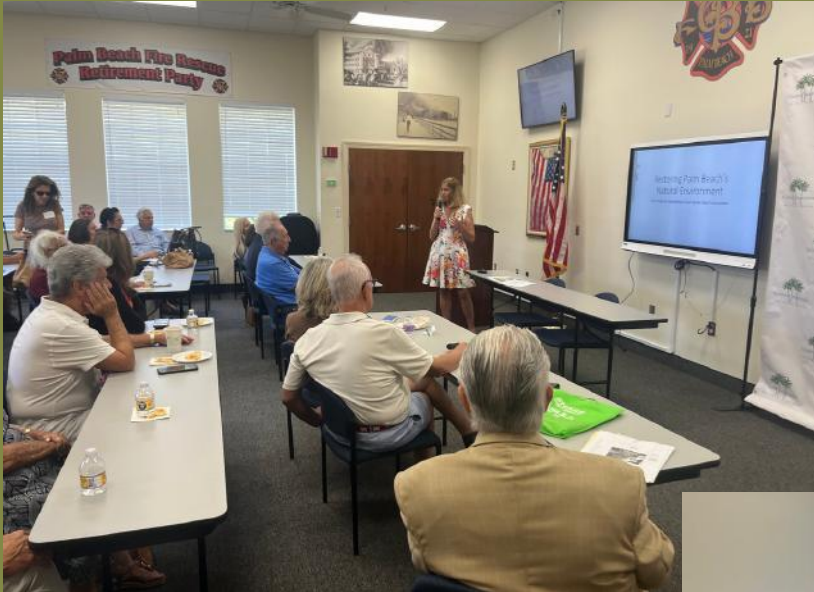


May 2023

NEWS AND VIEWS

SEMINAR:

ENVIRONMENTAL INITIATIVES: STEWARDS OF THE TOWN



Guest Speakers: Bobbie Lindsay, Town Council Member
And Carolyn Stone, Deputy
Town Manager

The Citizens' Association of Palm Beach hosted a free seminar to all Palm Beach residents on April 20th, 2023 at 10am. The seminar was held at the south fire station. The topic of the seminar was Environmental Initiatives and how we are all the stewards of the Town. The event was presented by Co-Chair, Donald Singer who introduced the two guest speakers.



Residents and Property Managers
in Palm Beach

The guest speakers included Town Council member, Bobbie Lindsay and Deputy Town Manager, Carolyn Stone. The seminar was well attended and received by all. The speakers reviewed options we all have and steps we can take to help our environment and to assist keeping the planet healthy for generations to come.

A replay of the seminar can be viewed on the Citizens' Association website at www.citizensassociationofpalmbeach.org or by clicking below.

<https://www.thecitizensassociationofpalmbeach.org/submit-an-article>



Hon. Gregg Weiss, Mayor of Palm Beach County, speaks with the Citizens' Association

On May 1st, 2023, The Mayor of Palm Beach County spoke with the Citizens' Association at the monthly board meeting. He reviewed the plans the County has in conjunction with the island of Palm Beach.

Gregg has extensive experience working with county governments and organizations. As a County Commissioner, Mr Weiss considers his need to become a responsible steward of tax dollars, promoting economic development that supports good paying jobs and striving to attain affordable quality housing for all county residents



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New Law Puts Communities at Risk: How to Protect Your HOA or Condo

By: Patrick C. Howell

Governor DeSantis recently signed Senate Bill 360 into law. This law's stated purpose is to curtail frivolous construction defect lawsuits by significantly reducing the amount of time parties have to bring such lawsuits. However, the practical effect of this bill is likely to be an undermining of the safety requirements passed in the aftermath of the Surfside tragedy. Given how many communities are in the process of passing and collecting large special assessments to pay for repair and maintenance projects, it is more important than ever that your community association understand how to protect your rights in the event that such project goes awry. Board Certified Becker Construction Attorney Patrick C. Howell will explain how your community can protect itself in this informative webinar contained in the link below.



<https://www.youtube.com/watch?v=PLPPKxuAsfg>



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Citizens' Association has eyes on the Palm Beach North Firestation

By: Fire Chief, Darrel Donatto

The North Fire Station was built in 1927 to serve the growing population on the northern end of Palm Beach. The station was strategically located so that it serves the predominantly residential northern portion of the Town. The North Fire Stations was designed by Major Clark Lawrence, a local architect, designed in a Spanish design to blend in with local residences in the area. In 1987, significant renovations were completed to address problems including water leaks, rotten wood, old roof materials, plaster falling off the walls, paint peeling, kitchen counters rotted out, etc. Because of the historic value of the Fire Station, in 1988, it was designated as a landmark building. To the best of our ability, our North Fire Station is the third oldest working fire station in the state. In 2005, the North Fire Station suffered damage from Hurricane Wilma and had to go more renovations. Despite the prior two renovations, the 95 year old historic North Fire Station is suffering from significant issues including structural problems, termite damage, water intrusion and mold. In addition, despite being a critical infrastructure and essential part of the safety of the entire north end of the Town, the station is not well equipped to withstand a significant hurricane. The Town is proposing to completely renovate the North Fire Station and harden it from future storms. The Town intends to do this while maintaining the historic nature and appearance of the building.

For those of you travelling this
summer



Town grapples with new growth

By: Jodie Wagner, Palm Beach Daily News

Growth management was one of the key issues confronted by the Town Council during Palm Beach's busy winter season.

As the town continues to draw new homeowners and more visitors, council members took steps to alleviate the concerns of residents who voiced frustrations with traffic congestion, parking, noise and safety.

The town's Business and Administrative Committee, led by council members Lew Crampton and Bobbie Lindsay, began looking at solutions for the town's long-standing parking challenges.

It created a 10-point plan to address these issues, with options including pre-paid parking stickers for residents, a shuttle service for hotel and restaurant employees, an expansion of paid parking using the ParkMobile app, and the addition of more free halfhour parking spaces.

Council members also approved a purchase order worth \$330,795 to The Corradino Group to administer a traffic engineering and parking study, which will gather data for the town to review as it works to address parking scarcity and traffic congestion on the island.

As part of the study, The Corradino Group will review the traffic impact of existing restaurants in the town's commercial area, evaluate the existing parking supply in the commercial area, and review the origin and destination of the traffic traveling into the commercial area on a daily basis.

"We will collect data, do analysis, and figure out where you have real traffic and parking issues," Joe Corradino, principal of The Corradino Group, told council members in February.

Future discussions will take place on the potential for regulating the number of restaurants or the distance between restaurants based on their location within the town, council members said at their January meeting.

Taking those steps could help preserve residents' quality of life and keep the town from becoming a regional destination, council members said.

"I think this is a very important issue for us to tackle," council member Bobbie Lindsay said. "It's part of our commitment to keeping Palm Beach, Palm Beach."

Safety also has been a top concern for council members, particularly on the town's busy roadways.

In December, the council authorized Mayor Danielle Moore to send a letter to Gov. Ron DeSantis to intervene in a Florida Department of Transportation plan to widen a portion of South Ocean Boulevard in the town's South End and expand a nearby recreation path.

The plan is unsafe for bicyclists, Moore wrote, and should be limited to milling and resurfacing the present roadway at its current width, and rebuilding the pedestrian path with limited widening and lengthening.

The Citizens' Association of Palm Beach also joined the letter-writing effort.

Last month, a town committee agreed to take a look at regulations that place limits on the use of bicycles and electric mobility devices on Palm Beach's roadways and sidewalks.

At the direction of the town council, the Ordinance, Rules and Standards Committee will review current laws that prohibit bicycles, e-bikes and e-scooters on public sidewalks and roads in the town's commercial zoning districts, and consider whether to expand or alter those laws to include areas outside those districts.

The board also will look at limiting the popular Lake Trail to pedestrians only.

"We all realize the problems," Council President Maggie Zeidman told her colleagues at the March council meeting. "Let's send this to ORS and get a bigger dive into it."

Strategic planning and code review and reform moved forward during the winter season.

Moore chaired the town's eightmember Strategic Planning Board, which worked for more than a year to write a new long-range plan for the town.

The board has hosted focus groups and community engagement events in an effort to gather feedback to assist in that process.

In March, Jupiter-based training and consulting company Trainnovations outlined the board's activities and recommendations during a presentation to the council. After a lengthy discussion, council members agreed to defer action until its meeting this month.

"It has been absolutely amazing," Moore told the Palm Beach Civic Association last month during its annual meeting at The Flagler Museum.

"The committee has been terrific. We put together a group of residents who brought a diverse set of opinions, and who've worked really hard with a great team from Trainnovations. I've learned so much about the process and my fellow commissioners. I think we've accomplished a lot."

Code review and reform drew the attention of more than 300 residents and business owners who attended February's "Designing our Palm Beach Week" at the Mandel Recreation Center.

It included workshops, seminars and other events where updates to Palm Beach's nearly 50-year-old zoning code could be discussed with the town's zoning consultants.

Sean Suder of ZoneCo, Joe Corradino of The Corradino Group and Joe Nickol of Yard & Co. are working on a total teardown and ground-up rebuild of the town's commercial and residential zoning codes that govern land use and growth patterns.

"Designing Palm Beach Week had such incredibly positive feedback," Moore said. "There were over 200 people in the room for opening night, which gave everybody the overview of what was going to happen during the week. They were absolutely chock full at every session. I think the reason zoning reform and review have failed in the past is because they didn't follow this process. Everybody has had the opportunity to speak out and provide their input."

Town narrows water contract options

The council has been reviewing options to extend or replace its current water agreement with the city of West Palm Beach, which expires on Oct. 1, 2029. Options include continuing the contract with West Palm Beach, and contracting with the city of Lake Worth Beach to provide water.

The town's Tax and Finance Committee will review the costs of the options and report back to the council, Moore said last month.

"The council has done a remarkably diligent job of checking every possible option and opportunity, and I think it will make the right decision," she said.

Pickleball mania leading to an epidemic of injuries among baby boomers

By: Kirsten Fleming - New York Post

Val Thomopalos is a self-described "pickleball addict." The active 63-year-old Land o' Lakes, Florida, resident picked up the paddle sport in May 2020 after having been a tennis player and Ironman triathlete.

But her regular pickleball habit, which includes tournaments all over the Sunshine State — and flamboyant matching attire with her doubles partner — has landed her on the sideline several times.

"I've had three pickleball injuries in a year and a half," said Thomopalos, who has twice strained her calves, necessitating three-week hiatuses. She's also strained a knee ligament. "They are all due to my own negligence. As an older person, I never valued stretching when I was younger."

Pickleball has been billed as a more accessible and a less intense tennis alternative, but experts say the popular pastime is still leading to a rash of injuries amongst the senior set. "Obsessed" retirees are playing several hours per day, leading to overuse injuries. The older demo is also more likely to have weak bones, putting them at a greater risk for fractures.

"Five years ago, pickleball wasn't even something on the radar, but now injuries from it are common in that over-55, over-60 population," Dr. Samir Mehta, chief of orthopedic trauma and fracture care at Penn Medicine in Philadelphia, told The Post. "It's a real phenomenon."

Mehta has seen a number of overuse injuries like tendonitis, arthritis, muscle contusions and sprains. But he's also noticed issues like patella, wrist or elbow fractures that require surgery.

"It's an older population that tends to have osteoporosis or osteopenia and that feeds into the severity of an injury if you have a fall," he explained.

"A common theme with this population is that they play every day. They describe themselves as obsessed and many injuries are from repeated stress," Roland Rodriguez, clinic director at Atlantic Physical Therapy in Toms River, NJ, told The Post. He said pickleball is to blame for most of the sports injuries in his older patients. But mature competitors shouldn't ditch it. They should just play smarter.

Rodriguez advises dynamic stretching and warm ups, balance and stability exercises along with cross training and simply listening to one's body. "It will let you know when you're overdoing it," he said.



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Volunteers on boards play a crucial role in island life

By: Daily News Editorial Board

They hold some of the most important positions in town government.

They make crucial Decisions that impact residents' way of life.

But they're not on the Town Council or running a town department. They're all volunteers. And the town could not function with out them.

Last week, the Town Council appointed three members to the Architechtrual Commission, six members to the Landmark Preservation Commission and two to the Retirement Board of Trustees, all to new three-year terms.

While being appointed to a town board may not seem like a big deal to some, council members know the importance of having a highly esteemed group of volunteers in the fold. The boards make vital recommendations to them on such topics as new architecture, landscaping, code variances and landmarks protection that affect the quality of life for all residents.

"I've been on the Town Council for six years, and these were the best group of applications I've ever experienced," council member Bobbie Lindsay said. While some towns struggle to fill their volunteer boards, Palm Beach is lucky to have such a large pool of exemplary applicants to choose from. The creme de la creme of the political, Business, law, media and medical fields all choose to make Palm Beach their home, resulting in a volunteer pool second to none. And the town asks a lot of its volunteers. Being on the architectural or landmarks commission can consume as many hours as a part-time job, but that does not seem to dissuade the long list of applicants vying to get on them.





With the town seemingly at a crossroads because of COVID - inspired population boom, now more than ever the dedicated volunteers on these and other town boards are critical to shaping the ling-term health of the island. And they serve as an example for new residents who may one day be offering their services.

So, hats off to all the volunteerson our town boards. They help to make Palm Beach a better place to live.



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