

## PRESIDENT'S MESSAGE

First, let me wish all of you all a happy and healthy New Year.

I also want to make sure you are aware of a special Board meeting on Tuesday, January 22<sup>nd</sup> at 6:30pm, right before our regular Board meeting at 7:30pm, our usual time, in the Viking Room of the "B" building. The purpose of this special meeting will be to reappoint our three temporary Board members for one more year, after which they--and others--will have the opportunity to run for regular three-year terms as permanent Board members. The four current permanent members will then vote to reaffirm their status until our new elections next December.

In addition, there are a couple of other reminders I have for all homeowners and other residents of Plat 2. One involves your being sure that when you have a question or problem, that you call the Board member who is in charge of that specific area—be it the pool, lakes, lawn and landscaping, etc. You will find their phone numbers on page 19 of this (and every) issue of the Grapevine. I suggest you tear it off and keep it in a place within easy access. When you call other Board members, it only wastes your time and theirs because they will just refer you back to the appropriate person.

Safety is always paramount. So, I would strongly recommend that residents who live alone and do not have family members within the local area, provide at least two neighbors with the contact information for at least one family member living elsewhere, or the person to whom you have assigned durable power of attorney, should something happen to you requiring their intervention.

It would also be wise for all residents to give at least one neighbor your house keys or garage door code, should something happen involving your property that requires access to your home while you are away. They should also be provided with a number where you can be reached to alert you.

We look forward to another enjoyable year for us all.

*George Kuhn*  
President



There has been some confusion about where to send the Special Assessment fee and where to send your regular maintenance coupon. Please use the information below so that payments are received and credited properly:

**Special Assessment should ONLY be dropped off or mailed to:**

Delray W Townhouses HOA  
13188 Via Vesta  
Delray Beach, FL 33484

**Regular Maintenance Fee should ONLY be mailed to:** (Use Stickers on the last page of payment book)

Delray W Townhouses HOA  
c/o BB&T  
PO Box 100849  
Fort Lauderdale, FL 33310-0849

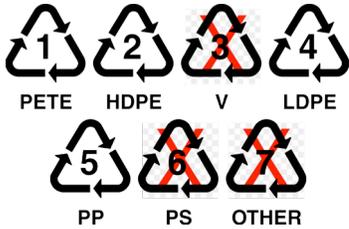
Special Assessment payment CANNOT be mailed to BB&T and Regular Maintenance Fee CAN NOT be mailed to 13188 Via Vesta

Thank you,  
*Carmen L. Ojeda*

# You Heard It Through The Grapevine

## Answers to Commonly Asked Questions

I had a disagreement with a friend the other day about putting my used yogurt container in the recycle bin. I said that it was recyclable and she said it wasn't. Who was correct?



*First, you should be congratulated on your recycling efforts. But, there is a lot of controversy on what exactly should go in the bin. If you are tossing certain items in the bin out of sheer hope, you might be an "aspirational recycler."*

*Unfortunately putting in a greasy pizza box, a disposable coffee cup and the odd plastic bag can do more harm than good. These items can contaminate a batch of recycling. China, one of the world's main importers of recyclable waste will reject shipments that are more than .5% impure and those loads*

*will be sent to landfill instead. Disposable coffee cups are lined with a film of polyethylene and cannot be recycled. Pizza boxes may be recycled if they do not have remnants of pizza or lots of grease in them. To answer your question about yogurt containers, plastics numbered 3, 6, 7, which include yogurt cups, butter tubs and vegetable oil bottles are not recyclable. Look at the bottom of a container for a number inside a triangle to see what type it is. Plastic bags, straws, thin plastic food containers (unless it has a 1 or 2 in the triangle), drinking glasses, ceramics, rope, clothing, hangers, Christmas lights, paper towels, batteries, and prescription bottles should not be recycled. The sorting machine rejects prescription bottles because of their small size. While we might wish that plastic bags, notorious for dissolving in micro plastics and killing wildlife could be recycled, they shouldn't be. Try to limit or eliminate the use of these bags. Reuse the ones you have or bring a reusable tote to the grocery store with you. Do not bag your recycling in a plastic bag!*

### Put these in your recycling bin:

**Plastic bottles and containers:** Recycle plastic objects shaped like a bottle, jug or tub (such as water bottles, food containers, dish soap, laundry detergent and shampoo). Lightly rinse. Leave caps and pumps on.

**Cardboard:** Milk and juice cartons, paper towel and toilet tissue rolls, food boxes and flattened cardboard boxes.

**Aluminum, steel and tin cans:** Includes clean aluminum foil and food pans.

### Glass bottles and jars

**Paper:** Newspapers, magazines, catalogs, paperback books, office paper, junk mail, envelopes, telephone books and paper bags.

## RECYCLING ONLY

EMPTY AND RINSE CONTAINERS • NO TRASH OR YARD WASTE • NO PLASTIC BAGS



*Remember to keep a checklist of what is ok to go in the bin, and don't make your recycle bin the overflow for the garbage pail!*

## CLUB HAPPENINGS

**Delray Villas Car Show** on January 19<sup>th</sup>, 11am-4pm, in the Rec Center parking Lot. Hot dogs and beverages will be available to purchase. There will also be a 50/50 raffle to benefit the Make a Wish Foundation.



**Delray Villas Crafts** run by Kathe Helbig and Jon & Doris Fagin, meets every Thursday at 1-3pm in the ceramics room, "B" Building. Activities include watercolor painting, beading, crocheting, etc. Fee for supplies only. Please call Jon and Doris Fagin, 623 810-3447, for more information.

**The After Six Club** Our next meeting is on Wednesday, January 2<sup>nd</sup>. This is a friendly group of fun loving young seniors who meet on the first Wednesday of each month at 7pm in the "A" building. There is lively discussion, entertainment, socializing with friends, and having coffee and cake. We do not discuss current events or politics. All are welcome to join for \$15.00 per person a year.

**Men's and Women's Social Club** Our next meeting will be on Tuesday, January 15<sup>th</sup> at 7pm in the "A" building. We will have a meeting and then entertainment. Coffee, cake and snacks will be served.

**Na'Amat USA** The next meeting will be on Monday, January 7<sup>th</sup> at 10am in the "A" building. Bagels and coffee will be served. We look forward to seeing you there.

**Deborah** Welcome to our next meeting on Thursday, January 17<sup>th</sup> at 12 noon in the "A" building. Bagels and coffee will be served and we will play Bingo.

**Delray Friends of Italy Club** Our first meeting of the season will be on Friday, January 4<sup>th</sup>. We hope to see lots of new members, and all of our old friends at our first meeting. Thanks to all for making last year such a success.



**Delray Book Club** meets on the first Monday of the month at 1pm in the "B" Building Ceramics Room. Our selection for January 7<sup>th</sup> will be *Carrying Albert Homeby* by Homer Hickman and February 4<sup>th</sup> will be *The Husband's Secret* by Liane Moriarty. On March 4<sup>th</sup> the book selection will be *Bel Canto*, by Ann Patchett. All books are available at the Hagen Ranch Library. Please call Elaine Guanci, 770 630-7367, for more information.

**Dance Club** Learn line dancing and other dances with Debbie and Joe Wilson. Call 631 624-7778 for more information.

**Gentle Yoga** with Carol. Meets Saturday mornings at 10am in the "B" Building, \$35 for a 5 week sequence or \$7per session. Bring your yoga mat. Call Fran Rubenstein for more information, 201 739-2223.

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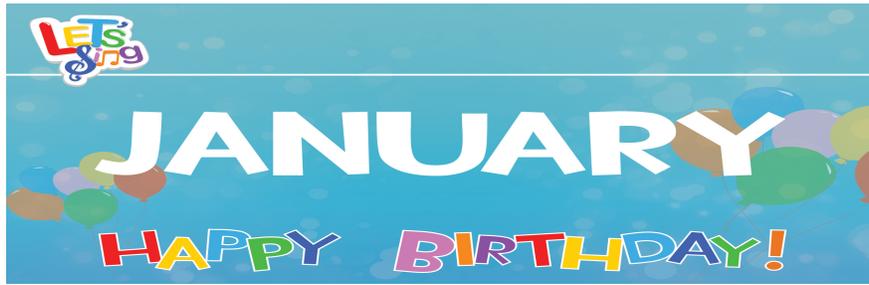
### Our Plat 2 Architectural Review Board

The Architectural Review Board is a separate entity from our HOA board. The ARB members for 2019 are:

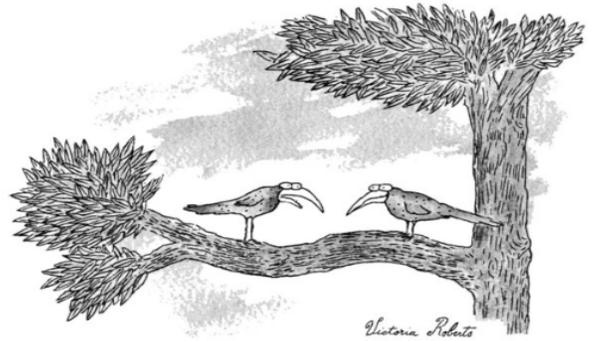
Miriam Castro: 561 265-5321 ★ Allan Bloom: 954 268-3612 ★ Lynn Amsterdam: 973 464-6105  
Grizel Maura: 954 647-7684 ★ Barbara Peterson: 561 563-8950 ★ Helen Katz: 561 498-8136



If you want to make an improvement to the outside of your home, (painting, roof replacement, landscaping, extending your driveway, putting in new doors and windows, etc.) you need to get your plans approved by this group. They will provide you with an Application For Addition/Alteration form and will inform you of what is required of your contractor, and necessary permits. Upon request, the ARB will provide you with the approved house and driveway paint palettes. Call them with any questions and let them help you get through all the necessary steps.



- 1.... Joan Koral
- 7....Miguel Nunez
- 9....Rosa Palomar
- 10...Cindy Ricardo
- 14...Sharon Graham
- 15...Lisa Weingarten
- 15...Jack Kessler
- 19...Robin Kaufman
- 20..Harry McNally
- 21...Ed Redder



***“What I don’t get is why once we fly south why we don’t just stay there.”***

**ADD Your Birthdays & Anniversaries To Our List**

Contact Wendy Karger at [wendkarger@aol.com](mailto:wendkarger@aol.com)  
so we can include your names and important dates in our monthly listings



***A Warm Welcome To Our New Neighbors***

Fred & Vicky Kelsey....13479A Via Vesta

**Save the Date**

End of Winter Pool Party, Sunday, March 17<sup>th</sup> (St. Patrick’s Day). Look for details in February’s Grapevine.

We are pleased to inform you that Plat 2 now has We Care volunteers ready to assist you if you need to borrow medical equipment like walkers or wheelchairs for a small \$10 donation. Contact either Grace Soldivieri at (201) 716-9095 or Jack Kessler at (561) 330-4110.

**In Memoriam**

**Shirley Bergman** lived in our community for many years and was a dear friend to many of our original owners. She was vibrant, witty, charming, very bright and was a passionate educator of elementary and middle school children. Shirley doted on her four children and they adored her. Sincere condolences to the family from the Delray Villas community.

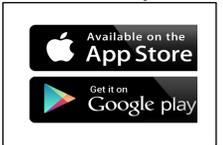
I just wanted to thank all of you who have been so kind and thoughtful after my wife, Roberta, passed away. You have no idea how much your visits and calls have meant to me. It is a real tribute to her memory and has been an exceptional comfort to me. Thank you again.

*Boris Katz*

# Amazing Apps

By Lisa Weingarten

There are thousands of apps out there that are available for our cell phones. What are apps? The word app is short for application, which is another name for a computer program. They are really short cuts to programs that run on our smart phones or tablets. Our smartphones come with some apps installed already and they appear as icons on the home screen. You can download lots of great apps for Android on Google Play and for the iPhone on the Apple App Store. There are apps for almost everything, including car services, restaurant reservations and reviews, games, photo editing or almost anything else you can think of. They can be free, or charge a small amount of money. I wanted to let you know about a couple of free apps that are really useful. They can save you lots of time and stress.



**Reading Glasses or Glasses** This is a free and indispensable app. I use it all the time! It is just what its name implies. Just click on the app and *voila*, your phone screen magnifies any image that you point to. So, say you forgot your readers at home and now you want to see what the ingredients are in that package of Mint Milano cookies. Or, you want to make sure that the price tag really says \$1.99 and not \$7.99. With this app there's no more guessing, squinting, or asking your grandson to read the package for you! The app is called "Reading Glasses" in the Google Play Store, and "Glasses" in the Apple App Store.

## Mobile Passport



Using the app makes the claim that it will get you through customs and immigration in under 60 seconds. **It does not replace your passport.** Here's how it works: Download the Mobile Passport app for either Android or iOS, and save some of your basic information, like passport number, expiration date, and a photo; you can do the same for family members traveling with you. When you arrive back in the U.S. from overseas, switch off airplane mode, open the app, and answer a few basic customs questions, like: Are you bringing back fruits and vegetables? Are you carrying more than \$10,000? These are the same sorts of questions you normally answer on that blue paper customs form. Hit submit while you're taxiing, and the app will provide a QR code "receipt" that you can use at customs and immigration in lieu of the

traditional paper form. Inside the arrivals hall, you'll often find a designated Mobile Passport lane, where, in my experience, there's never anyone waiting. An agent will check your passport, scan your receipt, and send you onward to customs, where you can once again take the special Mobile Passport lane to skip any lines. The app works at 24 U.S. airports—and Fort Lauderdale's cruise port—so far, including many major ports of entry such as Hartsfield-Jackson Atlanta International, Chicago O'Hare, and Los Angeles International, but it isn't everywhere just yet.

## Key Me

I have used this app several times and I love it. Here's how it works: after downloading the app you scan copies of keys that you want to save. From there you have the option of just storing the key image or having a key made and sent to you. But, here's the best part. The key can be instantly duplicated and ready to pick up at a kiosk at Bed Bath & Beyond, 7 Eleven, Rite Aid, Albertsons, K Mart, Mall of America, Safeway and Sears. The beauty of this is that if you have left your physical key behind, say in Brooklyn, and you are now in Delray Beach, you can go to the kiosk, login, choose your key and it will be made for you. You can also provide the same service to your grandchildren who have arrived unexpectedly and need to get into your house while you are finishing your golf game. The services that apps provide can be valuable, time saving and fun. Of course, being tech savvy always impresses our children, grandchildren, and friends.



## TO YOUR HEALTH

Wendy Karger

### Why can't we keep our New Year's resolutions?

Every year we promise ourselves: this year we're going to lose weight, clean out the closets, spend less money, stop smoking, go to the gym, or all of the above. Then how many of us—with the best of intentions—sign up for that gym, buy and color-coordinate all the necessary gear, pay for the first six months and then never darken their doorstep past mid-February?



There are several reasons this can happen. Here are just a few.



**First, we often set too many lofty goals.** Rome wasn't built in a day and it is unreasonable to expect to do a total remodeling of all our personal habits in one year. Instead, figure out which are the one or two most critical areas to aim for. Then it won't feel like you're constantly depriving yourself and your life is no fun anymore!

**After you've selected your goals, designate how much progress you can reasonably expect to make in bite-sized increments of time.** Don't try to anticipate everything you'll need to do to accomplish your entire long-term results.

It will seem too overwhelming and discourage you. Instead, "break down your end goal into smaller weekly goals so you feel like you're working towards something immediate," advise Karena and Katrina, the founders of ToneltUp.com, "and make a calendar with something to do every day that will get you closer to your desired result."

**Don't let your first slip-up convince you that you've failed!** Okay, so you had a piece of your neighbor's chocolate pecan birthday cake or you spent a little more this week than you'd planned. You can get right back on track tomorrow and start fresh. You're not a failure; just human! So instead, Beverly Hills psychotherapist Barbara Neitlich suggests that you should "congratulate yourself for your progress. The problem is that many individuals have a very black and white attitude. They see it as either you have achieved your goal or you have failed, but there is grey area."

**Don't forget to build in frequent rewards when you meet your short-term goals.** "If I lose five pounds in the next two weeks, I think I'll treat myself to those silver earrings I've been eyeing." But don't make your reward about trying on clothes you think you can now fit into, because when you find that, in spite of all your hard work, you still can't fit into a size 6, you'll only get discouraged and go across the street for an ice cream sundae.



In the meantime, for those of us looking to shed some extra pounds in the New Year, there can be healthy food rewards along the way. Just because something is low in fat or sugar doesn't mean it's necessarily low on taste or intrigue. Catherine has some tantalizing recipes, on the following page, which are good for you but you'd never consider to be "diet food."

# Heathy Resolution Recipes for The New Year

By Catherine Patti

So, now that we have decided to eat healthy, exercise and lose weight for the new year, here are some really delicious, nutritious and guilt free recipes that will help us stick to that New Year's resolution.

**Cauliflower Pizza** The base for this pizza can be really simple, ranging from store bought to home-made and something in between. You can start with a Boboli type of crust from the grocery store, or buy a ball of dough from Nino's, or Trader Joe's. If you are a baker follow a recipe for a simple pizza dough. You will also need 4 cups of cauliflower florets, 2 tablespoons of olive oil, ½ small red onion, sliced, 2 tablespoons of minced basil, 6 ounces shredded mozzarella, cheddar or feta cheese. You can also add 1 cup of fresh spinach, swiss chard and some chopped olives as an option.



Preheat your oven to 400 degrees. Cut your cauliflower into bite size pieces, toss with a little olive oil, salt and pepper and bake in a single layer on a baking sheet for about 20 minutes. You can also buy pre-roasted cauliflower in the freezer section of Trader Joe's. Roll out your dough very thin if using fresh and coat with a little olive oil. If using a pre-made crust, also coat with olive oil. Spread the cauliflower, red onion, some of the basil (reserve some to sprinkle on after baking), and your cheese evenly onto the crust. Drizzle a bit more olive oil over the toppings and bake for about 15 minutes until crust is crispy and cheese is bubbling. Sprinkle the remainder of the fresh basil on top.

Enjoy as an appetizer, or main course with a tossed salad and glass of wine. Invite a friend over to share!

## **Pan-Roasted Chicken with Brussels Sprouts and Apples**

Ingredients:

4 chicken thighs or quartered breast pieces

1 pound fresh Brussels sprouts

1 apple, cored and thinly sliced

3 tablespoons of maple syrup

1 teaspoon fresh thyme



Sprinkle the chicken with salt and pepper. Sauté chicken in a skillet with 1 tablespoon of olive oil (you can add a chopped garlic clove) for about 10 minutes until brown and crisp, turning once. Partially cover the pan and continue cooking for about 15 minutes, turning once more. Internal temperature should be 170 degrees. Remove from skillet and keep warm.

Trim the stems from the Brussels sprouts, wash, drain and quarter them (or use a package of pre-cut or shredded Brussels sprouts). Add to the hot skillet, sprinkle with salt and pepper, cover and cook for 5 minutes over medium heat. Add the apples and cook for 5 minutes more until everything is tender and golden. Drizzle with maple syrup, toss to coat. To serve, transfer the Brussels sprouts and apples to a platter. Arrange the chicken on top. Sprinkle with fresh thyme.

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# 10 SURPRISING USES FOR WD-40

## and some places it should never be sprayed!

By Lisa Weingarten and Marilyn Lebowitz

Everybody knows WD-40 is the go-to product for silencing squeaks, displacing moisture, preventing rust, and loosening stuck parts. You probably have a can sitting in your garage right now. It has a ton of uses, but it's no panacea. In fact, there are some jobs that the lube will absolutely ruin.

### USE WD-40 TO:

**1. Lube a shovel.** Spray WD-40 on a shovel, spading fork, hoe or garden trowel. The soil slides right off—especially helpful when digging in clay.

**2. Clean tile.** The spray removes spilled mascara, nail polish, paint and scuffmarks from tile floors, and also help you wipe away grime from the grout lines. Clean up with soapy water.

**3. Scrub stains from stainless steel sinks.**

**4. Unstick gum.** A squirt makes it easier to pull gum out of carpet and even hair. It's better than cutting out the gum and leaving patchy carpet or a bad haircut.

**5. Soften leather.** Oil can help break in a stiff leather tool belt.

**6. Free stuck LEGOs.** Your grandkids will thank you.

**7. Erase crayon.** When crayon ends up on toys, flooring, furniture, painted walls, wallpaper, windows, doors, and television screens. Spray on WD-40 and wipe it off.

**8. Prevent flowerpots from sticking when stacked together.**

**9. Get rid of rust.** Spray and rub away rust from circular saw and hacksaw blades. It can also clean blades of tar and other gunk.

**10. Remove goo.** Unstick gooey residue from price tags, duct tape, and stickers.

**BUT, NEVER USE IT ON: Door hinges!** It will stop a squeaky hinge but will attract dirt and dust. Over time, you'll end up with black muck on your hinge. The same thing will happen to **bike chains** where WD-40 will cause dirt and dust to stick to the chain. Don't use WD-40 on **locks!** The spray can wear down the internal mechanisms. Use graphite powder instead. AND, don't forget these. Never spray WD-40 on your **cell phone's home button.** The spray can cause the plastic to break down and damage internal parts. Last, but not least, never use WD-40 on your **Paintball Gun!** Some of us have been thinking about trying this, but it is not a good idea. WD-40 can melt the seals in your gun!



## For Your Safety

Wendy Karger

### **What is the difference between an X-ray, an MRI, an Ultrasound, and a CT Scan? When do I actually need one?**



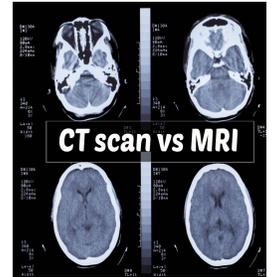
These days, part of being a proactive patient is to ask questions when an imaging procedure is recommended. You should understand what can be learned from one procedure as opposed to another. The reasons for your physician choosing a particular imaging test may be complicated, but some general background information can help you understand.

The most basic is the X-ray, which is quick and inexpensive, and while it does involve some exposure to radiation, the dose is extremely low. Radiation from an X-ray of a hand or foot, for example, is similar to the amount you would normally get from three hours of background radiation that we are all continually exposed to every day--in everything from living in a brick building because of the radioactive materials in masonry to reading a book with small amounts of radioactive material in the wood used to make the paper.

But, X-rays are usually the best way to assess injuries to the extremities, discover cavities in your teeth or in the case of a mammogram, it can screen, detect and diagnose breast cancer.

A CAT or CT scan is a computerized version of hundreds of X-rays, providing much more detail but also much more radiation. The CT of the head, for example, can detect a life-threatening intracranial hemorrhage where an X-ray cannot, but it gives off the same amount of radiation as eight months of background radiation.

An MRI does not involve any radiation at all and provides outstanding detail, which makes it an excellent choice for detecting subtle brain abnormalities as well as uncovering abnormalities in soft tissue and joints. The downside is that the MRI is inadequate when it comes to visualizing air-filled structures, such as the lungs. It is also less readily available than a CT, more time consuming and can provoke anxiety in patients who experience claustrophobia.



The Ultrasound, like the MRI, does not entail radiation, and is also ideal for imaging pregnancies and fluid-filled organs such as the heart or gallbladder. Confusion may occur when specific cases blur the distinctions. While the MRI is better for chronic headaches, a CT is better for headaches that come on suddenly and are severe, which might suggest an intracranial hemorrhage. Some scans can be further enhanced by the use of intracranial contrast, but the chemicals used can cause adverse effects.

A final point to consider is that, in many cases, imaging of any kind may not be necessary at all. It can be costly, lead to side effects and sometimes lead to over-diagnosis. Currently, the Choosing Wisely Initiative, a consortium of professional societies, including the American College of Radiology, is examining the current overuse of imaging. They are questioning its use for uncomplicated headaches, routine chest X-rays, and the use of CT for uncomplicated sinusitis, as well as the frequent use of imaging for nonspecific low back pain.

As a patient, you should ask your physician what clarification these imaging procedures can reveal and then discuss their risks and benefits before you agree.



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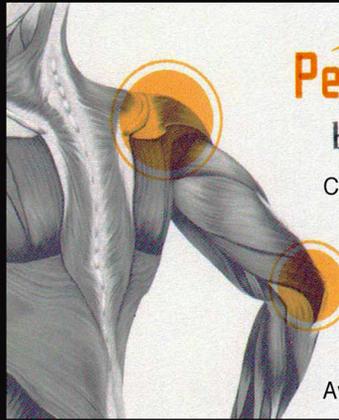
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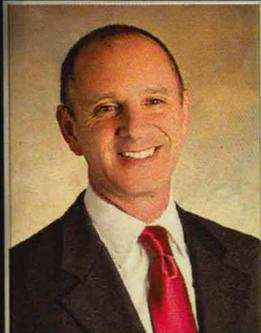
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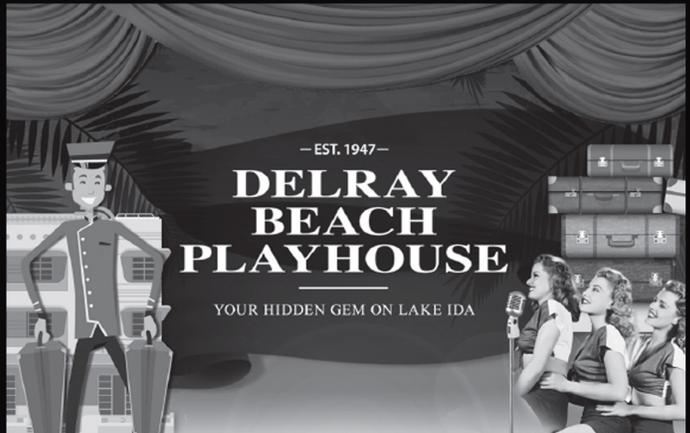
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**WEB SITE: [lacorterealtors.com](http://lacorterealtors.com)**

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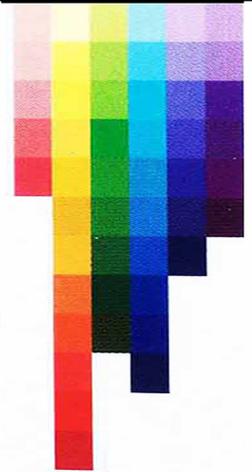
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## PLAT 2 BOARD OF DIRECTORS

President	George Kuhn (2021)	561 568-2510
Vice President	Ed Clemon	561 496-0861
Treasurer	Scott Bradley	954 253-6724
Recording Secretary	Open Position	
Corresponding Secretary	Wendy Karger	561 638-3114
Lawns & Landscaping	Bill Margillo (2020)	561 495-9927
Pool	Sharon McCloskey (2019)	561 865-3780
	Steve Lutsk*	347 236-1077
Lakes	Ed Redder (2019)	561 894-7047
Interviews	Reynold Pratt*	
Beautification	Catherine Patti*	561 251-4971
	Pat Kuhn*	561 762-3920
Compliance	ALL DIRECTORS	
Representative to the Rec Association:	Arleen Kessler*	561 330-4110
	Judy Clemon*	561 496-0861
Plat 2 We Care Representatives	Jack Kessler*	561 330-4110
	Grace Soldivieri*	201 716-9095

\*Indicates volunteer

*PLEASE KEEP THIS PAGE HANDY IN THE EVENT THAT YOU NEED TO CALL A BOARD MEMBER  
BOARD MEMBERS CAN BE CALLED MONDAY-FRIDAY, 10AM-5PM*

***When you have a problem, please refer to this list to get in touch with the appropriate Board member for the specific area. You'll save a lot of time, aggravation and extra phone calls. Thank you for your help. Please call President. George Kuhn if you cannot reach the appropriate Board Member!***

## BOARD MEETINGS 2019

January 22**	February 26
March 26	April 23
May 28	June 25
July 23	August 27
September 24	October 22
November 26	December 17***

Meetings are in "B" Building, Viking Room, and start promptly at 7:30PM

\*\* Special meeting at 6:30PM before regular meeting to vote on the appointment of board members to fill vacancies

\*\*\*Special meeting directly after regular meeting to elect new Board members for 2019

Remember that everyone is encouraged to attend ALL meetings. There will be time set aside at each meeting for you to have your issues and concerns addressed. Please indicate your wish to speak on the sign in sheet on the dais when you arrive. We want to hear from you and also keep you informed about Board plans.



*From the*  
**Grapevine Staff**

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Lisa Weingarten, Technology Editor

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Diana Donohue • Barbara Peterson • Claudette Bennett