that we can maximize our staff's ability to perform the tasks vital to the smooth operation of our community.

(continued on page 4)



## HOA President's Message – continued

(from page 3)

### Community Relations

I do want to touch on one last item, and that is community relations, or rather how we treat each other as individuals. We have all seen a rise over the last several months of heated disagreements, lack of respect and civil discourse, acts of entitlement, willful disregard of our rules, and an overall tone of anger and hostility directed towards the board, our staff and amongst our community members. We cannot fall victim to the societal rot inextricably tied to today's social media which has sunk to personal attacks and coagulated into a cesspool of venom. It's wrong, it's disrespectful, and it has to stop! We need to begin taking a step back and realize how fortunate we are to be living in this beautiful community, that, when all is said and done, in spite of our different agendas our goal should always be the same.... pulling in the same direction to maximize the enjoyment of our homes in Avalon Trails. It will only happen if we start working together and showing each other the respect we all deserve.

Finally, on a personal note I would like to thank the community for their support and feedback as I take on this role. I will endeavor to be open to suggestion, available to everyone and communicate results whenever needed. I am both humbled and challenged by this opportunity, and you have my pledge that we, as a board will dedicate ourselves to serving the best interests of the residents of Avalon Trails.

Thank you,  
Jack



### Green Thumb Gardening

by Bill Simmons

...It's planting season for herbs and vegetables for your backyard gardens. It's a wonderful hobby that I enjoy. I suggest that you use raised garden boxes, easily obtained from Amazon, our growing season in zone 10b and 11a is nearly all year long. Review this information on Google and enjoy the rewards. I'm always available to help new gardeners with projects here in the community and will continue to write a column to help us all become better stewards of the many opportunities we have at hand.

Happy Gardening

**Bill's column will continue with more gardening hints and tips come September, look for it!**

## TRAILTALK

### From your Caring Club



The Caring Club would like to thank the wonderful Avalonians for their generosity in contributing to the annual spring canned food drive! The boxes filled fast and many struggling with food insecurity will truly benefit. We are also excited for the upcoming showing of *Wicked* in the clubhouse May 23rd. Not only will this be a fun night to wear PJs and see a great movie, but also an opportunity to bring new PJs sizes 2t to 5t for donation to *A Place of Hope* foster family organization.

As far as in our neighborhood, we are busy taking care of the individual needs in our community. As always, we ask for your help in letting us know if there is need that you or one of your neighbors might have. Wishing our beautiful community a wonderful summer! 🌸

## TRAILTALK

**Our mission statement revived:** to be a forum of information and fun for our community. Our goal is to provide information about goings-on within Avalon Trails (new clubs, activities), calendars of events, restaurant and movie reviews, helpful tips for new residents and spotlights on interesting and notable members of our collective group. Most critically, we want Trail Talk to reflect our group values and meet the needs of the community at large. We view Trail Talk as your newsletter, one whose contents will be the result of your feedback and suggestions.

Trail Talk welcomes all residents to submit individual articles for our newsletter. Photos are also welcome. If you have a question or comment on an article or photo, please feel free to contact Bob Masters or Beverly Parnes or any of our newsletter staff for more information.

We disclaim any and all responsibility and liability with respect to letters, articles, views, etc. published herein. These do not reflect the opinions of the committee or the HOA, but only the opinion of the writer.

We have an unofficial electronic community directory also maintained by Bob Masters. Residents can use it to communicate with new friends. The directory should not be used for commercial purposes. To be included in the directory, please email Bob Masters at [rj.masters@yahoo.com](mailto:rj.masters@yahoo.com).

If you are a Facebook user, Avalon Trails has two Facebook pages — One is "The Avalon Trails Original Neighbors Group" and the other is "The Avalon Trails Homeowners Association", by answering a few questions, you can join either it's that easy! 🌸

## CALENDAR OF LOCAL CONCERTS, SHOWS, ART FAIRS – MAY 2025. *by Beverly Parnes*

Here are things to do for May locally

DATE	TIME	EVENT	VENUE
1-May	8PM	Pitbull	Hard Rock Live
2-May	8PM	China Grove: Doobies Bros. Tribute	Boca Black Box
3-May	8PM	Ticket to the Moon: ELO Experience	Boca Black Box
3-May	6PM, 8:30PM	Sheena Easton	Studio @ Mizner Park
6-May	7:30PM	Kenny G Live	Kravis Center
7-May	7PM	Ladies of Laurel Canyon	Boca Black Box
7-May	7:30PM	Our House: The Music of Crosby, Stills, Nash & Young	The Parker
8-May	8PM	Paula Poundstone	The Parker
9-May	8PM	American Elton Show	Boca Black Box
<b>10-May</b>	<b>2-4PM</b>	<b>Mother's Day Celebration</b>	<b>Avalon Trails Social Hall</b>
10-May	8PM	Allman Brothers Revival	Arts Garage
10-May	7:30PM	The Rocketman Show	Kravis Center
11-May	7PM	An Evening with Sal "The Voice" Valentinetti	Boca Black Box
11-May	7PM	One Night of Queen Performed by Gary Mullen and The Works	The Parker
11-May	7PM	Siempre Flamenco	Arts Garage
11-May	7PM	My Life With Lucy	The Wick Theater
11-May	9AM-3PM	Mother's Day Coco Market	Old School Square
12-May	2PM	My Life With Lucy	The Wick Theater
15-May	8PM	Rock Legends: The Tribute	Boca Black Box
15-May	6PM	Dave Matthews Tribute Band	Old School Square Amphitheater
16-May	8PM	The Atlantic City Boys	Boca Black Box
16-May	7:30PM	Margaret Cho: Live and LIVID!	The Parker
16-May	7PM	Jimmy Buffett Experience	Arts Garage
22-May	8PM	Simply Clapton	Boca Black Box
<b>23-May</b>	<b>7PM</b>	<b>Wicked, the movie</b>	<b>Avalon Trails Social Hall</b>
24-May	7PM, 9PM	The Florida Bee Gees	Boca Black Box
24-May	7:30PM	Weezer	Mizner Park Amphitheater
25-May	7PM	Chris MacDonald's Memories of Elvis in Concert	Boca Black Box
25-May	7PM	Israeli Dance Festival	Broward Center

(continued on page 6)

## CALENDAR OF LOCAL CONCERTS, SHOWS, ART FAIRS – MAY 2025. (CONTINUED)

by Beverly Parnes

DATE	TIME	EVENT	VENUE
<b>26-May</b>	<b>2-4PM</b>	<b>Poolside Party At Avalon Trails</b>	<b>Avalon Trails Pool Deck</b>
28-May	8PM	Chrome Horse: The Bob Dylan Tribute	Boca Black Box
29-May	8PM	DAYBREAK: The Music & Passion of Barry Manilow	Boca Black Box
30-May	7PM	Natural Woman: A Tribute to Carole King	Boca Black Box
30-May	8PM	The Alter Eagles	Delray Beach Playhouse
30-May	8PM	Tito Puente Jr.	Arts Garage
31-May	7PM	Blood, Sweat & Tommy Mitchell: Tribute to Blood Sweat & Tears	Boca Black Box
31-May	8PM	Combo Show: Steve Miller & Doobie Bros.	Delray Beach Playhouse
31-May	8PM	Tito Puente Jr.	Arts Garage
<b>MULTIPLE DATES</b>			
May 1-4	mat/eve	Dry Powder	Delray Beach Playhouse
May 1-18	mat/eve	My Way: Frank Sinatra	The Wick Theater
May 6-18	mat/eve	Peter Pan	Broward Center
May 9-11	mat/eve	Bridges of Madison County	Delray Beach Playhouse
May 12-14	7PM	The Vagina Monologues	Boca Black Box
May 12-15	mat/eve	Sing Me a Show Tune	Delray Beach Playhouse
May 16-18	mat/eve	Bridges of Madison County	Delray Beach Playhouse
May 23-25	mat/eve	Bridges of Madison County	Delray Beach Playhouse

### Events/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 Highway, 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, Davie, 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 Highway, Boca Raton, FL 33487, (561) 995-2333
- **Sunset Cove Amphitheater** — 12551 Glades Road, Boca Raton, FL 33498, (561) 488-8069

## Movie Night with a Cause!

Join us for a magical evening to support Avalon Trails **Caring Club** and the **Place of Hope** foster agency!

**Friday, May 23rd  
at 7:00pm**

The Caring Club will be accepting new donated PJ's (sizes 2T to 5T) to benefit the Place of Hope. It's a wonderful way to give back while enjoying a great evening with friends and neighbors.

**Wear your PJ's (comfy clothes), bring a donation, and enjoy a great movie for an even greater cause!!**

Any question, please contact:  
Julianna Iessor at 954-610-4578  
or Lynn Veltri at 954-829-4762

**WICKED**

## Men's Club night out at Barrel of Monks Brewery in Boca



Tonight, we had a great group of guys at the final Men's Night Out of the season! Barrel of Monks is a great brewery with an excellent food truck! Thanks to all who participated and be on the lookout for more brewery events in the fall!

*(photos compliments of Steven George)*



## Thursday, May 1, 2025 at 9:45 AM Daytripper Ladies Group- Casino Trip

Private - Event by Jeannie Berman Feldman

### Hard Rock Casino Bus Trip

Round trip bus from Oriole Plaza in front of the Movies of Delray

10:30am – 3pm (plan to arrive 15 minutes early)

Cost: \$30 per person, CASH only to bus driver.

(Includes \$20 Free Play plus 25% Voucher at Food Court).

**Reservations MUST be made by calling: (954)583-7082**

Questions? Call or text Susan Lamberton at 973-216-0506  
or Jeannie Feldman at 516-306-0082



# Avalon Trails Clubs...

TRAIL **TALK**

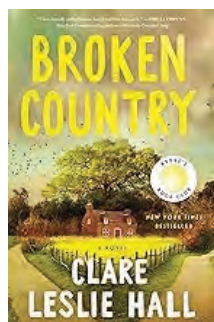
This page is being set aside for all the clubs forming at Avalon Trails and it is this page where the clubs can post information about there club activities and ANY upcoming events planned for the months ahead.

## Avalon



By Linda Wain

By the time this newsletter goes to press, we will have met for our April AT Book Club. The book of the month is a very popular best seller. "Leaving Eastern Parkway" by Matthew Daub. This wonderful debut novel deals with the struggles of an Orthodox boy Zev whose life is changed by a family tragedy.



There will be no bookclub meeting in May But on June 9th we will discuss "Broken Country" by Clare Leslie Hall. This NY Times bestseller is a love story with the twists of a thriller.

Feel free to contact me at:  
lindaandcliff@yahoo.com

If you would like me to email the book directly to your device. Hope you can join us.

Happy Reading! Linda Wain

Open to ALL Residents

Play  
**MAH JONGG**

Games on Mondays at 1:30pm,  
and on Thursdays at 7pm

Please email Bev Parnes at: [beverlyparnes@gmail.com](mailto:beverlyparnes@gmail.com) or  
text/call at 914-262-2694, indicate what day or evening.



We are planning future events for  
fun things to do, watch for more  
details when available.

For more information contact Neil Keller at  
301-922-2882 or email at: [NeilKellerFL@gmail.com](mailto:NeilKellerFL@gmail.com).

Avalon Trails

# LADIES' GOLF WEEKLY GAME...

Avalon Trails ladies' golfers.  
9 or 18 holes.

Please email Bev Parnes at:  
[beverlyparnes@gmail.com](mailto:beverlyparnes@gmail.com)  
or text/call at 914-262-2694.

All  
Invited to  
Play!

## Newsletter Staff

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## Surviving Group Travel— Rules of the Road

Group travel means sharing experiences whether it be with family, friends or others... Each traveler offers a unique perspective to the places visited.



And long lasting friendships from across the country or around the world may be born!

But it may be frustrating when worlds collided and others are not behaving as expected. As travelers in foreign countries, we should always expect the unexpected and "go with the flow". Although it may not be easy, remember some easy guidelines to help make your adventure more pleasurable!

*Remember - "When in Rome.....(or wherever!)"*

### THE TEN COMMANDMENTS OF GROUP TRAVEL

- I. Thou shalt not expect to find things as thou hast at home for thou hast left home to find things different.
- II. Thou shalt not take things too seriously for a care-free mind is the start of a good vacation.
- III. Thou shalt not let other tour members get on thy nerves for thou hast spent good money to enjoy thyself.
- IV. Take half as many clothes as thou thinkest and twice as much money.
- V. Know at all times where thy passport is for a person without a passport is a person without a country.
- VI. Thou shalt acquaint thyself with the currency so thou shalt not be cheated.
- VII. Thou shalt not worry for he that worrieth has no pleasure and very few things are that fatal.
- VIII. Thou shalt learn to say Please, Thank You and You're Welcome in the local language as these simple words are worth more than gold.
- IX. Thou shalt not judge the people of the entire country by one person who hath given thee trouble.
- X. Remember thou art a guest in other lands and he who treats his host with respect shall be honored.

*Hope to see you at the airport!*



## Would You Like the option to Rent Bikes at Avalon Trails?

We're excited to reach out to the Avalon Trails community to ask for your thoughts on a new idea we're considering: the possibility of offering bikes for rent right here on-site, so you can easily explore the scenic trails around Avalon Trails.

Our residents currently enjoy the pathways and walking trails in the area, and we want to enhance your experience by making it even easier to enjoy the outdoors, whether you're an avid cyclist or just looking for a leisurely ride. Renting a bike could be the perfect way to experience the beauty of the trails with less effort, whether you're seeking an adventure, a relaxing ride, or a new way to explore the area.

We understand that not everyone has a lot of extra storage space in their garage. That's why we're considering offering rentals right here on-site where you won't have to worry about storing a bike at home. Simply rent one when you arrive and enjoy the ride without the need for any extra storage.

Before we move forward with this idea, we want to hear from YOU. Would you be interested in renting bikes to explore the trails around Avalon?

**Please e-mail me at [AvalonTrailsSD@campbellproperty.com](mailto:AvalonTrailsSD@campbellproperty.com) or call me in the office at 561-859-0363 with any feedback you may have.**



## Avalon Trials Women's Bocce



Women's bocce is alive and doing quite well, as can be seen from the pictures below.



**DID YOU KNOW?**

**DELRAY BEACH...\***



A morning commute in Delray Beach used to look quite different! This photograph from the 1940s shows a view to the south at the intersection of Military Trail and Atlantic Avenue. There were only stop signs for traffic on Military Trail and an amber blinker light for through traffic on Atlantic Avenue. [#FromtheArchives](#) [#DelrayHistory](#)

TRAIL **TALK**



The 2nd annual St. Patrick's Day pickleball round robin. Thanks to everyone who participated and congratulations to our winners: Charley, Alice, David C, Lori S, Stacy and Eddie (camera shy)





# Florida Lighthouses

by Bob Masters

TRAILTALK



Florida boasts a rich maritime history, evidenced by its 30 surviving historic lighthouses, some dating back to the 1830s, that continue to guide mariners and serve as popular tourist attractions. The ones here are but a few.

Many lighthouses were built along the Atlantic and Gulf coasts of Florida. In the early days, ships were often used to transport people and goods around the peninsula of Florida. The lighthouses helped guide those early sailors. Typically, the light shone from sunset to sunrise.

Few structures in Florida boast heritage as long and intriguing as the *Amelia Island Lighthouse*, built in 1838. This is the state's oldest lighthouse, and it is the only one from the Territorial Period that has survived without major rebuilding. Here's a closer look at some notable Florida lighthouses:

## Key Lighthouses and Their Features:

- **Amelia Island Lighthouse:**

(pictured left) The oldest existing lighthouse in Florida, built in 1838, and located near the northern end of Amelia Island.

- **Ponce Inlet Lighthouse:**

The tallest lighthouse in Florida, standing at 175 feet, and located near Daytona Beach.

- **St. Augustine Lighthouse:**

(pictured right) A famous lighthouse with black and white spiral stripes, a red lantern, and a museum preserving the history of America's oldest port.

- **Cape Canaveral Lighthouse:**

A conical iron tower with black and white horizontal bands, offering free tours through Patrick AFB Public Affairs.



- **Jupiter Inlet Lighthouse:**

An active aid to navigation with one of only thirteen original First Order lenses still in use in the United States.

- **Hillsboro Inlet Lighthouse:**

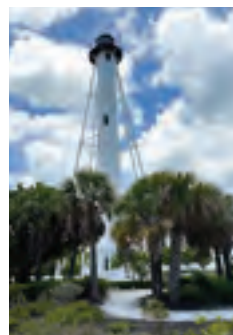
A popular attraction, Instagrammable landmark, and one of the most photographed lighthouses in Florida.

- **Crooked River Lighthouse:**

Located on the northern side of US 98, about three miles west of the fishing village of Carrabelle, it helps vessels navigate the dangerous pass between St. George and Dog islands.

- **Pensacola Light (Pensacola Lighthouse and Maritime Museum):**

A lighthouse located in Pensacola Bay, Florida, that is the third iteration of the original lightship, *Aurora Borealis*.



- **Boca Grande Lighthouse (Port Boca Grande Lighthouse & Museum):**

Located at the very south end of Gasparilla Island, it marks the location of the Boca Grande Pass into Charlotte Harbor from the Gulf of Mexico.

- **Key West Lighthouse:**

An essential part of the lighthouse history and the Florida Keys, playing a vital role in ensuring the safety of

ships and sailors.

- **Sanibel Island Lighthouse:**

The first lighthouse on the Gulf Coast north of the Florida Keys, serving as an iconic reminder of the vast and diverse maritime history of the Sunshine State.

- **St. Marks Lighthouse:**

The second oldest lighthouse in Florida, marking the mouth of the St. Marks River.

- **Cape St. George Lighthouse:**

A landmark of St. George Island, Florida, and one of three lighthouses that can be climbed along a short stretch of the Forgotten Coast.

The Florida Lighthouse Association (FLA) is dedicated to its ongoing mission to help safeguard Florida's historic lighthouses by supporting community-based lighthouse restoration, preservation, and educational efforts. Together we can help ensure the State's remaining 30 historic lighthouses will continue to shine for generations to come. *These are just a few of the many more lighthouses in the Florida.* 🌊





# GET TO KNOW YOUR LEAFY GREENS

by Mary Beth Infante

**INTRODUCTION** — About 6 years ago, I earned my certificate from the *Nutritional Therapy Association* and set out to develop simplified information to help my clients make good decisions, based on solid scientific data, about what to eat. My goal was to help people move away from roller coaster dieting and latest food trends, which are not sustainable and can actually be harmful to your health, and toward making the connection between what you eat and how you feel. I believe that food has the power to improve the quality of health, and the quality of health has everything to do with the quality of life.



Spinach, escarole, romaine lettuce, arugula, kale...lots of delicious options when it comes to leafy greens. On your journey of healthy eating, you may already know to include lots of vegetables in every meal. And among all the vegetables you can choose, it's a great idea to include a variety of leafy greens to make your meals just a little "healthy-er"\*.

*\*(I coined the term "healthy-er" – deliberately spelled this way- a few years ago when I first started nutritional therapy coaching. I wanted to encourage my clients that no matter where they were on their health journey, there were always opportunities to take it up a notch...to "healthy-er"!)*

Leafy greens are nutritional powerhouses providing an array of essential nutrients that your body needs to function well. It would be hard to find a food as rich in nutritional value and versatile as these bright green beauties!

The vitamins, minerals, fiber and antioxidants found in each variety support the digestive, immune, and cardiovascular systems, help your brain to function optimally, support your bones and muscular system...whew that's a lot of work coming out of a few leaves of lettuce! Each type of leafy green has its own nutritional profile, so tossing in a bit of spinach into your salad bowl, sauteeing up kale as a side dish, adding arugula to your chicken milanese means you're upping your ante of vitamins A, C, E and K along with important minerals like calcium, folate, phosphorus, magnesium and potassium.

In case a trip to Publix or Sprouts is in your immediate future, here's a little more info on the benefits of a few of my favorites along with some ways to include one or more in your daily eating plan. Which one will you try this week?

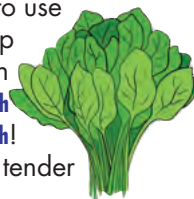
**Pro Tip:** The darker the color, the more nutrient-rich the leafy green is.



**Kale** — Kale seems to be the most polarizing of all the leafy greens; sometimes just the mention of it will cause some pretty intense feelings (positive or negative). But regardless, it's an undeniable contender for *the title of most nutrient-dense food*, and one that should find a way into your meal planning.

Here's a good resource about kale including a recipe for [sauteed kale, garlic and lemon](#).

**Spinach** — A popular, mild tasting, and easy to use leafy green, spinach has the power to bump up the nutritional value of any meal: saute with eggs, or try this [delicious frittata](#), blend up a [spinach smoothie](#), stuff those boring [chicken breasts with spinach](#)! I prefer organic baby spinach because of the tender leaves. Popeye was clearly ahead of his time.



**Arugula** — Peppery and slightly bitter, arugula has made its way onto the plates of many meals and for good reason. It adds a ton of flavor and texture to your salad, and makes a nice addition to sandwiches and wraps. I love it on top of chicken milanese with a light olive oil and lemon dressing.

Here's a quick, at-a-glance guide to the nutrients you'll find in just about any of the leafy greens I mentioned. I hope you find it helpful!

WHY DO I NEED THESE NUTRIENTS?	
Vitamin A	Important for vision; protect cells, plays a role in resisting infections
Vitamin C	Supports immune system; antioxidant properties to fight free radicals; important for skin health; helps your body absorb iron
Vitamin E	Antioxidant that protects cell membranes and your DNA from free radical damage
Vitamin K	Necessary for blood clotting; helps the body to use calcium
Calcium	Bone health, supports nervous and cardiovascular systems
Folate	Healthy cell growth and red blood cell formation
Magnesium	Helps control blood pressure, supports energy and bone development, helps muscle and nerve function; helps the body manage blood sugar levels
Potassium	Helps with blood pressure control, supports proper functioning of muscles and nerves

(continued on page 8)

## GET TO KNOW YOUR LEAFY GREENS

(continued from page 7)


by Mary Beth Infante



**Escarole** — Chock full of beneficial vitamins and minerals to help digestion and your immune system, escarole has beautiful big leaves and makes any soup even more delicious. You have to try this easy **Italian Wedding Soup** made with escarole and oh those wonderful little meatballs!

**Swiss Chard** — A relative of the beet (who knew?!), **Swiss chard** packs a powerful nutritional punch, similar to kale. Surprising to me was the tender, buttery texture raw swiss chard brings into your salad bowl. Come for the colorful, large leaves; stay for the vitamins, minerals and taste. [Here's a helpful resource when you're ready to try it!](#)




**Romaine Lettuce** — You may lump romaine in the same lettuce bin as the anemic iceberg, but look closer. This common green, a star of the Caesar salad, is chock full of vitamins, making it the perfect foundation for your salad. Not to mention the sturdy leaves act as an edible vehicle to carry all your meals ingredients, like this delicious **Chopped Mediterranean Chicken Salad lettuce wrap**. 



## CHANNEL 99 UPDATE!

by Bob Masters

Did you know that you can use your TV remote to get to channel 99 without going thru the Hotwire TV guide with your TV remote? It's possible just by passing on the "D" button on the bottom of your Fusion+ remote. It certainly saves time and frustration, try it. You'll need the updated remote though. (See photo on the right) 



"THANK YOU FOR RAISING ME IN A TIME BEFORE YOU COULD POST EMBARRASSING PICTURES OF ME ON SOCIAL MEDIA."

## Avalon Trails Men's Club... FUN IN THE SUN Pool Party!







*Behind these group of trees is an unassuming building that houses vintage automobiles.*

Jeanne and I started our Saturday adventure in Naples, Florida. The previous week I did my research and discovered the Revs Institute, Inc, an automobile collection in an industrial park just outside of Naples. This is a one man's collection for people who are passionate for multi-million dollar vintage automobiles. There is an admission charge (at the time I thought was steep) but after arriving there, I discovered it was well worth the price. There were volunteers throughout the museum who were knowledgeable and able to answer any questions you may have.



Imagine a place where the hum of engines past meets the whispers of automotive history. Who could have guessed that a Ford Model "T" could share the space with, a 1930 J Phaeton LeBaron convertible motorcar or even a 1934 LaSalle convertible coupe?

The Revs Institute was founded by Miles Collier in 2008. Collier's grandfather was New York City advertising mogul and real estate developer Barron Collier who founded Collier County, Florida in 1923. Collier's father, C. Miles Collier, and uncle Sam Collier played an out-sized role in the emergence of sports-car racing in the United States.



The Revs Institute is a nonprofit organization specializing in automobile history, research and related educational programs. The museum houses the Miles Collier Collections of over 120 significant automobiles built between 1896 and 1995, including some of the rarest cars and race cars in the world. It also has one of the largest specialized automotive libraries in the world (recently voted #1—the best automotive museum in the world). A 12,000-square-foot workshop is also dedicated to auto restoration and the development of innovative ways to care for antique machinery.

Ladies and gentlemen, start your engines! We're about to embark on a journey through time and torque at the Revs Institute, where over 120 of the world's most significant automobiles are waiting to tell their stories. Now, I know what you're thinking... "another car museum? I've seen enough Model Ts to last a lifetime."



As you approach the building, you might mistake it for a modern art gallery. This isn't your average Sunday drive down memory lane. The Revs Institute is like the Louvre of locomotion, the Smithsonian of speed, the... well, you get the idea.

It's a celebration of human ingenuity, a testament to our need for speed, and a reminder that sometimes, the journey is just as important as the destination. It's big, it's important, and it's right here in the Sunshine State.



After touring the museum we drove to the gulf for lunch, stopping at a place right on the water called "Buzz's Lighthouse." It was a funky bar/-restaurant located right on the water.

After our time at Rev's, we opted to have raspberry iced teas, and tried their signature lunch meal — the Blacken Grouper Reuben platter, which was surprisingly very good. This restaurant is on the funky side with friendly servers and a very casual dining.



The restaurant, is a beloved staple of Vanderbilt Beach since the 1980's. Throughout the years their commitment to quality and hospitality has never wavered. It's a family-owned gem that honors their traditions while creating new memories. Buzz's serves fresh seafood



alongside a fantastic selection of tropical cocktails, and drinks, with both indoor and outdoor dining options, there's a perfect spot for everyone. After an enjoyable lunch we started our trek home and to my surprise the traffic wasn't too bad. It was just about a 2-hour drive, but well worth the adventure. ∞



# PopStroke Golf Outing



photos by Steve George

A fun day was had of golfing at PopStroke Delray Beach, Florida. Thanks to all participants who came out to join in this Men's Club event. Happy Hour at Square Peg Pizzeria followed. The pizza was excellent, the beer was cold and the service was great!! Some photos of our day of fun in the sun.

## Are you using your ceiling fan the right way?

Leave it on? Turn it off? Does a fan lower my A/C use? We're here to clear up this confusion and help you save on your energy bill.

**Fan confusion: your top ceiling fan questions answered**

### Turn it off when you leave

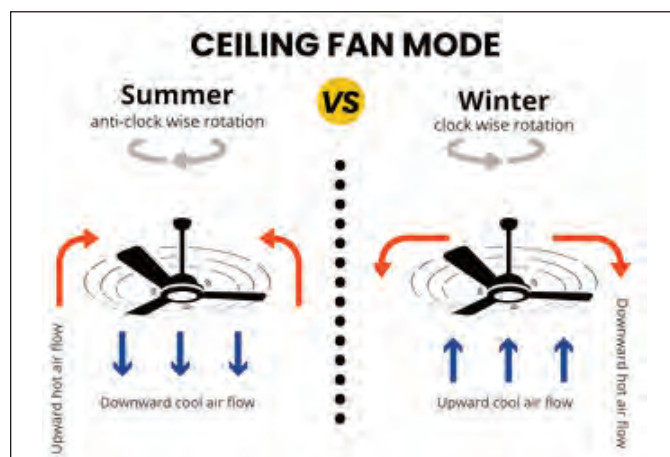
The biggest mistake people make is leaving fans on in empty rooms. Ceiling fans don't cool the air—they cool people by creating a breeze. If no one is there to feel it, the fan is just wasting electricity. Turning off fans when you leave can save up to \$7 per month, per fan.

### Can fans help lower A/C costs?

Yes—but only when used correctly. The breeze from a ceiling fan helps you feel cooler, which means you can set your thermostat a few degrees higher while staying comfortable. That small adjustment can cut A/C costs by up to 15%.

### What direction should your fan spin?

**Warmer months:** Set your fan to **counterclockwise** to create a cooling breeze.



**Cooler months:** Switch it to **clockwise** at a low speed to push warm air down, helping to circulate heat more evenly.

These quick adjustment help keep energy use in check year-round.

# Mother's Day

Mother's Day, as we know it today, is a holiday set aside to honor mothers and maternal figures, but its roots stretch far back into history, drawing from ancient traditions and evolving over centuries into the celebration we now observe.

The earliest origins of Mother's Day can be traced back to ancient civilizations. The Greeks and Romans held festivals in honor of mother goddesses like Rhea and Cybele. These festivals were often centered around springtime, fertility, and the nurturing aspects of motherhood. Similarly, early Christians celebrated a day known as "Mothering Sunday" in parts of Europe, particularly in the United Kingdom. Celebrated on the fourth Sunday of Lent, this day was originally intended for people to return to their "mother church"—the main church or cathedral of the area. Over time, the tradition shifted to honoring mothers themselves, often with children presenting small gifts and flowers.

The modern American version of Mother's Day, however, has a much more specific origin. It was largely championed by Anna Jarvis in the early 20th century. After the death of her own mother, Ann Reeves Jarvis, in 1905, Anna began a campaign to create a national holiday that would honor the sacrifices mothers make for their children. Ann Reeves Jarvis had been a peace activist and had cared for wounded soldiers during the Civil War; she also organized "Mother's Day Work Clubs" to address public health issues.



Anna Jarvis around 1909.  
Image courtesy of the  
Library of Congress.

In 1908, Anna Jarvis held the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. The idea quickly caught on. By 1914, President Woodrow Wilson officially declared the second Sunday in May as Mother's Day, a national holiday to be celebrated annually.

However, Anna Jarvis became increasingly disillusioned with the commercialization of the holiday.

She had envisioned a day of personal sentiment and reflection, not one of profit-driven greeting cards and gift-giving. She spent much of her later life campaigning against the very holiday she had helped to create, criticizing florists, card companies, and others for exploiting it.

Today, Mother's Day is celebrated in various forms across the globe. While the dates and customs vary—such as in the UK, where it still aligns with the older "Mothering Sunday"—the heart of the celebration remains the same: recognizing and appreciating the love, labor, and enduring presence of mothers in our lives.

From ancient festivals to modern expressions of gratitude, Mother's Day has evolved, but its core message endures—honoring those who give us life and nurture our growth.

## THE ORIGINS OF DECORATIONS DAY

Memorial Day is a United States federal holiday dedicated to honoring and remembering the men and women who died while serving in the U.S. military. It is observed annually on the last Monday of May and has deep historical roots that trace back to the aftermath of the Civil War.



Originally known as Decoration Day, the holiday began as a way to commemorate Union soldiers who had died during the Civil War, which was the deadliest conflict in American history. Following the war's end in 1865, communities across the country began holding spring-

time tributes to the fallen, decorating their graves with flowers and flags. One of the first known observances was in Charleston, South Carolina, in 1865, organized by freed slaves and Union troops to honor deceased Union prisoners of war.

The idea of a formal day of remembrance gained popularity, and on May 30, 1868, General John A. Logan of the Grand Army of the Republic, an organization of Union veterans, called for a nationwide day of remembrance. He chose the date because it wasn't tied to any specific battle, and communities across the country responded by decorating graves and holding ceremonies.

As time passed, Decoration Day expanded to honor all American military personnel who died in service, not just those from the Civil War. After World War I, it became a day to remember American service members who had died in all wars.

The name "Memorial Day" gradually became more common and was officially declared the holiday's name in 1967. In 1971, Memorial Day became a federal holiday by an act of Congress, and its observance was moved to the last Monday in May to create a three-day weekend.

Today, Memorial Day is marked by ceremonies at cemeteries and monuments, including the placing of flags on veterans' graves, parades, and a national moment of remembrance at 3:00 p.m. local time. While many people also use the weekend to kick off summer activities, the core of the holiday remains a solemn tribute to those who gave their lives in defense of the nation.

# Recipes

Who doesn't like cake? Here is a Flourless Lemon Orange Cake that hits the spot!

by Monica Bernaducci

This Flourless Lemon Orange Cake is bright, citrusy, and bursting with fresh flavors from both lemon and orange!

Naturally gluten-free and made with wholesome ingredients, it's the perfect treat for any occasion!

## Flourless Lemon Cake

### INGREDIENTS

- ¼ cup lemon juice (freshly squeezed)
- ¼ cup orange juice (freshly squeezed)
- Zest of 1 lemon
- Zest of 1 orange
- 1 tsp baking powder
- ¼ tsp salt
- 3 large eggs
- cup honey (or maple syrup)
- ¼ cup melted coconut oil (or butter)
- 1 tsp vanilla extract
- 1 cup almond flour

### INSTRUCTIONS

- **Preheat oven:** Preheat your oven to 350°F (175°C) and grease a 9-inch round cake pan, or line it with parchment paper.
- **Mix dry ingredients:** In a bowl, whisk together almond flour, baking powder, and salt.
- **Mix wet ingredients:** In a separate bowl, whisk the eggs, then add honey, melted coconut oil, lemon juice, orange juice, lemon zest, orange zest, and vanilla extract. Mix until smooth.



- **Combine:** Fold the dry ingredients into the wet mixture until fully incorporated.
- **Bake:** Pour the batter into the prepared cake pan and bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
- **Cool & serve:** Allow the cake to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely. Serve as is or with a light dusting of powdered sugar or whipped cream!

Nutrition Info (per slice, makes 8):

Calories: ~200  
 Carbs: ~14g  
 Protein: ~6g  
 Fat: ~14g  
 Sugar: ~9g  
 Fiber: ~3g

Prep Time: 10 mins | Bake Time: 25–30 mins

**Yields: 8 slices**





## A MISSPENT YOUTH

By Martin Arnold

# TRAILTALK

### A Couple of Stories from a Misspent Youth

I'm not one to spend much time reminiscing about the past but there are a few stories that make me chuckle whenever they are called to mind.

The first involves, of all things, a tachometer. Those who know me are aware that I am not the most mechanically gifted person around. Case in point: one day I noticed the light on my tachometer went out (for those who don't know, a tachometer, mounted usually on the dash, measures the RPM of the engine). Driving to and from high school, it seemed important at the time to know this.



So the light went out. I carefully removed the unit from the dash. Took out the faceplate but alas, no light was found. So I began removing various components: a sensor, a rotating shaft, brushes and a bunch of other stuff. Probably twenty pieces in all. But alas no light!

So what did I do? I put the components in a bag plus the housing and the faceplate and took them over to my best friend, Steve Ritt (whose name I mention because he will factor in the next story).

Steve and his dad owned a large dry-cleaning business nearby downtown in Seattle. Steve was under a cleaning machine of some kind and when he came up for air I handed him the bag and explained what I was trying to do.

A few days later he got back to me and handed the unit over, all restored to its original condition with the light replaced. He pointed out that all that had to be done was to remove the housing from the BACK of the unit and replace the light.

Did I mention that I'm not to be confused with Einstein.

There was another time when my parents went out of town for a week or so and I was left to fend for myself. Why my folks thought this was a good idea I'll never know. It just so happened that just prior to leaving they took delivery of a brand new 1962 Thunderbird.

It was a beauty. Mom had seen it on display in the window of a car dealership on Boren Avenue. It was bright red with a black top. I should mention this was late in 1961 and it was the first of the '62s to be released.

Anyway, mom had to have that car so dad got it for her.

To see it sitting in the garage while my folks were away was too much of a temptation. Of course, I was told not to drive it. But who would know?



Steve came by and we got to talking and he suggested we take the car up to the Arlington Dragstrip and see what it could do. This sounded like a good idea. We went there, registered, and I ended up drag-racing on the track against another vehicle.

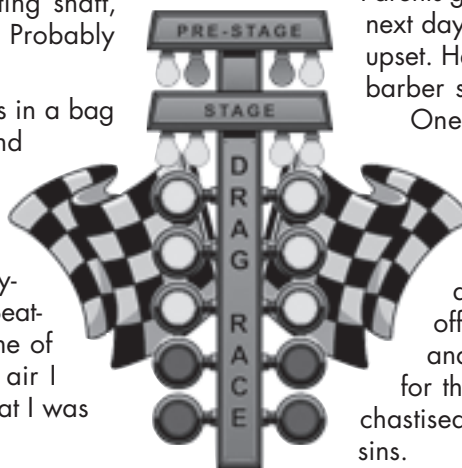
That was it, I thought, we left, returned home and parked the car back in the garage.

Parents got home and dad took the car to work the next day. Upon returning from work he was quite upset. He happened to park the car in front of the barber shop on his way home to get a haircut.

One of the patrons in the chair next to him said he saw the car the previous week-end racing up at Arlington.

Dad had a temper and needless to say when he got home he read me the riot act. Blaming Steve did not help. To top it off he "explained" that car had break-in oil and was not supposed to go over 40 MPH for the first hundred miles or something. Duly chastised, I was sent to my room to consider my sins.

Later on mom came in. With a twinkle in her eye, she had a much different view. "You lost to a Buick," she said. 🌀



### Answers for crossword puzzle on page 18

#### ACROSS

2. Jack
3. Sundry
4. Tammy
6. Barry
9. Wakodahachee
12. Serena

#### DOWN

1. Main
3. Silverball
5. Morikami
7. Maybe
8. Delray.
10. Hoffmans
11. Teri



*TrailTalk continues the series of day trips throughout Florida which will be interesting and an enjoyable day out – all within a day's drive!*

*by Bob Masters*

## The Winery Where You Can Sip Mango Wine Beside Lush Waterfalls And Koi Ponds



**Schneibly Winery**, the Southernmost **Winery** in the United States, offers a unique selection of exotic tropical fruit wines in a paradisiac setting.

Florida never ceases to surprise with its tucked-away treasures. And who would've thought that nestled within the Redlands, there's a place where the wine flows as freely as the water in its picturesque waterfalls?

That's right—not your typical Napa Valley—we're talking about Schneibly Redland's Winery & Brewery, a tropical paradise for oenophiles and beer enthusiasts alike!

Venture into the heart of Homestead, and there it is, an oasis that defies the usual sandy beaches and palm trees narrative of Florida.

Instead of grapes, think avocados, guava, and mangoes making their way into your wine glass—it's a fruity affair that your taste buds will thank you for. Could there be a more Floridian way to enjoy a glass of wine?



From the moment you step foot on the estate, you're greeted with the kind of warmth that makes you feel like family.

The staff at Schneibly Redland's Winery &

Brewery possess a passion for their craft that's as infectious as the laughter that fills the air.

You're not just a visitor but a part of the winery's story, a living thread in the fabric of their community tapestry.

You know that feeling when you step into a patch of nature so stunning you can't help but think you've stumbled into a secret garden where the trees are the skyscrapers.

Well, welcome to that very spot. Somewhere between the emerald canopy overhead and the symphony of waterfalls, you get the sneaky suspicion that Mother Nature's gone and done it again.

Yep, she once again turned a little corner of the world into her own private lounge. And trust me, it's got a better ambience than any five-star hotel lobby.

And as you stand there, letting the mist from the nearest waterfall freshen up your day like nature's own air conditioning, you can't help but think if this is Mother Nature's idea of kicking back.



So you sidle up to the tasting bar, and there it is—a lineup of wines that are the vinicultural equivalent of a jazz band in a world of elevator music. ♪

(1 hr 30 min (94.5 mi) via Florida's Turnpike)

### **Schneibly Redland's Winery & Brewery**

30205 SW 217th Ave  
Homestead, FL 33030  
(305) 242-1224



# As Artie See's It

By: Artie Bernaducci

TRAILTALK

## The One Thing Cecelia Regretted Not Doing Before Retirement

Cecelia had always been the embodiment of independence. At 67, she was vibrant, active, and deeply involved in her community. She volunteered at the local library, took dance classes, and spent weekends hiking with friends. The thought of needing long-term care seemed distant. Yet, every time she attended community seminars on aging, one nagging question crept into her mind: "Will I ever need it?"



She wished she gave this more focus before retiring, thinking she was too old to get it now. So, one sunny afternoon, she decided to attend a seminar on long-term care insurance hosted by a local financial advisor. As she walked into the room, she received a brochure titled

"Protecting Your Future: The Importance of Long-Term Care Insurance." The speaker began discussing the need for long-term care and mentioned that nearly 70% of individuals over 65 would require it. Cecelia shifted in her seat, her heart racing. "Could I really be part of that statistic?"

As the seminar continued, Cecelia absorbed stories from people who faced unexpected health challenges and families who struggled with caregiving. Each story resonated deeply, stirring a mix of empathy and fear within her.

After the seminar, Cecelia found herself overwhelmed with thoughts. "What if I do need long-term care?" she pondered, but the cost of premiums loomed large in her mind. She envisioned the vacations and experiences she could miss out on if she diverted her savings to insurance.

That evening, while sipping tea with her close friend Margaret, Cecelia opened up about her concerns. "Margaret, I attended this seminar about long-term care insurance today. They say most people will need it, but I can't shake the feeling that I might never need it. Is it worth the money?"

Margaret, who had navigated a similar decision, listened attentively. "Cecelia, I understand your doubts. I felt the same way when I was your age. But think about it: it's not just about you needing care; it's about how you want to live as you age."

Margaret continued, "When I considered what I wanted—staying in my home, being surrounded by family, not burdening them with care—I realized that having insurance gave me peace of mind. It's an investment in your future quality of life."

Cecelia nodded, the weight of Margaret's words settled in. She recognized that her concerns were not just about needing care but about maintaining independence and dignity. "What if I want help at home or need assistance with daily activities? I don't want to rely on my kids," she reflected.

The next morning, Cecelia decided to schedule a personalized consultation with a financial advisor to explore her options. As she researched different policies, she felt empowered. Rather than seeing it as a burden, she began to view long-term care insurance as a safety net—ensuring she could stay in control of her future.

During her consultation, she learned about various coverage options tailored to her needs and budget, including asset-based long-term care insurance that combined life insurance with long-term care coverage.

Months later, sitting in her garden, Cecelia reflected on her choice. The sun shone, and the flowers bloomed, symbolizing her vibrant life. She felt relieved, knowing she had taken a proactive step toward securing her future.

"I may never need it," she thought, "but now I have a plan in place." With her worries eased, Cecelia was free to focus on what truly mattered: enjoying her life and making beautiful memories with loved ones. The true worth of long-term care insurance lay not just in financial benefits but in the peace of mind it provided, allowing her to live fully and freely.

*If you haven't ever really investigated this type of insurance coverage, please talk to your insurance agent. I encourage people to do so because I had taken care of my mother 2 years after she had a stroke in her 70s. She regretted not buying it after she was healthy again, having refused to purchase the coverage even though I was licensed to write it for her.*

*The costs were astronomical and drained most of her assets. However, at 81, she did receive a very large settlement from a car accident she was in when her 80-year-old boyfriend drove into the back of a parked truck. That settlement paid her expenses from independent living all the way to hospice.*

*She passed away just shy of her 89th birthday with \$1300 left to her name. And, by the way, her name was Cecelia.*



# DINING OUT



**Here you will find fun places to eat!**

*by Bob Masters*

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. This month I have decided to show breakfast places that have come recommended. Please note that most of these places are open for breakfast and or lunch only!

## BREAKFAST RESTAURANTS IN THE AREA!



Local restaurant chain serving classic breakfast fare & sandwiches in a warm, relaxed setting. Service options: Has outdoor seating. Has kids' menu.

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



Local chain serving American breakfasts & comfort-food lunches in a modern diner with booth seating.

Has outdoor seating. Doesn't accept reservations. Has kids' menu.

Delray Commons  
5054 W Atlantic Ave  
Delray Beach, FL 33484  
(561) 749-9981



Cafe chain serving creative breakfast dishes & sandwiches in a cheery, contemporary atmosphere.

Has outdoor seating. Serves vegan dishes. Has Wi-Fi.

9884 Jog Rd Suite D9  
Boynton Beach, FL 33437  
(561) 851-9205

TRAIL **TALK**



Turning Point Boynton Beach offers unique breakfast, brunch, and lunch offerings, along with premium regional coffees, served in a relaxed environment. Has outdoor seating.

7375 Boynton Beach Blvd  
Boynton Beach, FL 33437  
(561) 593-1980



Signature pancakes & other American breakfast classics all day in a casual setting.

Doesn't accept reservations. Serves vegetarian dishes. Has Wi-Fi.

1840 S Federal Hwy  
Delray Beach, FL 33483  
(561) 276-0769



Cafe chain for health-minded breakfast, brunch & lunch options such as omelets, salads & soups.

Has outdoor seating. Serves vegan dishes. Has Wi-Fi.

640 Linton Blvd Ste 310  
Delray Beach, FL 33444  
(561) 599-5392



Greek specialties share the menu with American homestyle meals at this diner offering breakfast, lunch, and dinner.

Reservations required. Has Wi-Fi. Has kids' menu.

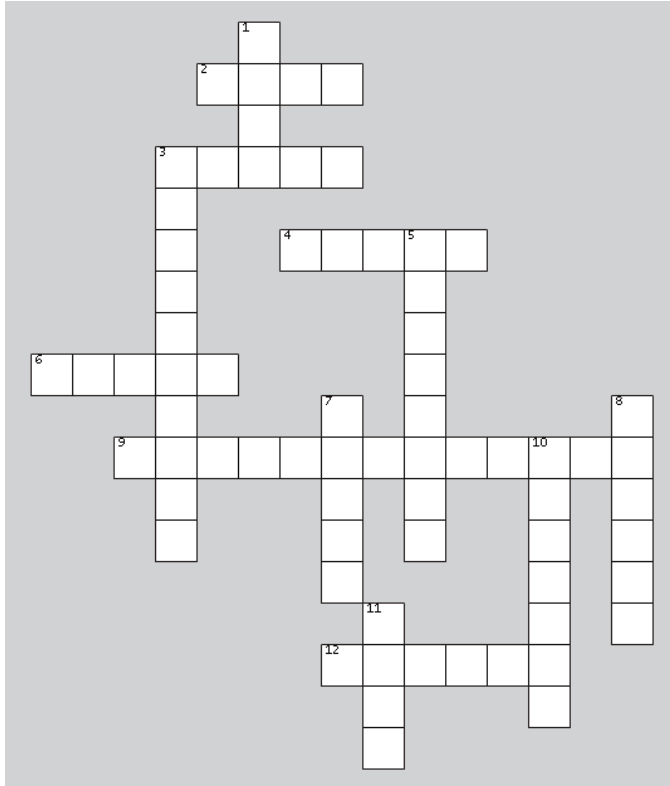
Boynton Trail Centre  
9860 S Military Trl  
Boynton Beach, FL 33436  
(561) 740-7777



Casual chain featuring egg dishes & other breakfast items, plus brunch sandwiches. Has outdoor seating. Serves vegetarian dishes. Has Wi-Fi.

430 E Linton Blvd  
Delray Beach, FL 33483  
(561) 276-7466

### DELRAY CROSSWORD for today



#### ACROSS

2. New HOA president
3. The oldest house in Delray Beach
4. Property Manager
6. Who is the Social Hall Named in Honor of
9. A Diverse Wildlife Habitat
12. A Famous Person Lives in Delray Beach

#### DOWN

1. What was Atlantic Ave called in the past
3. Pinball Museum
5. A Garden in Delray Beach
7. Do the main gates work
8. Derived from a town near Detroit, Michigan.
10. Best Ice Cream in the Area
11. Activities Directory at Avalon Trials

(answers can be found on page 10)

### Three Elderly Sisters

Three sisters, ages 92, 94, and 96, live in a house together. One night the 96-year-old draws a bath. She puts one foot in a pauses. She yells down the stairs, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. Then she yells out, "Was I going up the stairs or down?"

The 92-year-old is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful." She knocks on wood for good measure. She then replies, "I'll come up and help both of you as soon as I see who's at the door."

#### DID YOU KNOW?

#### DELRAY BEACH...\*



1989 owner Saul Kaplan of the Delray Beach landmark eatery, "Ken's and Hazel's," stands in front of the restaurant. This Delray institution named after Ken and Hazel Burns, originally opened in the 1940's and was called Larry's Place. It was a place where everyone knew your name. The town gathered for breakfast, to read the newspaper, crosswords and conversation.

#DelrayHistory #IconsOfDelray

#### Food for thought!

...the man who invented Jell-O was originally looking for a way to make a palatable laxative.

# A Simple Survey!

by the Newsletter Staff

It's been a while, so we would like the residents to show us your ideas for a perfect newsletter. Just five easy questions.



## 1. Is the Trail Talk newsletter:

- ☐ Yes, just the right size
- ☐ Yes, less than 24 pages
- ☐ 24 pages or more
- ☐ Doesn't Matter

## 2. Do you read the Newsletter?

- ☐ Yes!
- ☐ I have trouble viewing.
- ☐ I have not received since living here.

## 3. Would you like to submit photos, articles or cartoons to future newsletters?

- ☐ Yes!
- ☐ No, the staff does a wonderful job!

## 4. Stories/articles that I enjoy reading:

- ☐ Humor
- ☐ Human Interest
- ☐ Pet Related
- ☐ Restaurant Reviews
- ☐ Places to Visit / Day Trips
- ☐ Avalon Events

## 5. Would you prefer to receive Trail Talks in print instead of online?

- ☐ Yes
- ☐ No

## Suggestions:

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We'd like to know what are your thoughts. All are welcome to send your ideas to me or drop this survey off at the clubhouse, better yet give this survey to Teri so that the newsletter staff can make TrailTalk even better for the future issue.

In the past we have done surveys at past HOA meetings and they were quite successful. But that was then and of course new residents have moved in and we'd love to get a feeling as to what the residents of Avalon Trails would like to see for future issues. This is a blind survey and nothing will be published with regards to who sent them. ~