

PRESIDENT'S MESSAGE

Our lawns and foliage are an important reflection on our community as a whole. The color and greenery add so much to the look and character of our own homes as well as what our neighbors see when they look out their windows, and what our guests and potential buyers see when they drive through our area.

Lately, there have been several questions by homeowners about what our lawn service is specifically supposed to provide as opposed to what individual homeowners are responsible for doing themselves.

Here is how it breaks down. The lawn service is responsible for keeping our lawns trimmed, including trimming of the hedges on the front and to the side of each home as far back as your AC unit goes. Any other foliage that is on your property is totally up to you, the homeowner, to maintain.

There are regulations in our by-laws about how to keep your garden areas neat and attractive. And the curb appeal of your home is greatly affected by how well manicured your plants and trees are kept. This is why our ARB (Architectural Review Board) is continually monitoring to see how well your property is managed and will inform you with a letter if there is some specific improvement they feel is necessary for both the beauty and safety of the areas surrounding your home.

At our next Board meeting, we will also continue our discussions about the repair of our lakes that is yet to be completed. The planting for Lake 2 will be done in late March, weather permitting. And a new contract for Lake 1 will be presented and discussed by the Board. After our review, it will be sent to our attorney before anything is signed to be sure that everything is in order.

We invite you all to come to this and every Board meeting so that you will be kept up to date on all the projects we will be undertaking during this year. We, the Board members, are doing our best to help keep our community thriving. But it is also up to you to understand the obstacles we are facing, both budgetary and otherwise, and to pitch in whatever way you can. We always need more volunteers!

We also want to acknowledge all the volunteers who have continually stepped up to the plate, whether to paint lollipop poles, fix things around the community and help keep our pool area clean, attractive and safe. Also, let's not forget the crew who tirelessly distributes this newsletter right to your door every month!

George Kuhn
President



Please remember that our end of Winter Pool Party will be on Sunday, March 17th from 1-4pm. All Plat 2 neighbors are invited. Please bring a neighbor with you who may need transportation. Looking forward to seeing you there!

Sharon McCloskey



Delray Villas Plat 2 End of Winter

POOL PARTY!

*Sunday, March 17th, 1-4pm, Poolside
Bring a dish or dessert to share*

*Hot dogs, hamburgers, buns, non-alcoholic drinks,
condiments and paper goods provided*

Featuring DJ Mike "Slappy" Hornstein



CLUB HAPPENINGS

Take a look at some of the clubs available at Delray Villas. For additional information on all activities, consult the Recreation News.



Delray Villas Crafts run by Kathe Helbig and Jon & Doris Fagin, meets every Thursday from 12:30-3:30pm and 6:30-9:30pm 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, March 6th. 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 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, March 19th 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, March 4th at 9:30am 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, March 21st at 10:30am in the "A" building. Bagels and coffee will be served and we will play Bingo.



Delray Book Club meets on the first Monday of the month at 1pm in the "B" building, Ceramics Room. Our selection for March 4th will be *Bel Canto*, by Ann Patchett. On April 1st we will be discussing *After You*, by JoJo Moyes. All books are available at the Hagen Ranch Library. Please call Elaine Guanci, 770 630-7367.

Dance Club Learn line dancing and other dances with Debbie and Joe Wilson, March 1st and 15th, 7pm, "B" building. 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 \$7 per session. Bring your yoga mat. Call Fran Rubenstein for more information, 201 739-2223.

Our Plat 2 Architectural Review Board

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

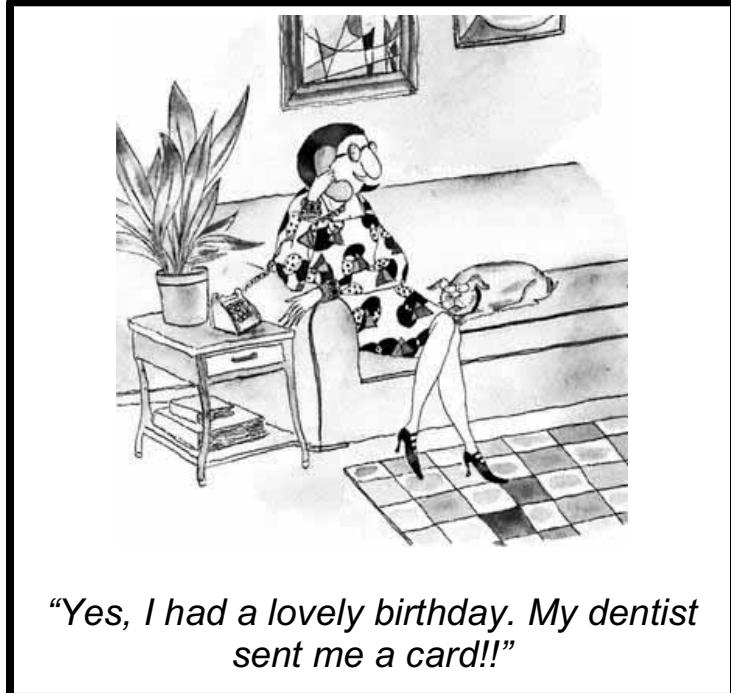
Miriam Castro: 561 265-5321 ★ Allan Bloom: 954 268-3612 ★ Lynn Amsterdam: 973 464-6105
Grizel Maura: 954 647-7684 ★ Barbara Peterson: 561 563-8950 ★ Helen Katz: 561 498-8136
Rosa Palomar: 561 270-2946

 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.

March



3....George Kinley
 3....Shelley Kuller
 9....Amy Richards
 13...Joan Bernard
 17...George Dinuzzo
 19...Irene Kronen
 21...Mary Ellen Benedikt
 23...Phyllis Manover
 23...Juliet Tucceri
 31...Vivian Weber



"Yes, I had a lovely birthday. My dentist sent me a card!!"



ADD Your Birthdays & Anniversaries To Our List

Contact Wendy Karger at wendkarger@aol.com
 so we can include your names and important dates in our monthly listings



We Care

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



Pet of the Month

Hi, I am Brindelle and live with my human family, Carmen Ojeda and Miguel Nunez. I adopted them while living in a shelter in Miami. They were on their way there to see another cat, but I made them fall for me first. I am 8 years old now and my humans are very happy and sweet. They say that about me too!

Fun Bird Fact

Great Blue Herons may look very large, but surprisingly they only weigh 5-6 pounds, because of their hollow bones!

You Heard It Through The Grapevine

Answers to Commonly Asked Questions

Dear Grapevine, a close friend of mine just moved into a very upscale community near us. When driving over to see her house for the first time, I had to admit that the houses were a bit fussy for me and I definitely didn't like having to show ID at the gate. What I thought was the biggest difference between her community and ours were the lovely trees. They created shade and a really graceful beauty to the neighborhood. I have plenty of space around my house. Can I get a tree, and what kind is best?

-signed Shady Lady

Dear Shady Lady, It is true that our community would benefit from more trees. Back in 1979 when Plat 2 was completed, each home had a Ficus Tree in front that was sculpted into a kind of marshmallow shape. They really looked lovely. They provided shade, character and texture to the community. In time, however, there were problems with the roots finding their way into the pipes and foundation of the houses. Some of the trees were attacked by insects. This shouldn't deter you from getting a tree. But, you need to do a bit of research on what the best tree might be. You can consult with a garden center and then have your choice of tree and location approved by our ARB. Here are a few good choices of trees to consider.



The Live Oak Tree is resilient and can hold strong even in hurricane force winds. It is a die-hard native of South Florida and is a classic Southern shade tree, known for its canopy and arching branches. Birds love to nest in them. It is a hardy tree that thrives with little care. This tree is a focal point that will add value to your property.



The Mahogany is known for its red bark and is on Florida's Endangered Tree list because of its over harvesting for timber. By planting this tree, you would be contributing to its sustainability. It is a native South Florida tree that produces a dense canopy, so you'll gain plenty of shade.



The Gumbo Limbo has a very characteristic, beautiful red bark with branches that begin fairly low to the ground and splay out with a structure that is quite stunning. The tree is wind tolerant making it a very sensible choice.



The Chorisia Speciosa, or the silk floss tree is stunning and will attract birds. It has a green textured trunk and will produce pink and white flowers, 6 inches in diameter, similar to hibiscus blooms. This tree gets its nickname "silk floss" for its 8-inch pods that, when open, reveal a fluffy cotton or silk.



The Ligustrumvitae is a flowering tree producing purple to blue flowers and blooms February through May. It seems perfect for snow birds to enjoy. But, it is slow growing, so you will need some patience. Once mature it creates an umbrella shaped canopy to provide shade.



The Bulnesia is commonly referred to as Vera Wood and produces a yellow flower that crops up several times a year. It can be pruned to keep at a medium size or left alone will grow very large. So, you need to really decide about the size you would like your tree to be.



The Cassia Japonica is South Florida's apple blossom tree with gorgeous white-pink blooms that appear in summer. The bonus is that they attract butterflies. The downside is that if you are a snow bird you will miss the blooms and the butterflies.

Choosing the right tree for you is a wonderful opportunity. It will enhance the beauty of your property and will always be a welcome sight when returning home or looking through your window.

TO YOUR HEALTH

Wendy Karger

What superfood is red, round, juicy and packed with key nutrients?

If you want to maintain heart health, reduce blood pressure, combat cancer-causing agents, protect your eyes from sun damage, keep your skin healthy, reduce blood glucose associated with diabetes or ease constipation, you can find all these benefits right here—in the delectable, versatile tomato.

As the proportion of plant foods in your diet increases, the risks of developing heart disease, diabetes and cancer decrease. But the tomato, in particular, provides a powerful preventative punch in every succulent bite.

Rich in the antioxidant lycopene, which has been linked to several of these attributes, tomatoes are said to provide 80% of the dietary lycopene consumed in the U.S. They are also a great source of vitamin C, potassium, folate and vitamin K. Yet, despite their popularity in the U.S. today, it was only 200 years ago that our American forebears thought they were poisonous!



Certain varieties contain more of some of the benefits. Cherry tomatoes have higher beta carotene content than any of the others. And the availability of key nutrients is increased when tomatoes are cooked or stewed.

Maintaining Heart Health: To reduce the risk of cardiovascular disease, the most important dietary changes the average person can make is to increase potassium intake along with decreasing sodium intake. Tomatoes are loaded with potassium as well as folate to help manage homocysteine levels which can help prevent many risk factors in heart disease.

Blood Pressure: While low sodium intake is recommended to sustain low blood pressure, increasing potassium, with foods like tomatoes, may be just as important due to their capacity to widen the arteries.

Cancer Prevention: The vitamin C and other antioxidants in tomatoes can help combat the formation of free radicals, a known cause of cancer.

Eye Health: As a rich source of lycopene, lutein and beta carotene, tomatoes have been shown to protect the eyes against light-induced damage including the development of cataracts and age-related macular degeneration (AMD).

Maintaining Healthy Skin: The production of collagen in the body relies heavily on vitamin C, a powerful antioxidant which can help prevent damage including wrinkles, sagging skin and blemishes from sunlight, pollution and smoke.



Managing Diabetes: For people with type 2 diabetes, one cup of cherry tomatoes may lower blood sugar, lipids and insulin levels while providing 2 grams of fiber.

Easing Constipation: Tomatoes are often described as a laxative fruit since they are high in water content and thus support hydration and normal bowel movements.

Cautions: For people who take beta blockers or have impaired kidney function and have to watch their potassium intake, tomatoes should be eaten only in moderation. Also, people with reflux disease (GERD), may experience an increase in symptoms since tomatoes are highly acidic.

On the following page, Catherine will show us some wonderful ways to enjoy tomatoes, hot and cold.

A Tomato A Day Keeps the Doctor Away

By Catherine Patti

"Knowledge is knowing that a tomato is a fruit. Wisdom is knowing not to put it in a fruit salad." – Confucius

Here is a delicious and guilt free Tomato Soup that can be a first course or a main course with a sandwich or salad. It is a simple recipe, low calorie, and best of all, you can say that it is homemade.



Marcee's Magnificent Tomato Soup

This recipe will serve at least 4. But leftovers in the fridge taste even better the next day!

- ❖ Dice a purple onion, finely chop 1 clove of garlic, plus 2 stalks of celery, 2 carrots, a dozen string beans, and a package of button mushrooms. Sautee in a tablespoon of olive oil until the veggies begin to soften.
- ❖ Add 2 cans of diced tomatoes, an 8-ounce package of frozen peas and carrots. You can also add broccoli and cauliflower florets, spinach, peppers, water chestnuts, corn, canned kidney or garbanzo beans, pepper to taste.
- ❖ Add two 32-ounce containers of Swanson's low sodium beef, chicken or vegetable broth. If you are not on a sodium-restricted diet, add 5 beef, chicken or vegetable bouillon cubes and a generous amount of Badia Complete Seasoning to taste, and bring it to a boil.
- ❖ Reduce heat to a simmer. Add a pinch of sugar, cilantro, parsley or other seasonings and keep simmering—the longer the better, to give the flavors a chance to meld together. Keep tasting to adjust seasoning. And soup's on!

Honey-Roasted Cherry Tomatoes

These gorgeously sweet and tangy, juicy and sticky tomatoes are fantastic served on top of a simple, saffron-infused risotto. You can also serve them as a complement to almost any other grilled or roasted veg, but I particularly like them piled on toast with a sprinkling of flaky sea salt on top.

Ingredients:

1-pound cherry tomatoes

2 garlic cloves

1 tablespoon of honey

3 tablespoons of olive oil

Flaky sea salt & fresh ground pepper

Preheat the oven to 375 degrees. Lightly oil a roasting pan. Halve the tomatoes and place them, cut side up, in the dish. They should fit in snuggly. Crush the garlic with a pinch of salt, then beat in honey, olive oil and a good grind of pepper. Spoon the mixture over the cherry tomatoes. Roast for 30 minutes, until golden, juicy and bubbling. Serve on lightly toasted sliced Italian bread or ciabatta from The Girls.



Cherry Tomato Salad

This salad is a fun spin on the classic caprese salad and the hardest part is not eating all of it while you are preparing it.

Mix 4 cups of halved cherry tomatoes with 2 cups of small fresh mozzarella balls, halved, $\frac{1}{4}$ cup minced red onion, $\frac{1}{4}$ cup chopped fresh basil. Toss with $\frac{1}{4}$ cup olive oil, 1 $\frac{1}{2}$ tablespoons red wine vinegar, $\frac{1}{4}$ teaspoon oregano, $\frac{1}{4}$ teaspoon garlic powder, salt and pepper to taste. Serve!

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Our Nation's health care professionals provide essential medical services to millions of Americans. They are doctors, physician assistants, nurses, emergency medical technicians, laboratory technicians, home health caregivers, family members who care for their loved ones, neighbors, volunteers, and so many more who impact the lives of all of us every day. In this issue of The Grapevine we would like to take the opportunity to thank them all whether they stepped forward to be recognized or not.



Linda Downs is a retired CRNA (certified Registered Nurse Anesthetist) who began her nursing career in the NICU, caring for the tiniest patients. She worked in the surgical recovery room for 10 years and became interested in nurse anesthesia, receiving a masters and working in that field for 25 years. Now she volunteers her time with Dream Ministries travelling to the Dominican Republic providing surgical and clinic services to the people in need there. They provide exams, medication and perform surgeries. Linda said, "It has been my privilege and honor to go and serve the people there. I am humbled and grateful to have spent my life caring for others at a job that I love."



Marie Benoit is a truly caring, compassionate, professional licensed and certified Residential and Facility Nurse's Aide. She is licensed to perform blood pressure monitoring, diabetic testing, first aid, injections and many other services. What makes her unique is the emotional support and human interaction that she brings to each patient. Marie has cared for several people in our community and has added not just years, but tremendous quality of life to those in her charge. Marie said, "This is always the person I was. I was blessed with a career that reflects the kind of care I want to give. I have always had a heart to help those in need."



Dr. Bert Weisbaum is a medical doctor who was a general surgery specialist for 54 years. He spent his career in several different hospitals in and around Edgewater, Maryland. Bert began his education at SUNY Downstate Medical School and graduated in 1960. He confesses that his first love was mathematics and wanted to pursue a career in that. "However, after I had a heart to heart talk with my mother, I agreed that it would be better choice for me and do the world a lot more good if I became a doctor." Bert married his high school sweetheart, Phyllis, and had four boys before finishing medical school. Dr. Weisbaum has brought his patients not only his expertise, but his unfailing good humor, which is the essence of a true healer.



Patricia Kuhn, RT, is a Registered Technologist in the radiologic sciences. As a girl she wanted to become a nurse. Then a friend of hers who worked producing X-ray images of patients, inspired Pat to do that too. This began her career at Albany Medical Center, Albany NY. She then moved to Florida and worked for 9 years at Mount Sinai Hospital in Miami, and then in the mid-1960s to Palm Beach Gardens Hospital, where she stayed for 29 years. From there, she went on to Jupiter Open Imaging Center, where she worked for another 10 years. This was something a little different which appealed to Pat's curiosity and spirit of independence, while it helped many doctors diagnose and treat their patients.



Marty Soldivieri became a CNA, Certified Nursing Assistant five years ago when looking for a new career path in Florida. He began working at Delray Medical Center and now is a behavioral health technician at Fair Oaks as an integral part of the medical team. “I enjoy working with the patients. Just helping them through the daily struggles or just sitting and talking. I find this to be rewarding.”



Grace Soldivieri went directly into a nursing program after completing high school and has worked as an RN or Registered Nurse for over 40 years. Grace has worked in many specialized areas of nursing assisting doctors and other nurses in providing critical care to patients. Presently Grace is working in ambulatory surgery or same day surgery. “Nursing is a field that I was drawn to when I was still a teenager and has always been part of who I am. I consider it a profession that helps people during the most challenging time in their lives and it is something that I also love doing.”



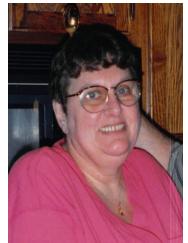
Catherine Patti who contributes those delicious recipes in The Grapevine, worked as a CNA, Certified Nursing Assistant while she was a nursing student in college. She then switched gears by changing majors, graduating as a Dance Therapist and did her training at the Veterans Hospital in Fresno. After college Catherine worked in various adult facilities in California with Schizophrenia, Alzheimer's, and patients suffering from a variety of mental health disorders. Today, “I am an independent Home Health Aide and continue to work with Elder Care patients, something I thoroughly love and enjoy.”



Dr. Howard Benedikt, DC, is a chiropractor who earned his degree from the National University of Health Sciences in Lombard, IL, and has been in practice since 1976 with a specialty in nutrition. He is also part of the adjunct faculty of Berkeley College in New York. Chiropractic care is more than just making pain disappear. It is about learning and taking care of your body to improve quality of life. “As a chiropractor, I understand that although patients may be diagnosed with the same condition, they respond differently to treatments. I am passionate in attempting to improve each and every person's health and well-being.”



Ellen Rosenman, RN is a former Vice President and board member of our Delray Villas Plat 2 Home Owners Association. She is a graduate of City College of New York. From 1980 until 2000 Ellen worked as an RN at Westchester Medical Center in both their OR and their Burn Unit. The job of burn care nurses involves much more than applying salve over burn injuries. It is one of the most challenging specialties in nursing, calling for sharp clinical skills including triage, pain management, fluid balance, critical care, trauma recovery and rehabilitation.



Arline Tanzer, RN started her career in 1959 in Beth Israel Deaconess Medical Center in Boston, and then went on to Boston State Psychiatric Hospital. After raising 3 children, Arline returned to Salem Hospital working in Intensive Care, Telemetry, Orthopedics, and Med/Surg, then went to John Hancock as an administrator of admissions, discharge planning and rehabilitation. From 1991-1997 Arline joined Chartwell Home Therapy as a case manager. This was a rich and varied career that touched so many at the most critical times in their lives.



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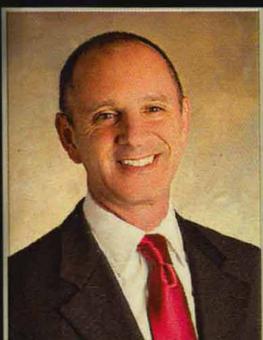
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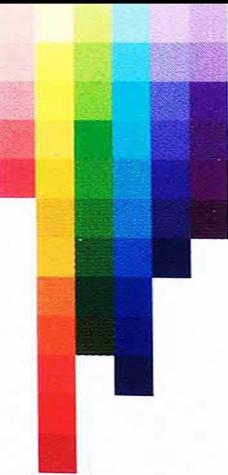
Avitar LLC

Bob Davis, Owner

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Interior/Exterior Painting • Wallpaper Removal • Pressure Cleaning

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BUDGET
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Suite B-1
Delray Beach, FL 33484
561-495-5411



Randi Sue Seligman
DPM Podiatrist

6238 W. Atlantic Ave.
Atlantic Ave. & El Clair Ranch
Delray Beach, FL 33484
(561)499-4900



**WE GIVE FOOT BATHS
I MAKE HOUSE CALLS**



Rich Scanlon

Cell 201-394-3836

**Available for hire: Drop off
& pick up at local airports,
cruise ships**

**Retired Army Veteran, Plat 4/5
Permanent Resident**

CLASSIFIED ADS: You are welcome to place a classified ad here: 2 lines for \$2 per month. Contact Wendy Karger: wendkarger@aol.com

Energetic retired realtor available to take neighbors to doctors, shopping, help with daily routines and spend time with them. Call Rose Panzarella: 561 862-9176

Home Health Care by licensed, certified care giver. Available for routine home checks, give medication, take blood pressure, home visit just to see that you are ok! Do you need more care? I am available for that also. Please call Marie, a Delray Villas Plat 2 neighbor at: 561 299-7506. References available.

Donations of clean, gently used clothing, household items, etc. for Blessings and Bargains Thrift Shop. Items can be picked up and will be much appreciated. Call Sharon McCloskey: 561 865-3780

Via Vesta resident AT YOUR SERVICE! Affordable house cleaning, power-washing, driving to doctors, airports, plumbing, window-washing, house sitting—you name it! Call Michael Portnoy: 914 572-0016

**CHOOSING THE RIGHT REALTOR
DOES MAKE A DIFFERENCE**

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BANKER
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REAL ESTATE**

**Betty
Hillier**

BROKER ASSOCIATE

561 400 2392

A REALTOR WHO KNOWS AND LIVES IN DELRAY VILLAS

PLAT 2 BOARD OF DIRECTORS

President	George Kuhn (2021)	561 568-2510
Vice President	Ed Clemon (2019)	561 496-0861
Treasurer	Scott Bradley (2019)	954 253-6724
Recording Secretary	Open Position	
Corresponding Secretary	Wendy Karger (2019)	561 638-3114
Lawns & Landscaping	Bill Margillo (2020)	561 495-9927
Pool	Sharon McCloskey (2019)	561 865-3780
	Steve Lutsk*	347 236-1077
Board Member	Ed Redder (2019)	561 894-7047
Interviews	Reynold Pratt*	
Beautification	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 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.

HAPPY ST. PATRICK'S DAY!



From the
Grapevine Staff
Wendy Karger, Editor
Lisa Weingarten, Technology Editor
Contributors: Catherine Patti ♠ Sharon McCloskey

Delivery To Your Door:
Grace & Marty Soldivieri ♠ Helen Katz ♠ Sandy Bierwirth
Diana Donohue ♠ Barbara Peterson ♠ Claudette Bennett