

# RAINBERRY BAY BEACON

See  
**ACB-ACC**  
info  
pg. 21

See  
**STORM/Hurricane**  
info  
pg. 11

July — August 2025 Sharing CommUNITY

## Save the Dates

- July 2**  
Villa Mtg
- July 5**  
Opera/Ballet Series  
"Giselle"
- July 6**  
Movie Night  
"The Brutalist"
- July 8**  
NF Book Club  
CERT
- July 9**  
Master Meeting
- July 11**  
The Ed Band
- July 19**  
Opera/Ballet Series  
"Cosi Fan Tutte"
- July 20**  
Movie Night  
"The Last Showgirl"
- July 24**  
Green Comm.
- July 25**  
The Ed Band
- July 26**  
Janis Ian Film  
"Breaking Silence"
- August 3**  
Movie Night  
"Emilia Perez"
- August 5**  
HOMES Mtg
- August 8**  
The Ed Band
- August 9**  
Opera/Ballet Series  
"The Little Humpbacked Horse"
- August 12**  
NF Book Club  
CERT
- August 13**  
Master Meeting
- August 17**  
Movie Night  
"I'm Still Here"
- August 22**  
The Ed Band
- August 23**  
Opera/Ballet Series  
"The Magic Flute"
- August 28**  
Green Comm.



## Where in the World Was Lourdes? A Visit to Japan's Adventure World

During Lourdes Alfonso's trip to Japan, the Rainberry Bay resident visited Adventure World in Shirahama. Adventure World has been participating in Japan-China joint research on giant panda breeding since 1994. The program has successfully bred 12 litters, raising 17 pandas and it has produced 21 giant pandas. Four of those pandas are returning to China at the end of June.

People travelled from all over Japan to see the pandas before their departure. One could feel the excitement of the town...all decorations and advertisements had a panda theme.

The program is vital to help conserve the species but also serves as a diplomatic bridge between Japan & China.

## Table Tennis Club Helen Sohne



The Table Tennis Club invites you to play Mondays and Wednesday 12-2pm for doubles and singles. Fridays, 10am-12 noon are for singles so bring an opponent. —Camille Mazza photos

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## WOMEN'S CLUB

2025-2026



NOVEMBER 15 TH  
 JANUARY 17 TH  
 MARCH 30 TH

7:00 PM  
 RAINBERRY THEATRE

\$10

TICKETS ON SALE  
 OCTOBER 27th  
 IN THE CLUBHOUSE

WOMEN'S CLUB MEMBERS  
 RECEIVE AN EXTRA CARD

## A DANCE PARTY BACK BY REQUEST



SATURDAY, SEPTEMBER 20, 2025  
 7:30 PM  
 \$20  
 Tickets On Sale  
 August 25th  
 Reservations Anytime

ICE AND WATER WILL BE PROVIDED  
 YOU BRING THE REST

PRESENTED BY THE CLUBS OF RAINBERRY

onstage.rainberry@yahoo.com

# LIBRARY NEWS

JOAN POWELL & JOLIE TRABIN

## LIBRARY HOURS

Monday-Friday 1-3pm

Please make every effort to return our books and DVDs on time.

JULY '25 DVDs	
ALTO NIGHTS, THE	304
BRIDGET JONES: MAD ABOUT A BOY	305
MINECRAFT MOVIE, A	307
WORKING MAN, A	340
JULY '25 BOOKS	
TENANT, THE	MC FADDEN, FRIEDA
MIND OF HER OWN, A	STEEL, DANIELLE
GRIFFIN SISTERS GREATEST HITS, THE	WEINER, JENNIFER
25 ALIVE	PATTERSON, JAMES
AUGUST '25 DVDS	
BRUTALIST, THE	343
EMILA PEREZ	349
I'M STILL HERE	357
LAST SHOWGIRL, THE	358
AUGUST '25 BOOKS	
MY FRIENDS	BACKMAN, FREDRIK
LAST TWILIGHT IN PARIS	JENOFF, PAM
FEVER BEACH	HIASSEN, CARL
BORROWED LIFE OF FREDRICK FIFE, THE	JOHNSTON, ANNA

### 3D Movies returning to Rainberry

The Theater Committee will be showing some 3D movies over the summer, beginning with the one that restarted 3D movies, Avatar, on June 29th, 7pm. We'll schedule some more as the Calendar permits.

We only have around 15 glasses so you will need to sign up if you want to guarantee having them. If you're a 3D movie fan and wish to buy your own glasses, we use the Active DLP glasses. They used to be around \$15 on eBay or Amazon but seem to have gone up to around \$25. The cheap kind used at movie theaters won't work. Watch for the weekly EBlasts to get the sign up link for each movie.

Around Halloween I plan to show The Rocky Horror Picture Show in 3D. Other likely movies include Beetlejuice, Beetlejuice (the new one), Drive Angry (Nicholas Cage), Ghost Rider, any Marvel movie, maybe Titanic. Deadpool? I have hundreds to choose from and I'll take a poll during the movie showings.

—Dave



Movies are shown in the Rainberry Theater at 7pm

Sunday, July 6th

**The Brutalist**

Sunday, July 20th

**The Last Showgirl**

Sunday, August 3rd

**Emilia Perez**

Sunday, August 17th

**I'm Still Here**

**MANY THANKS to**

**Dave Kulick**

for always being available to show the

**Sunday Night Movies.**

### Fiction Book Group

Roberta Weltmann

The Fiction Book Group will be on hiatus until October, 2025. Have a great Summer & bring your book suggestions to our first meeting on Oct. 15th. More information will be in the September eblast.

**FLORIDA State  
Wildflower:  
Coreopsis aka  
Tickseed**



### Name That Tune:

*"Her mind is Tiffany-twisted, she got the Mercedes-Benz,  
She got a lot of pretty, pretty boys  
that she calls friends."*

**Answer is hidden in this issue of the Beacon.**

The Beacon is actively seeking volunteers to takeover editing responsibilities for our community newsletter. Please contact deb peters, @ RainberryBayBeacon@gmail.com ASAP.

**TIP - CHECK YOUR ACCOUNT BALANCES  
MANY ARE IN ARREARS  
AND DON'T KNOW IT!**

Mexican marine scientists have developed biodegradable 3D-printed coral structures to help restore rapidly dying reefs along the Yucatán coast. These coral "scaffolds" mimic the shape and texture of real coral and are infused with nutrients to attract marine life.

Once deployed underwater, fish and invertebrates begin to colonize them, and real coral begins growing on top. The structures are made of calcium carbonate and chitosan — safe for the ocean and fully biodegradable.

Early trials show a 300% increase in biodiversity after just six months.



Mexico is saving its coral reefs with 3D printers — and fish are already moving in.

Submitted by Linda MacNeal

**Coming Soon – A Matinee  
to Get You Out of the  
Heat!  
July 26th @ 2pm  
“Breaking Silence”  
at the Rainberry Theater**

In 1965, Janis Ian, a 14-year-old singer-songwriter from New Jersey, wrote "Society's Child" about an interracial relationship. Recorded and re-released a year later, the song launched Ian's career, but its subject matter ignited controversy, even resulting in death threats. The fallout plunged Ian into an emotional tailspin--and yet a few years later she emerged from the ashes with an even bigger hit, "At Seventeen." Over six decades, Janis Ian gained ten Grammy nominations in eight

different categories, saw her song "Stars" recorded by such luminaries as Nina Simone and Cher, and overcame homophobia, misogyny, and a life-threatening illness to produce an indelible body of work that continues to draw audiences around the globe. The movie features Janis Ian, Joan Baez, Jean Smart, Arlo Guthrie, Lily Tomlin, and Tom Paxton, among other icons.



Varda Bar-Kar  
Director



Janis Ian  
Self



Joan Baez  
Self



Lily Tomlin  
Self



Jean Smart  
Self



Laurie Metcalf  
Self

**RENTAL**

**PATIO HOME 2025-2026 SEASON**

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4 month minimum @\$4,250 per month.

**Call Leslie 480-432-2142**

Flexible start date: Dec. or Jan.

**Rainberry Bay Directory**

**Char Lane, Directory Chair**

The 2025 Directory has been published and almost 400 copies have been distributed and/or delivered to date. A few more distributions will be announced and if you can't make those, you can contact me.

If you are part-time residents here, I will have your copy for you when you return in the fall. The electronic Directory in pdf format is on the FSR-Rainberry website.

Please review your information and let me know of any corrections, changes or updates. You can either email them to me or complete and submit a Directory Inclusion form. Blank forms are in the wall display in the clubhouse lobby.

Here is a test to find whether your mission on Earth is finished: If you're alive, it isn't.  
—Richard Bach

**BOARD MEETINGS**

ALL DATES ARE SUBJECT TO CHANGE

**HOMES MEETING:**

**AUGUST 5**

**MASTER MEETING:**

**JULY 9**

**AUGUST 13**

**VILLAS MEETING:**

**JULY 2**

**If you fall and call 911**, you can ask for "lift assist". A smaller vehicle will be dispatched with 2-3 EMTs to help you get up. The 911 dispatchers will **not** send a fire truck or an ambulance.

Dave Kulick has added a feature to the **myrainberrybay.com** website. On the top right corner is a Bulletin Board icon. The new feature will allow residents to connect and get more community updates. Look for the user guide on how residents can get access.

Recordings of all meetings are available on [myrainberrybay.com/videos](http://myrainberrybay.com/videos) and are password protected.

**RB COMMUNICATION**

**BEACON:** [rainberrybaybeacon@gmail.com](mailto:rainberrybaybeacon@gmail.com)

**CALENDAR:** [rbcalendar@yahoo.com](mailto:rbcalendar@yahoo.com)

**EBLAST:** [rainberrywebsite@yahoo.com](mailto:rainberrywebsite@yahoo.com)

**WEBSITE:** [myrainberrybay.com](http://myrainberrybay.com)

PLEASE ADDRESS AND MAIL YOUR CHECKS AND INQUIRIES TO:

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**CO-EDITORS** DEB PETERS  
JOAN POWELL  
**TREASURER** CHAR LANE  
**DISTRIBUTION** JOHN WILLIAMSON

**PROOFREADERS**

DONNA GOUIN JESSICA KURTZMAN  
CHAR LANE ESTHER SCHWARTZ  
LOIS WIESLER

**PHOTOGRAPHERS**

KAREN JENSEN CHAR LANE  
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The Beacon does not promote or take responsibility for the services listed in this publication. All references should be checked by the individual homeowner before using said services. **We reserve the right to edit all copy or to reject an advertisement, letters or articles.** The views and opinions expressed in individual articles do not necessarily reflect those held by the Beacon.

**IN CASE OF EMERGENCY**

7 Defibrillator Locations

1. ROVER vehicle.
  2. CLUBHOUSE/POOL 1 unit is in cabinet near front entrance.
  3. TENNIS CENTER in pro-shop.
  4. THEATER/POOL 5 unit is inside women's restroom.
  5. THEATER unit is next to sound booth.
  6. BOCCE COURT
  7. PICKLEBALL COURT
- FIRE, POLICE, AMBULANCE 911  
ELDER HELP LINE 211

Please notify the Beacon at [RainberryBayBeacon@gmail.com](mailto:RainberryBayBeacon@gmail.com) if you would like to inform the community of the passing of a member of our Rainberry family. Also, send us **Happy Birthday, Get Well, and Congratulations** wishes that you want to share with our many caring and thoughtful residents.

**The Beacon is actively seeking volunteers to takeover editing responsibilities for our community newsletter. Please contact deb peters at [RainberryBayBeacon@gmail.com](mailto:RainberryBayBeacon@gmail.com) ASAP.**

**Editors' Note:**  
The Beacon is published on a bi-monthly basis.  
The issues are:  
January-February  
March-April  
May-June  
July-August  
September-October  
November-December

Please remember to have your house number clearly displayed on your house, fence, and/or your mailbox post so emergency vehicles and assistance can get to you promptly.



Office Hours: 8:30am-4:30pm  
Lunch Hour: 12 noon-12:30pm  
Wed. Close at 12:30pm  
Office: Call 561-272-6560  
**After hrs. emergency: 866-378-1099**  
[rainberrybay@fsresidential.com](mailto:rainberrybay@fsresidential.com)  
Staff: Anisa Kumar, Property Mgr  
Fabiana Frederique, Asst Prop Mgr  
Aldia (Dya) Mierez-Chapman, Admin  
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**HOA PAYMENT MAILING ADDRESS:**

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Rainberry Bay (Homes/Villas) Association  
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Tampa, FL 33630

**PLACE A WORK ORDER ON THE FSR WEBSITE OR OVER THE PHONE:**

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TO CONTACT XFINITY FOR CABLE ISSUES: RAINBERRY GROUP SERVICE- 800-COMCAST (800-934-6489)

**BUG OFF PEST CONTROL 954-772-8338**

PLEASE NOTE:  
**NEVER LEAVE ANYTHING FOR PICK-UP ON RAINBERRY CIRCLE**

**We encourage our readers to**  
***PLEASE SUPPORT THE ADVERTISERS***  
**found in the Beacon the way they support us.**

**DEADLINES:**  
**ADVERTISING: 8th of prior month**  
**ARTICLES: 10th of prior month**

TYPE OF AD	COLOR ADS (Sales Tax Incl.)	B/W ADS (Sales Tax Incl.)
AD SIZE & PLACEMENT	5 issues	5 issues
BACK COVER	\$ 1,200	
INSIDE COVER	\$ 1,000	
PREMIER PAGE	\$ 1,000	
FULL PAGE	\$ 800.	\$ 700.
HALF PAGE	\$ 500.	\$ 400.
QUARTER PAGE	\$ 350.	\$ 250.
BUSINESS CARD	\$ 250.	\$ 150

**Please send original artwork, as a JPEG, to:**  
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### HOMES BOARD

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**jenglishrbbd@gmail.com**

VICE PRESIDENT: RAE MATRANGA  
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TREASURER: NORMA KOFF  
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**joemboard@gmail.com**

VICE PRESIDENT: CAROL FREDERICKS  
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**Rhonac.rboard@gmail.com**

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**gailmrainberry@gmail.com**

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**BARRYNVILLAS@GMAIL.COM**

TREASURER: JANET AHLGREN  
**Janetrainberryboard@gmail.com**

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WEBSITE	Dave Kulick	John English



## BOARD Update

*John English, Homes Board President*

### Transitioning to Digital Systems: A Necessary Step Forward

We deeply value the traditions and community spirit that have defined our association for years. However, as we face the realities of rising operational costs, it has become increasingly clear that continuing with paper-based systems is no longer sustainable.

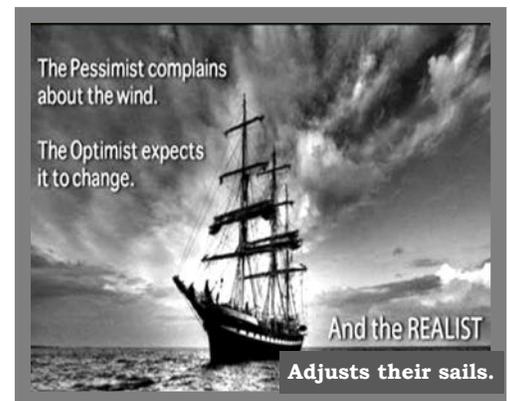
Managing paper records requires significant financial resources for printing, storage, and maintenance. These costs continue to grow, limiting our ability to invest in other areas that could benefit the association, such as facility improvements. By transitioning to digital systems, we can streamline processes, reduce expenses, and ensure that our association remains financially sound. This is achieved by using common information through auto populating fields, leveraging email and text messages to keep you informed, yielding an increase in efficiency.

Additionally, we can secure our records more efficiently through the use of Cloud Services that adds protection for our information in the event of a disaster such as a hurricane.

We understand that this change may feel daunting, especially for members who are less familiar with technology.

This transition is not just about cutting costs; it's about securing a sustainable future for our community. We have a multitude of talented people within our neighborhoods. Together, we can embrace change and continue to build a strong, connected association that thrives in the modern world. We can reorganize our property management from an "in office" perspective for outreach to improve your living experience. An example: recently we added a concierge to the landscaping agreement and it made an enormous improvement in our services to the homeowner outside of the office. It's time to leverage quality and allow technology to replace error filled paper-based systems that frustrate many.

We also look to leverage these systems to inform homeowners the status of



requests. Adding impact windows? Soon to be fully deployed is the ACC application providing email updates during all steps of the review. Selling your home?

We look to engage software known as Tenant Evaluation, that streamlines the application process and makes it more effective by reducing errors in processing.

# JULY 2025

AUD = CLUBHOUSE AUDITORIUM  
 CR = CH ARTS & CRAFTS RM  
 MCR = CH MEN'S CARD RM  
 WCR = CH WOMEN'S CARD RM  
 CFR = CH CONFERENCE RM

TH = THEATER  
 TC = TENNIS CT  
 PC = PKLBALL CT  
 BC = BOCCO CT  
 ZM = ZOOM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLUB LEGEND BC = Bocce CL MnM = Mix-n-Mingle CL OS = OnStage PB = Pickleball CL TC = Tennis CL TT = Table Tennis CL WC = Women's CL CC = Council of Clubs	<b>1</b> 10a Crafts 10a Nia CH	<b>2</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 9:30a Landscaping 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play <b>VILLAS MTG</b> <b>3p CH</b>	<b>3</b> 10:30a Curr. Evts - Aud 6p Bocce	<b>4</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio-ART 10a NIA 10a Table Ten-AUD 5:30 Pickleball Open Play	<b>5</b> 9a Bocce 10a Yoga CH  <b>OPERA/BALLET SERIES</b> <b>"Giselle"</b> <b>2P TH</b>
<b>6</b> 9a Bocce  <b>MOVIE NIGHT</b> <b>"The Brutalist"</b> <b>7p TH</b>	<b>7</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play-MCR 5:30 Pickleball Open Play 6p Bocce	<b>8</b> 10a NIA 10:15 Card Making CR 11a NF Book Club 7p CERT	<b>9</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play <b>MASTER MEETING</b> <b>7P CH</b>	<b>10</b> 6p Bocce	<b>11</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio-ART 10a NIA 10a Table Ten-AUD 5:30 Pickleball Open Play <b>THE ED BAND</b>  <b>6:30 TH</b>	<b>12</b> 9a Bocce 10a Yoga CH
<b>13</b> 9a Bocce	<b>14</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play-MCR 5:30 Pickleball Open Play 6p Bocce	<b>15</b> 10a Crafts 10a Nia CH	<b>16</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play	<b>17</b> 10:30a Curr. Evts - Aud 6p Bocce	<b>18</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10 NIA 10a Clay Studio-ART 10a Table Ten-AUD 5:30p Pickleball Open Play	<b>19</b> 9a Bocce 10a Yoga CH  <b>OPERA/BALLET SERIES</b> <b>"Cosi Fan Tutte"</b> <b>2P TH</b>
<b>20</b> 9a Bocce  <b>MOVIE NIGHT 7P TH</b> <b>"The Last Showgirl"</b>	<b>21</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Tennis 1:30 Canasta Play-MCR 5:30 Pickleball Open Play 6p Bocce	<b>22</b> 10a NIA 10:15 Card Making CR	<b>23</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play	<b>24</b> 3P GREEN COMM 6p Bocce	<b>25</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio-CR 10a Table Ten-AUD 10a NIA- MCR 5:30p Pickleball Open Play  <b>THE ED BAND</b>  <b>6:30 TH</b>	<b>26</b> 9a Bocce 10a Yoga CH  <b>SPECIAL MOVIE</b> <b>Janis Ian: Breaking Silence</b> <b>2p TH</b>
<b>27</b> 9a Bocce	<b>28</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play-MCR 5:30 Pickleball Open Play 6p Bocce	<b>29</b> 10a NIA	<b>30</b> 8a Pickleball Open Play 9 EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play	<b>31</b> 6p Bocce	<p style="text-align: center;"> <b>Thank you to</b>  <b>Char Lane</b>  <b>and her</b>  <b>Directory Committee</b>  <b>volunteers for creating</b>  <b>a beautiful,</b>  <b>informative publication.</b> </p>	

# AUGUST 2025

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 ZM = ZOOM

P1 = POOL 1  
 P2 = POOL 2  
 P3 = POOL 3  
 P4 = POOL 4  
 P5 = POOL 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLUB LEGEND BC = Bocce MnM = Mix-n-Mingle OS = On Stage PB = Pickleball TC = Tennis TT = Table Tennis WC = Women's CC = Council of Clubs					<b>1</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio- CR 10a NIA 10a Table Ten-AUD 5:30 Pickleball Open Play	<b>2</b> 9a Bocce 10a Yoga
<b>3</b> 9a Bocce  <b>MOVIE NIGHT</b> <b>"Emilia Perez"</b>  <b>7p TH</b>	<b>4</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play 5:30 Pickleball Open Play 6 Bocce	<b>5</b> 10a Nia 10a Crafts  <b>HOMES MEETING 7p</b>	<b>6</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 9:30a Landscaping 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play	<b>7</b> 10:30a Curr. Evts - Aud 6p Bocce	<b>8</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio- CR 10a NIA 10a Table Ten-AUD 5:30 Pickleball Open Play <b>THE ED BAND</b>  <b>6:30 TH</b>	<b>9</b> 9a Bocce 10a Yoga  <b>OPERA/BALLET SERIES</b> <b>"The Little Humpbacked Horse"</b> <b>2P TH</b>
<b>10</b> 9a Bocce	<b>11</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play 5:30 Pickleball Open Play 6 Bocce	<b>12</b> 10a Nia 10:15 Card Making 11a NF Book Club <b>7p Storm/CERT</b>	<b>13</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play  <b>MASTER MEETING 7p</b>	<b>14</b> 6p Bocce	<b>15</b> 8a Pickleball Open Play 9 EZ Fitness-AUD 10a NIA 10a Clay Studio- CR 10a Table Ten-AUD 5:30 Pickleball Open Play	<b>16</b> 9a Bocce 10a Yoga  "
<b>17</b> 9a Bocce  <b>MOVIE NIGHT</b> <b>"I'm Still Here"</b>  <b>7p TH</b>	<b>18</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play-MCR 5:30 Pickleball Open Play 6p Bocce	<b>19</b> 10a Nia 10a Crafts	<b>20</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play	<b>21</b> 10:30a Curr. Evts 6 Bocce	<b>22</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio- CR 10a Table Ten-AUD 10a NIA- MCR 5:30 Pickleball Open Play <b>THE ED BAND</b>  <b>6:30 TH</b>	<b>23</b> 9a Bocce 10a Yoga  <b>OPERA/BALLET SERIES</b> <b>"The Magic Flute"</b> <b>2P TH</b>
<b>24</b> 9a Bocce  <b>31</b> 9a Bocce	<b>25</b> 8a Pickleball Open Play 9 EZ Fitness-AUD 10a Chair Yoga-MCR 12n Table Ten-AUD 1:30 Canasta Play 5:30 Pickleball Open Play 6 Bocce	<b>26</b> 10a NIA 10:15a Card Making	<b>27</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 9a Bocce 12n Table Ten-AUD 3:45 Stickball 5:30 Pickleball Open Play	<b>28</b> 3p Green Comm 6p Bocce	<b>29</b> 8a Pickleball Open Play 9a EZ Fitness-AUD 10a Clay Studio- CR 10a Table Ten-AUD 10a NIA- MCR 5:30 Pickleball Open Play	<b>30</b> 9a Bocce 10a Yoga



## Hurricane Season

by Helen Sohne  
for the  
STORM Committee

### It's Hurricane Season; Are You Prepared?

You've stocked up on supplies. You've protected important documents and irreplaceable items. Your home is prepared with trees and bushes trimmed, hurricane windows or shutters installed and serviced. But if a hurricane is on the way, there are other important decisions to make. You may be wondering if you should stay or go? Evacuation is serious

business. Where will you go? Where is the storm tracking? Where will you stay? Are you leaving early enough to beat the traffic and not get stuck in the storm as it barrels through?

Having a "Go Bag" packed throughout the year is essential in disaster prone regions.

Fill up with gas and have some cash on hand well in advance of a storm, as pumps or ATMs won't work if the electricity is out.

Rainberry Bay CERT and STORM need your help! Join us in supporting our Rainberry Bay family before, during, and after a disaster strikes. Not sure how you can contribute? Think you don't have the right skills? No worries! Start by scanning the QR code to the LEFT to take a quick, no-obligation Questionnaire/Registration form. It's the first step in discovering how you can make a difference!



# BE PREPARED

## BUILD A KIT

Plan to be on your own for at least 7-10 days



- Water (1 gallon per person, per day)
- Food (non-perishable)
- Medications
- Medical equipment
- First aid kit
- Sturdy shoes
- Extra batteries
- Warm clothes
- Fire extinguisher
- Identification & important documents
- Toilet paper
- Small bills
- Pet supplies
- Tools
- Personal hygiene items
- Flashlight
- Radio
- Can opener

Keep a 7-10 day kit at home — also have smaller kits in your vehicle and at work

Palm Beach County  
Public Safety Department  
Emergency Management Division  
[www.pbcgov.org/dem](http://www.pbcgov.org/dem)



Palm Beach County  
Board of County Commissioners

In accordance with the provisions of the ADA, this brochure can be made available in an alternate format. Contact Emergency Management at (561) 712-6400.  
Rev. 06/12



### Emergency Supply Kit Shopping List

Everyone needs to prepare for emergency situations, but shopping for supplies can be expensive and strenuous. Shopping for items a little at a time before an event, can reduce the stress of recovery by avoiding long lines and empty shelves.

**Get a Head Start & Be Prepared!**

### TO DO LIST Before the Season Starts

- Make a family plan. Who does what and where will your family ride out the storm
- Locate your water meter and electrical shutoff
- Know the disaster plan of your child's school or daycare
- Trim trees and store loose objects
- Install/test your smoke detector
- Use a video camera to tape the contents of your home and store videotape with a friend who lives out of town
- Photocopy important papers and store safely
- Make plans to board your pet if you plan to go to a shelter
- Obtain cash or travelers checks
- Establish an out-of-state contact to call in case of emergency

### Keep in a Waterproof Portable Container

- Will, insurance policies, contracts, deeds, stocks, and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)



If you need to leave your home, try to stay with family or friends who live in an area deemed a non-evacuation zone. Evacuation shelters should be considered a place of last resort. The closest **shelter** to us is **Atlantic High School 2455 W Atlantic Ave.**

For a special needs shelter, you must register in advance with Palm Beach County. This is the number to call for an application and more information.

561-712-6400

**A Coyote?**  
Sighting in  
Rainberry?  
What's your  
opinion?



*A Little Night Music*

NOT THE PLAY

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Please bring your own refreshments  
Ice and water will be provided

Streak-Free  
Windows & Mirrors



Mix equal parts white vinegar and water in a spray bottle, wipe with a microfiber cloth for a sparkling finish.

Remove Hard  
Water Stains



Soak a cloth in vinegar and wrap it around faucets or showerheads. Let sit for 30 minutes, then scrub away buildup.

Clean Your  
Dishwasher



Pour 1 cup of vinegar into the bottom of an empty dishwasher and run a hot cycle to remove grease and odors.

**6 Genius Ways to Clean with Vinegar!**

Freshen Up  
Laundry



Add ½ cup of vinegar to your wash to soften fabrics, remove odors, and break down detergent buildup.

Unclog &  
Deodorize Drains



Pour ½ cup of baking soda down the drain, followed by 1 cup of vinegar. Let fizz for 10 minutes, then rinse with hot water.

Disinfect Kitchen  
Surfaces



Wipe down countertops, cutting boards, and sinks with diluted vinegar to kill bacteria (avoid on granite/marble).



**Why Not?**

Bread makes our tummies hurt and makes us ill. Bread does not contain the right nutrition or calories that we need to survive. It makes us think we are full and then we don't eat the food we need. It also pollutes our water and causes nasty surface algae, which kills our fish friends and gives us diseases.

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**Ray Tresca**



## Meatless Monday Recipe

### Spring Pea & Mint Soup.

This soup can also be cooled, chilled for one day, and served cold— you can let your body make the call, our bodies have a wisdom much greater than our brains!

- 1½ cups chopped cleaned leeks
- ½ cup chopped fennel
- ½ cup chopped scallions (green and white parts)
- 3 tablespoons extra-virgin olive oil 1 teaspoon finely chopped garlic
- 5 cups fresh or frozen peas
- 3 cups vegetable stock or water

½ cup thinly sliced spinach (chiffonade)

¼ cup chopped fresh mint

¾ tsp fine sea salt

¼ tsp freshly ground black pepper

1½ tsp fresh lemon juice

**H**eat a medium soup pot over medium-low heat for 2 minutes. Put in the leeks, fennel, scallions, and oil and shake the pot to coat the vegetables. Cover and cook gently until the vegetables are translucent, 3 to 5 minutes. Uncover, raise the heat to medium, and cook until the vegetables are lightly browned, 3 to 5 minutes more. Stir in the garlic and cook for 1 minute. Add 4 cups of the peas and the stock, scraping the pot bottom to loosen any

browned bits. Bring to a boil over high heat; then reduce the heat to low and simmer just until the peas are heated through but still bright green, about 3 minutes.

**P**ure the soup with an immersion blender or in an upright blender. If using an upright blender, avoid a blowout by cooling the soup slightly and partially removing the center lid of the blender. Puree the soup until it is super-smooth. Pour the soup back into the pot (if you used an upright blender) and stir in the remaining 1 cup peas, the spinach, mint, salt, pepper, and lemon juice.

**H**eat through and serve. Serves 4. Serve with warm crusty bread.

#HOMETOWNHERO  
#DELRAYPROUD  
#GOCOCO



**COCO GAUFF**  
WINNER OF THE 2025 FRENCH OPEN

**Congratulations to Delray Beach's hometown hero, Coco Gauff, who won the 2025 French Open women's singles title. This marks her second Grand Slam title. Gauff became the first American to win the French Open women's title since Serena Williams in 2015.**



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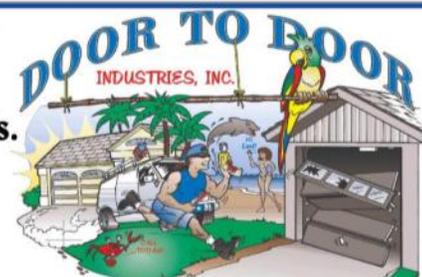
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3010 NW 12th St. D | 2-BR, 2-BA | 1,680sf. House

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Reach out today for a complimentary market analysis

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Realtor Associate

M: 561.400.1524

laurie.dietz@elliman.com



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# WOMEN'S CLUB

FERN KATRONETSKY

**Photo: Women's Club Board members: seated Carol Shore, President Emeritus and hospitality committee co-chair.**

**Standing l. to r. Chris Walsh, secretary; Roymi Membiela, new board member and publicity/ events chair; Claire Saltz, treasurer; Fern Katronetsky, co-president; Sue Ragovin, hospitality co-chair; Gloria Nissinoff, co-president.**

**Missing from photo, Beverly Librescu, ways and means committee chair.**

These women work very hard all year-round to bring various programs and events to its club members, as well as the Rainberry Bay community. Over the past several years, some of these have included lunches & games, bingos, wine tastings, auctions, fashion shows, etc. See below for what's coming next!

Women's Club Events for the 2025-2026 Season

16 September 2025 (Tuesday) - Lunch & Games - 12pm until 4pm - clubhouse

14 October 2025 (Tuesday) - Ice Cream Party & Prize Swap - 1pm - clubhouse

15 November 2025 - Saturday Night BINGO 7pm - theater

16 December 2025 (Tuesday) - 'Members ONLY'

Welcome Back Brunch and Holiday Celebration, 11am -1pm - clubhouse

17 January 2026 - Saturday Night BINGO, 7pm - theater

17 February 2026 (Tuesday) - Lunch & Games ,12- 4pm - clubhouse

21 March 2026 (Saturday Night) - Women's Club Event/Show, 8pm - theater

30 March 2026 - Monday Night BINGO, 7pm - theater

14 April 2026 - END OF SEASON Lunch & Games, 12- 4pm – clubhouse. In addition to the above events, the Women's Club is also looking to offer other activities on a continuing basis during the regular season and off-season. So, if you see or hear about a program that might be of interest to us, let a club board member know and we will investigate and determine its feasibility for the Women's Club. COME FORTH WITH YOUR IDEAS.



## EatBetterLiveBetter (EBLB) Lourdes Alfonso

Thank you to the Bocce Club and the Foodberry Club for the food drive to support **EatBetterLiveBetter**.

EBLB is a nonprofit based in Delray Beach. Its mission is to help prevent and reduce health issues by making fresh nutritious food and education accessible to the underserved communities. EBLB distributes healthy groceries and fresh produce. Over one million pounds have been distributed since Covid 19.

The affordable farmer's market program provides fresh fruits and vegetables at a fraction of the cost. Social Services works with families to navigate the system and learn about different resources to improve their situation.

## It's a Win-Win

Always hoping to clean out your pantry? Contact deb peters: Rainberry volunteer help you with this project. You'll end up with an organized, clean, and efficient pantry, and feel good about donating your extra food items to **EatBetterLiveBetter**. Also contact deb peters if you are interested in being a volunteer pantry organizer.

## How much sugar IN FRESH FRUIT?

 AVOCADO 0.7g	 LEMON 2.5g	 BERRIES 5g	 WATERMELON 6.2g
 PEACHES 8.4g	 KIWI 9g	 ORANGES 9.2g	 PEARS 9.8g
 PINEAPPLE 9.9g	 PLUMS 9.9g	 APPLES 9.4g	 BANANAS 12.2g
 MANGO 13.7g	 POMEGRANATE 14g	 GRAPES 15.5g	 FIGS 16.3g

\*PER 100G OF FRUIT SOURCE: USDA FOOD DATA

# YOGA

with Deb Mayes

Meet us on your mat every Saturday at 10am in the clubhouse.

And, another present to yourself,  
**Chair Yoga**  
 Mondays at 10am



## Happy 4th of July



Thank you,  
**Green Committee,**  
 for repurposing corks, and  
 thank you, Char Lane, for  
 always keeping our wreath  
 dressed in timely décor.

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 (Prices subject to change without notice)

We participate in the FPL energy savings program



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**The Pickleball Club** honored the Moms of Rainberry Bay with Dunkin' Donuts and group photos.

## **RB LIBRARY NEEDS YOU**

The Rainberry Library is seeking volunteers to work the desk when the library is open. This requires an hour of training and then a two- hour commitment (1-3pm) one day/week. It's a great way to meet neighbors too.

Anyone interested please contact  
Jolie Trabin at  
[Jols3@comcast.net](mailto:Jols3@comcast.net)

# NEW YEAR'S EVE PARTY

PRESENTED BY  
RAINBERRY BAY  
PICKLEBALL

WEDNESDAY  
DECEMBER 31

8 PM  
BAND BEGINS AT 8:30  
PM

LOTS OF GREAT DOOR PRIZES  
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MONDAY, OCTOBER 20TH 4:00 PM

\$45

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You must be 21 to attend





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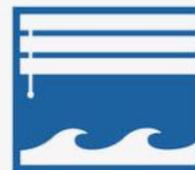


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Repurpose plastic bread tabs to keep tape from sticking to itself. Thanks for the tip, Lois Wiesler.

**Submitted by Norman Fink**  
The Eagles, 1977  
"Hotel California"  
Name That Tune Answer:



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# Stickball

Wednesdays @ 3:45pm behind the tennis courts.

—Char Lane photo



The Green Committee maintains the 9th Street garden and the native garden at the Tennis center. We hire , a professional, Christian from Beyond Grass, LLC, to do the work that we can't. Here are before and after photos of the garden on 9th Street. — Carol Unger photos



## Green Committee Carol Unger

The **Green Committee** meets the 4th Thursday of each month at 3pm in the clubhouse. All are welcome to participate. We are not a Club; we are a committee!  
No dues, just donations. **Rethink, Reduce, Reuse, Recycle**

Events	Date/Time	Location	Contact Name
Hazardous Waste #1	Sat. Nov. 08 <sup>th</sup> , 2025 9am-11am	Theater Volunteers: Lois F, Carol U, Stephanie B Karen April and Bob Stewart	Anne-Marie Blondin Lois Fink
UpCycle event	Sun. Dec. 07 <sup>th</sup> , 2025 1pm-3pm	Arts/Crafts Volunteers: Eileen Jardini, Roz Appel, Carol Unger, Jo Felman	Stephanie Braunstein
Potting Native Plants	Sun. Jan. 18 <sup>th</sup> , 2026 1-4pm	Tennis Center Volunteers: Jo Felman Beth Morrow	Karen April Vinnie Ardillo
SWA Recycle Facility Tour	Early Feb. 18 <sup>th</sup> , or 25 <sup>th</sup> 2026	Palm Beach County	Anne-Marie Blondin Lois Fink
Shredding Event	Sat. Feb. 21 <sup>th</sup> 2026 9-11am	Theater Volunteers: Lois W, Karen A.	Anne-Marie Blondin Lois Fink
Hazardous Waste #2 Plus Shoe Collection	Sat. March 14 <sup>th</sup> 2026 9am-11am	Theater Volunteer needed for Shoe Collection Marlene for shoes Beth Morrow, Karen April and Bob Stewart	Anne-Marie Blondin Lois Fink
Earth Day Events	Sunday April 26 <sup>th</sup> 2026	Theater 1-4pm with film	Karen A. Carol U.
Book	TBD		A.Trust
Field Trip Pan's Garden	TBD- May 2026	Pan's Garden Preservation Foundation Palm Beach	Karen April

**Celebrating Earth Day with a potluck giveaway/takeaway event.**



# Rainberry Bay ACB\* Architectural Control Board

Meetings will be held in the clubhouse the 3rd Thursday of each month at 2pm. Meetings are open to all owners and will also be on Zoom to broaden residential attendance.

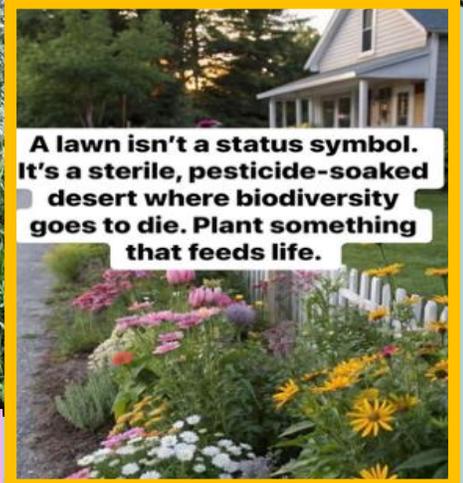
The Open Architectural Control Board meetings are required by FS 720. \*aka: ACC & ACB-ACC



**Rainberry Bay residents, Ron & Stephanie, experiment with the mango picker.**



**Contest:** Name this beautiful Native Bush, and its location in Rainberry Bay. Send answers to [RainberryBayBeacon@gmail.com](mailto:RainberryBayBeacon@gmail.com)



**A lawn isn't a status symbol. It's a sterile, pesticide-soaked desert where biodiversity goes to die. Plant something that feeds life.**



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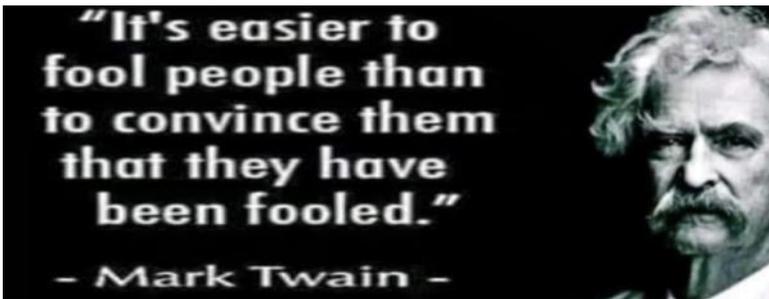
# DEAR MINDY

*Mindy is absolutely smart, sweet, funny, and engaging. Have a question for Mindy? Send it to the Beacon, or drop it in the BEACON mailbox at the Clubhouse.*



Dear Mindy, I've written to you before, but I'm asking again, what can I do to get my neighbors to keep their cats indoors? In the past month I've seen two cats lurking around Rainberry with their prizes: dead baby rabbits hanging out of their mouths. We love your cats too, but we want all

Rainberry animals to be safe. ~Rabbit Lover  
**Dear Rabbit Lover, One word, "Coyotes." I too am fearful and only venture out by trees. RB Management just sent a notice about the predators; don't take my meow for it. (see page 12 for "Coyote" information)**



## On Stage by Neill Klein

On Stage is getting ready for its new season and ready to entertain you once again. We listened to many who have requested a softer, more intimate evening. For that we are putting on A LITTLE NIGHT MUSIC. Our guest entertainer will be performing up close and personal for just 50 guests. This will be a lovely evening for listening and dancing. This event is on Saturday night, December 13th. Ticket Sales will begin November 17th (\$10).

On Friday, January 23rd, we have a big event planned for you when the FAU musical theater department brings their debut performance of show tunes and popular music to our theatre. This is a benefit performance for FAU, all proceeds will be donated to their program. Tickets will go on sale December 29th (\$20).

February 13th brings our joint program for Valentine's Day together with FOODBERRY. In addition to their wonderful dinner, well-known comedian Peter Fogel will come to our stage. There will be combination dinner/show tickets as well as show only tickets. Tickets will go on sale Jan. 26.

Our last event of the season will be the return of TRIVIA NIGHT on Saturday, March 14th. Advance reservations will begin February 2nd. If there are any tickets still available they will be on sale beginning February 23 (\$10).

A DANCE PARTY featuring the Krush Band will return Saturday, September 20th. Advance orders for 8 or more begin August 1. Tickets go on sale August 25th.

## BOWLING LEAGUE

FERN KATRONETSKY



The 2024-2025 Bowling League ended their Season by celebrating its many bowlers with a luncheon on May 1st in Delray Beach, and the distribution of prizes. Here are the results of those who came in either 1st, 2nd, or 3rd in various individual categories:

**Season High Average (Male)** – Richard Schimmel – Average of 167

**Season High Average (Female)** – Susan Alvo – Average of 162

**Most Improved Average (Female)** – Debbie Arrigo – 3rd Place (Increase of 9 pts.) and Stephanie Valverde – 1st Place (Increase of 22 pts.)

**High Game Scratch (Male)** – John English – 2nd Place with a 208 and Joe Arrigo – 1st Place with a 227

**High Game Scratch (Female)** – Ruth Helzick – 3rd Place with a 182 and

Jean-Ellen King – 2nd Place with a 190

**High Series Scratch (Male)** – John Tomaszewski – 3rd Place with a 485 and Sandy Wasserman – 2nd Place with a 495

**High Games Handicap (Male)** – Allan Katronetsky – 1st Place with a 252

**High Games Handicap (Female)** – Connie Sims – 3rd Place with a 252 and Karen Treder – 2nd Place with a 253

**High Series Handicap (Male)** – Mark Grossman – 2nd Place with a 657

Results of the Team Placements were:

**3rd Place**, Team # 1, known as the Pin Crushers and consisting of Connie Sims, Fern Katronetsky, and Richard Schimmel with a record of 118 Wins and 99 Losses.

**2nd Place**, Team # 6 consisting of Debbie Arrigo and John English with a

record of 123 Wins and 94 Losses

**1st Place**, Team # 2 consisting of Karen Treder, Ruth Helzick, and Sandy Wasserman with a record of 126 Wins and 91 Losses.

CONGRATS TO ALL!! We look forward to another exciting Season of Bowling! Bowling in the fall will likely begin again in early September. It depends on the schedule of High School Try-Outs which begins at the same time. We hope to be fortunate in that the schedules once again do not conflict. As more information becomes available, the details will be provided to you. Anyone who would like to join in and bowl with us, we bowl every week on Thursdays starting at 3:00pm. unless there is a major holiday. Questions should be directed to League President, Fern Katronetsky at [f.katronetsky@verizon.net](mailto:f.katronetsky@verizon.net)

# Opera/Ballet by Mike Cantwell

## Rainberry Classics in July & August



Adolphe Adam's **Giselle** is one of the most beloved of all ballets, and our cast is led by Alicia Alonso. One of the greatest dancers of the Twentieth Century, Alonso's

**Giselle** is considered the definitive performance of one of ballet's most difficult roles. And if you've never seen the Ballet Nacional de Cuba, prepare to be amazed by a corps equal to that of the Bolshoi or Kirov.

Mozart's **Cosi Fan Tutte** contains some of his most exquisite music. Our attractive young cast sings as well as it looks, and acts as well as it sings, with Miah Persson and Anke Vondung as the two sisters, Topi Lehtipuu and Luca Pisaroni as their feckless, reckless lovers, and Nicolas Rivenq and Ainhoa Garmendia as the two conspirators. In the words of one reviewer, the performance is "the one we have been waiting for."

Based on a Russian fairy tale, **The Little Humpbacked Horse** offers a charming and magical tour through a land of flying horses, dancing fish, and tumbling clowns. The cast features some of Russia's greatest dancers, including the radiant and incomparable Maya Plisetskaya. The ballet's score was written by her husband Rodion Shchedrin.

Finally, we finish Mozart's Big Four with **The Magic Flute** in a beautifully staged and sung performance from the Met in the 1980s, led by Kurt Mollo as Sarastro, Francisco Araiza as Tamino, and Kathleen Battle as Pamina.

**July 5: 2pm: Giselle**

**July 19: 2025: 2pm, Cosi Fan Tutte**

**Aug 9: 2pm: The Little Humpbacked Horse**

**Aug 23: 2pm, The Magic Flute**



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Summer is here and the bocce world has slowed down, but many are still meeting on Monday and Thursday evenings and Saturday, Sunday, and Wednesday mornings. We have the fans going and on really warm days, the misters will be cooling us off. Our water fountain has been refurbished and has cold filtered water for your refreshment. The community bocce balls and shuffleboard equipment is in the new shed in front of pool 2. The doors slide open and are

unlocked.

Starting Monday, June 16th at 7pm, bocce members will be playing against each other in our Summer Intramural League games. They will play every Monday for 6 weeks. Mark your 2026 calendar!

Bocce Dances (great music, serving our signature Klondike bars)

Friday, Jan. 30th, 2026, in the theater at 8pm: "The Music of 1969". Dig out those beads, headbands, and clothes that made you feel groovy. I promise you will know all the words to every song they play! This is the band that brought us the great music of Woodstock a few years ago. You won't want to miss it! Tickets \$20

Saturday Feb. 28th in the theater at 7:30pm: Ray Coke music featuring Tavia Jones. Join us for a fun evening of music we love. Wear your dancing shoes as we will have a fun night dancing and singing! Tickets \$15

Bocce will be sponsoring 3 bingo nights in 2026!

**Monday, Jan 5th.**

**Monday, Feb 9th.**

**Monday, March 9th.**

**Get ready for fun games and prizes.**

## CURRENT EVENTS

Roberta Weltmann

As of June, our schedule will be to meet on the first & third Thursday of the month, at 10:30 AM, in the auditorium. This will be our summer schedule for the months of June thru September.

We discuss all the timely issues of the day including global, national, state and local events. YES, we do politics but always respectfully and welcome all opinions. Newcomers are always welcome.

Roberta- Rbtaw3@gmail.com

Allan- Ctrust371@comcast.net

## BRAINBERRY U

CLASS	DAY	ROOM	TIME	CONTACT
BEADING	Summer Break	CRAFT RM	7pm	Karen J Miller
CANASTA	MONDAY	MCR	1pm	
CARD MAKING	TUES (2nd & 4th)	CRAFT RM	10:15am	Madeline Hincken
CHAIR YOGA	MONDAY	MCR	10am	Deb Mayes
CLAY STUDIO	FRIDAY	CRAFT RM	10am	Joyce Poses
CRAFTS	TUES (1st & 3rd)	CRAFT RM	10am	Babs Heller
CURRENT EVENTS	THUR (1st & 3rd)	AUD	10:30am	Allan Trust
EZ FITNESS	M - W - F	AUD	9am	Madeleine Bochner
MAT YOGA	SATURDAY	MCR/ AUD	10am	Deb Mayes
NIA	TUES & THURS	MCR	10am	Helen Sohne



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**Contest:** Where in Rainberry Bay is this poster located? In what year was it first displayed? Send answers to RainberryBayBeacon@gmail.com

**Buying? Selling? Trading?** Mike Shultz has set up a Team Reach thread within Rainberry to buy, sell or trade items. The app is TeamReach & the code is:

**RB000BST.**

You may find something you need!

## **NIA** Helen Sohne



After nearly 10 years of teaching Nia, I've learned that movement is more than just exercise. Nia addresses how we move in our everyday lives. We can be strong enough to lift something heavy but still injure our back or even knees if we turn incorrectly. Nia teaches mindful movement as does yoga and tai chi.

Nia also exercises our brains and increases creativity. Yes it's true that participating in sports, dance and any sort of "movement form" will boost our brain health. However Nia is designed to challenge our brains as we learn new choreography. And "free dance" enhances creativity, cognitive flexibility, emotional well-being, and social connection. Incorporating both styles into movement classes provides a well-rounded experience.

It's a great time to join during our second annual "Share The Dance" summer promotion through August. Your first class is always FREE then it's still only \$5 after that. But bring a friend who's new, and you both get a free class. If it's your first class and their first class - you each get 2 FREE classes! There's no limit to how many new people you can bring for a free class during this special. We dance Tuesdays and Fridays from 10-11am in the Men's Card Room of our clubhouse. Reach out for more info: niadelray@gmail.com

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### **CONTACT**

**David Wayne**

**(214) 926-5621 dwayne49@sbcglobal.net**

## **EZ Fitness Update** by Madeleine Bochner

With a larger group staying in Rainberry for the summer, the EZ fitness group voted to keep the same hours as during the winter. The decision will stand for future summers as well. The EZ Fitness group meets M, W, F at 9am in the CH Auditorium.

## **Non-fiction Book Club** Allan Trust

The Summer Schedule will be:

**July 8th** - Etana Finkler will present "An American Bride in Kabul" by Phyllis Chesler

**August 12th** - Stephanie Braunstein will present "The Girls Of Atomic City" by Denise Kiernan

We have a copy of each of the above two books available for a 2 week loan. Also copies are available thru the Palm Beach Library.

**Sept 9th** - Marty Weinstein will present "The Dark History of How China Captured APPLE" by Patrick McGee.

We meet on the second Tuesday of the month at 11am, in the clubhouse.

New members are always welcome. For Further information, contact me at Ctrust371@comcast.net



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## **YHC** Yiddish Heritage Club by Allan Trust

Many of us are working hard during the summer off season to provide the programming for next year. We hope to be able to tell you at our September meeting about our full schedule of programming, both customary

and new. These programs are designed to keep you informed, entertained, and happy.

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# In Loving Memory



## Sal Farino

submitted by Katy Mitrani

On May 29th, the Bocce Club and Rainberry Community lost one of our good friends, Sal Farino. Sal was 94 years old. We send our sincerest condolences to his family, including his two sons and granddaughter.

Sal moved to Rainberry Bay from Long Island in 2017. He became very good friends with many bocce members and was an integral part of the bocce team that played in the league. He will be missed by so many. The Bocce Club will be holding a memorial for Sal in the fall.



## Beverly Gilmore

submitted by Fern Katronetsky

It is with regret that one of our own Rainberry Bay residents, Beverly Gilmore, passed away from multiple health issues on Friday, May 23rd at the Boca Trustbridge Hospice Center. Beverly fought a strong and tough battle but finally succumbed to her illnesses. Beverly was married to her husband, John Gilmore, for 53 years and they were devoted to one another and made sure to have the best of times when they could.

As President of the RB Women's Club, I can only state that our club has lost someone dear to us and one who was always involved in our activities and spearheaded our Hospitality Committee. We will very much miss Beverly and can only say "May She Rest in Peace" and "May Her Memory Be a Blessing." Our prayers and thoughts are with her family and especially John.



## Phyllis Gordon Berke

submitted by Katy Mitrani

I was sorry to miss the June 7th memorial service for dear Phyllis. She was such a lovely and saucy person and I feel privileged to have known her. We were in the Current Events club together. Phyllis taught me how to play canasta. I was part of the play, Arsenic and Old Lace, which she and Conrad tried to get off the ground; it was great fun, I enjoyed Rainberry tap classes with Conrad while Phyllis chair tapped. I was part of the non-fiction book club with them. I was just so lucky to be a small part of their fun days together. Life is just too damn short.

The Beacon Staff extends our heartfelt sympathy to the family of **Phyllis Gordon Berke**, who for many years wrote regularly for the Beacon. Everyone looked forward to reading her **Meet Your Neighbor** column. Residents were so honored when Phyllis would approach them and say, "you're really interesting; I want to interview you." We will always miss you, Phyllis. But your memory lives on in our hearts and in all of your Beacon articles.



## James "Pops" Reilly

Long time Rainberry Bay resident James Reilly passed on May 14th. Formerly of New York, Jim brought his zest for life to everything he did.

One of the founding members of the weekly stickball games, he was affectionately referred to by his fellow players as Pops. Jim leaves behind his wife Dolores & 3 generations of Reillys.

Burial will be in NY and a remembrance will follow his wife Dolores' return to Rainberry Bay. Details will be shared when available. Jim will be missed by all who were fortunate to know him.

# NABC

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Deb Peters dLp0003@gmail.com

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## Ina Garten's Corn Salad

A refreshing and vibrant salad that celebrates the sweet flavor of fresh corn, complemented by the crunch of red onion and the aromatic touch of basil. Perfect for summer barbecues or as a side dish for any meal!

### Ingredients:

- 5 ears of corn, shucked
- 1 small red onion, diced
- 3 tablespoons cider vinegar
- 3 tablespoons good quality olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly-ground black pepper
- 25 grams julienned fresh basil leaves

### Directions:

**Prepare the Corn:** Bring a large pot of water to a boil. Add the shucked corn and cook for about 3-5 minutes until tender. Remove from the pot and let cool. Once cool, cut the kernels off the cob and set aside.



**Mix the Salad:** In a large bowl, combine the corn kernels, diced red onion, and julienned basil leaves.

**Make the Dressing:** In a small bowl, whisk together the cider vinegar, olive oil, salt, and black pepper until well combined.

**Combine:** Pour the dressing over the corn mixture and toss gently to combine all the ingredients evenly.

**Chill and Serve:** Allow the salad to sit for at least 30 minutes to let the flavors meld. Serve chilled or at room temperature, and enjoy this delightful and colorful corn salad!  
Takes 20 minutes to prepare. 6 servings

## The Dirty Dozen

The Dirty Dozen represents the 12 fruits and vegetables that, when conventionally grown, tend to have the highest pesticide residues. According to the EWG's 2024 list, these are:

- Strawberries
- Spinach
- Kale, collard and mustard greens
- Grapes
- Peaches
- Pears
- Nectarines
- Apples
- Bell and hot peppers
- Cherries
- Blueberries
- Green beans

**Whenever possible, to avoid ingesting pesticides, choose organic fruits and vegetables.**

These items had the highest amounts of pesticide residues when tested by the USDA. For example, more than 90% of samples of strawberries, apples, cherries, spinach, nectarines, and grapes tested positive for residues of two or more pesticides.



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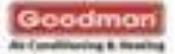


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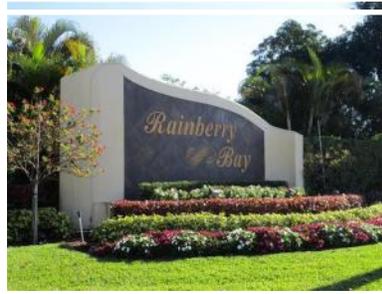
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