

PRESIDENT'S MESSAGE

It is my understanding that many of us do not know the true purpose of our lakes and the critical function they perform to keep us all from experiencing potentially disastrous flooding during what are predicted to be more and more active hurricane seasons.

Our "lakes" are not a natural feature of our landscape but were created by the builder to provide storm water management for our entire community, whether your house is located near a lake or not. Lakes 1 and 2 are actually drainage or storm water retention ponds designed to capture the runoff from impermeable surfaces including streets, driveways, sidewalks and roofs. Without any place for the water to go, our streets and homes would be continually flooded.

The water is contained in these storm retention ponds to provide a controlled release rate into the canal system of the Lake Worth Drainage District, thereby reducing the potentially catastrophic impact on the entire surrounding area.

In order for our lakes to function properly, there are several factors that come into play. Water must have access to the lakes via storm drains and there must be an appropriate slope or angle leading the water into the lake as determined by Palm Beach County. These lakes must be capable of holding a certain volume of water, also determined by our original permits, in order to perform effectively.

According to our by-laws, *Section 4.4, Drainage Easements* "...Water Management Tracts are the perpetual maintenance obligation of the Association and the Association is hereby authorized to take such actions.... necessary to preserve the Water Management Tracts so that they efficiently ...perform the purpose for which they were constructed."

We are now faced with a critical situation: namely that the shoreline of our "lakes" has eroded to the point where we must address them now in order to protect our entire community from potentially catastrophic damage.

We are in the process of finalizing a contract to have this extensive work done and, unfortunately, this will require a special assessment from each homeowner in order to pay for it. The details of this assessment are being worked out in a way that will impose as little burden as possible on all of our homeowners. As these details are worked out, we will all be kept informed concerning the necessary next steps.

It is only a matter of time when all communities built on the flat lands of South Florida will face these same challenges. Some have taken more preventive measures over the years than we have and avoided what has now become a critical situation for us. But that is something we can't change, and criticizing past decisions is not going to help us move forward. We have now come to the point where we have no choice but to address this situation, and we ask for your cooperation in helping us secure our homes and our community for the immediate and long-term future.

George Kuhn
President

For Your Safety
Wendy Karger



Lately there have been a lot of messages going around with advice about when to drink water and how much to drink. Unfortunately, the American Heart Association, Centers for Disease Control and Prevention and other national organizations have disagreed with many of these well-meaning suggestions. Here are some of their findings:

MYTH: Drinking a glass of water before bed prevents heart attacks and strokes.

FACT: There are many ways to prevent these occurrences including keeping a healthy weight, staying physically active and refraining from smoking. **But drinking water before bedtime is not one of them. If you should wake up in the middle of the night to go to the bathroom, this can actually increase your risks by interrupting your sleep cycle.** Not getting enough sleep is linked to higher stress levels, increased appetite and cravings for high-fat, sugary foods—none of which are good for heart health or stroke prevention.

MYTH: You need to drink 8 glasses of water a day.

FACT: No need to count. Research shows that drinking a glass of water when you're thirsty provides enough to stay healthy. There are also water-rich foods like soups, fruit, vegetables, juices, tea and coffee which help. You may need to drink more if your urine is dark yellow, you don't go regularly, you're very active, or you live in a hot climate.

MYTH: Drinking icy cold water will help you lose weight.

FACT: Drinking water may fill you up and cause you to eat less. And when you drink icy water, you burn about 8 more calories more than water at room temperature because your body will work to raise the temperature of the water. So, drinking 10 cups of ice water will burn 80 calories. But just one stick of cheese or a hard boiled egg will replenish those 80 calories! **So, unless you change your other eating and exercise habits, ice water won't make much of a difference.**

MYTH: Being well hydrated will keep my face from getting wrinkles.

FACT: Yes, dehydration causes skin to turn dry and flaky. For those who are regularly dehydrated, this may be a factor. But even for those who drink enough water, **adequate hydration is not enough to prevent wrinkles, because they form from a combination of genetic influences, sun exposure and damage from the environment (including pollution).**

MYTH: Drinking water helps lower blood pressure.

FACT: Blood pressure is controlled by various hormones and will not be affected by drinking water. If you are severely dehydrated or have pressure below normal, that system of hormones will cause you to feel thirsty. But in the case of dehydration, drinking water will actually help raise your pressure to the normal level. If you're looking for ways to reduce blood pressure, cutting back on salt and increasing physical activity are effective steps to take.

FACT: Drinking more water results in more trips to the bathroom.

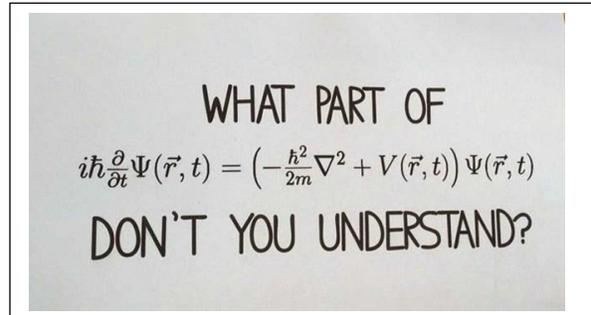
Healthy adults will get rid of the same amount of fluid as they consume to keep a healthy balance in their bodies. When you drink water, your kidneys, various hormones and your brain will sense the rise in fluid in your body and restore a healthy balance, getting rid of excess fluid by excreting more urine. **Drinking water will also help ease constipation and facilitate bowel movements. So, yes, in that sense, drinking more water will result in more trips to the bathroom!**

FUN MATH FACTS

By Lisa Weingarten

April is Math Appreciation Month!

In 1960 Sam Cooke sang "What A Wonderful World"
Don't know much about geography,
Don't know much trigonometry
Don't know much about algebra,
Don't know what a slide rule is for
But I do know that one and one is two,
And if this one could be with you,
What a wonderful world this would be



Many of us were not A students in math and often dreaded our math classes. Others of us lived for that "ah ha" moment when a math problem was solved. But, if the numbers themselves don't add up for some of us, then the concepts can. Math is a part of science, music, art, and Mathematics Awareness Month can inspire all of us to get in touch with the math in the world around us.

Here are some fun math facts that you probably didn't know:

What comes after a million, billion and trillion? A quadrillion, quintillion, sextillion, septillion, octillion, nonillion, decillion and undecillion.

There are 293 ways to make change for a \$1 using pennies, nickels, dimes quarters and half-dollars.

The name of the popular search engine 'Google' came from a misspelling of the word 'googol', which is a very large number (the number one followed by one hundred zeros to be exact).

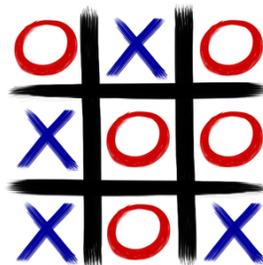
From 0 to 1000, only the number "one thousand" has the letter "A".

Every odd number contains the letter "e" in the English language.

If you swim 86 diagonal laps in our Delray Villas Plat 2 pool, you will have gone one mile.

-40 °C is equal to -40 °F.

There is a combination of 26,830 possible Tic-tac-toe games



"Pure mathematics is, in its way, the poetry of logical ideas." -Albert Einstein

APRIL



1.....	Kathleen Monterose
4.....	Arleen Kessler
6.....	Howard Benedikt
11.....	Bernice Singer
15.....	Louise Reynolds
17.....	Howard Appel
21...	Jose Ricardo
23.....	Montserrat DeRivero
24.....	Marty Soldivieri
25.....	Stella Galimidi
27.....	Evelyn Leidner



3..... Harold & Irene Rosenfeld



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.



CLASSIFIED ADS Donations of **clean**, gently used clothing, household items, etc. for Blessings and Bargains Thrift Shop can be picked up and will be much appreciated. Call **Sharon McCloskey: 561 865-3780**. You're welcome to submit your own classified ad: 2 lines for \$2.



JOIN OUR EMAIL LIST If you are new to Plat 2 and would like to receive our community emails, or if you've changed your email address, please send it to dvplat2@gmail.com Your email address will not appear in the community phone book, or be shared. It will remain private and you can opt out of the list at any time.



Our Plat 2 Architectural Review Board

Architectural review used to be considered a Board function. But, because of new Palm Beach County regulations, the architectural and landscaping oversight team has now become a separate entity. Our ARB members for 2018 are: Jory Siegel: 847 987-1798 and Denise Bellemeur: 954 691-5469

When you want to make an improvement to the outside of your home, (including but not limited to painting, roof repair, planting trees, extending your driveway, putting in new sliding glass doors, etc.) you need to first get your plans approved by this group. They will also want to know who the contractors are, whether they are insured and have good reputations, and to make sure your plans are up to code and adhere to the most recent county, state and Delray Villas regulations.

They will also provide you with the choices of agreed-upon colors for your home and driveway, including the new, additional choices. And when you want to make other improvements which will affect the outside of your home, they will guide you through all the necessary steps to help ensure that you get the desired outcome. Call them with any questions and let them help you get through all the necessary steps. **BTW: the ARB is in need of more volunteers!**



Please make sure that gates are locked when leaving the pool. Gates have been left unlocked on numerous occasions recently, which is a huge inspections violation. Also, the outdoor shower should be completely turned off after use. Thank you -*Sharon McCloskey*

CLUB HAPPENINGS

NEW! Arts and Crafts Group starts Thursday 4/26 at 1 PM in the ceramics room. Fee for supplies only.

NA'AMAT USA

The next and last meeting of the season will be on Monday, April 8th at 9:30 AM in the "A" Building. Bagels and coffee will be served. **Don't forget the card party on April 11th at the Clubhouse.** Please come and bring your own games. For more information please contact Audrey Lashauer at: aauj00@gmail.com Have a great Passover!

DEBORAH

The next meeting will be on Thursday, April 19th, 12:00 PM in "A" Building. Please contact Audrey Lashauer at: aauj00@gmail.com Please join us for Bingo, bagels and coffee will be served.

AFTER SIX CLUB

The next meeting will be on Wednesday, April 4th in the "A" Building. Contact Diane Weiss 561 381-4456 for information. This club was started 10 years ago. Until that time there were no activities for people that worked since many clubs met during the day. This is a friendly group of fun- loving young seniors who meet on the first Wednesday of each month at 7 PM. There is lively discussion, entertainment, socializing with friends, having coffee and cake. We do not discuss current events or politics. The group sponsors charity fundraisers. All are welcome to join for \$15.00 per person a year.

DELRAY VILLAS FRIENDS OF ITALY CLUB

The next and last meeting of the season will be on April 6th at 7:00 PM in "B" Building (meets January through April on the first Friday of the month). There will be a pizza party, but please bring your own drink. The Pool Party will be on April 17th from 12-4 PM. All are welcome! Charge for non-members is \$10. For info please contact Mena DiGiorgio at 561 495-4552.

DELRAY BOOK CLUB

Meetings are on the first Monday of the month at 1 PM in "B" Building Ceramics Room.

TO YOUR HEALTH

Wendy Karger

The *true* value of a hill of beans



We've all heard jokes and expressions about beans, and until fairly recently, few people cared beans about them. But this small, innocent-looking food can really pack some serious nutrition.

In fact, eating a serving of legumes (beans peas and lentils) four times a week has been shown to lower your risk of heart disease by 22% and may also lower your risk of breast cancer. As an excellent source of non-animal protein, they also supply fiber, help you feel fuller and cut cholesterol.

Beans are also a great source of antioxidants. And the darker the bean, the more antioxidants it contains. According to Molly Morgan, R.D., C.D.N, C.S.S.D., black beans are the best of the bunch. One serving (1/2 cup) contains about 6 grams of protein and will leave you feeling fuller longer thanks to their protein.

There are many different beans to choose from, including black beans, kidney beans, garbanzo beans, pinto beans, cannelloni beans, lima beans, mung beans and navy beans, to name a few.

To quote an article in *Men'sFitness*, when picking beans out in the store, skip the bagged variety, which are extremely time-consuming, and stick to the pre-cooked type that come in a can. Just make sure to select those with no added salt or preservatives and give the beans a quick rinse before serving to reduce the remaining sodium. Canned beans also have a long shelf life, making them a great option for a quick protein boost.

There are lots of simple ways to add beans to your meals.

- Beans and rice is an everyday dish in many of the world's cultures.
- The English eat beans on toast.
- You can add them to soups, salads and pasta dishes.
- Toss beans into sautéed veggies or mix them with cooked greens and garlic.
- Tuck them into whole-grain tortillas or pita bread.
- Make homemade hummus or bean dip to spread on sandwiches or dip with whole-grain crackers or veggie sticks.

If you look at the following page, you'll find two tantalizing recipes from Catherine's kitchen.

WHAT'S COOKING?

Catherine Patti

Recently, at our End of Winter Pool Party, I remarked at all the terrific dishes people brought to share. I had considered bringing Hummus and Chips for my contribution. But, then decided on a unique spin on the usual garbanzo bean hummus and was inspired to use kidney beans instead. The result is a creamy pink hummus with a deeper, smoky flavor. I hope that you enjoyed it! Here is the recipe for you to try at home:

Kidney Bean Hummus

Ingredients:

- 1 can red kidney beans, drained and rinsed
- 1 clove garlic
- 2 teaspoon olive oil
- 1 teaspoon water
- 1/2 teaspoon ground cumin
- 1/4 teaspoon sea salt



Place all of the ingredients into a food processor and blend until almost smooth. You can garnish with pumpkin seeds to serve.



Do you love Falafel, the middle eastern fried patty made from chickpeas and served in a pita with salad and tahini sauce? Here's a recipe that will appeal to meat eaters and vegetarians alike.

Falafel

Ingredients:

- 1 can rinsed garbanzo beans/chickpeas
- 1 small chopped onion
- ¼ chopped parsley
- 3 gloves chopped garlic
- 1 ½ tablespoons flour
- 1 teaspoon salt
- 2 teaspoons cumin
- 1 teaspoon coriander
- ¼ teaspoon black pepper
- Vegetable oil for frying



Place all of the ingredients into a food processor and pulse until a coarse meal forms. Do not over process. Cover and refrigerate for 1 hour. Heat about 1 ½ inches of oil in a frying pan and heat slowly over medium heat. Form falafel into balls and fry on all sides until browned. Drain on paper towels.

To serve, place in a pita with chopped tomatoes, lettuce, cucumber and top with tahini sauce. To make sauce blend ½ cup sesame paste, 1 clove garlic, ½ teaspoon salt, 1/3 cup lemon juice, ¼ cup water, ¼ cup olive oil and 1 tablespoon chopped cilantro or parsley.

HOW TO TAKE GREAT CELL PHONE PICTURES

TIP 8: Love Thy Selfie

By Lisa Weingarten

Taking selfies is a fun way to show the world your confidence, personality and fashion sense. From presidents to Academy Award winners, almost everybody's doing it. But don't just point your camera at your face and take a shot without planning. There's an art to taking attention-grabbing selfies to keep or share. In order to take a selfie, you need to reverse your screen so that it is rear facing.



On an Android phone, turn on the camera app. In the upper left hand corner there is a small camera icon with little arrows in the corners. Tap that. Now you will see yourself in the screen. On the iPhone the icon to reverse the screen appears in the lower right-hand corner.



The first thing is to pay attention to lighting. Natural light is best. So, go outside and bask in the sun's glow. Indoors, face a window. Avoid shadows and aim for sunrise or sunset when the light is most beautiful.

Now for the fun part. Smile like you mean it! My father always said, "When the camera is pointed at you, SMILE! It's an important life lesson." Flash a real smile and no image will look bad. Take lots of selfies and you will find the smile that best suits you.

Play to your angles. When it comes to selfies, keep your chin down and camera up. When taking a selfie, hold the phone so that the bottom of it is level with your eyes. You can also use a selfie stick. Because it enables you to hold the phone up high it will make you and everyone in the selfie look svelte. Some indoor venues and attractions that can become crowded prohibit the use of selfie sticks.

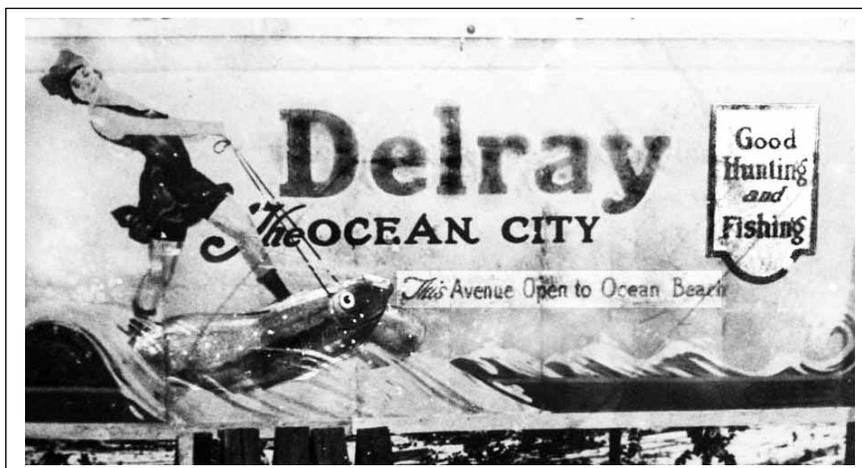
Because we are usually limited to the length of our arm when taking a selfie, the images tend to be close up. If you want a full length photo to show off a new outfit or your fabulous figure, you will need to stand in front of a full-length mirror and make sure your background is not full of clutter. You want to be the main attraction. You can appear more slender by slightly cocking your hip to the same side you are holding your camera. Your opposite shoulder should come forward and your free arm should dangle or rest on your hip. Cross your legs at the ankle. The chest should lean forward a bit. Whew! Now relax and shoot away!

Try not to stare directly into the camera. Most people don't look their best straight-on. Turn to the side just slightly. Then, just relax. The thing about selfies is that you don't want them to be too serious. Also, the best selfies have interesting backgrounds. The background will tell the story of where you are and what you're doing. Now take lots of selfies to send to your friends on Facebook, in text messages to your grandchildren, and print on your holiday cards!

"We are all of us stars and we deserve to twinkle." -Marilyn Monroe

The History Of Delray Beach

By Michael Weingarten



Last month, we explored the history of Delray Beach up until the beginning of the 20th century. This month, let's examine some of the changes that occurred as the new century unfolded.

Settlers from The Bahamas (then part of the British West Indies), sometimes referred to as 'Nassaws', began arriving in the early 1900s. After 1905, Japanese settlers from the nearby Yamato farming colony also began participating in Delray civic activities such as parades, social events, and shopping. The 1910 census shows Delray as a town of 904 citizens. Although still a small town, Delray had a remarkably diverse citizenry. Twenty-four U.S. states and nine other countries are listed as the birthplace of its residents.

In 1911, the area was chartered by the State of Florida as an incorporated town. In the same year, pineapple and tomato canning factories were built. Pineapples became the primary crop of the area. This is reflected in the name of the present day Pineapple Grove neighborhood near downtown Delray Beach. Prior to 1909, the Delray settlement land was within Dade County. That year, Palm Beach County was carved out of the northern portion of the region. In 1915, Palm Beach County and Dade County contributed nearly equal portions of land to create what is now Broward County between the two, leaving Delray situated within the southeastern portion of Palm Beach County.

By 1920, Delray's population had reached 1,051. In the 1920s, drainage of the Everglades west of Delray lowered the water table, making it harder to grow pineapples, while the extension of the Florida East Coast Railway to Key West resulted in competition from Cuban pineapples for the markets of the northern United States.

The Florida land boom of the 1920s brought renewed prosperity to Delray. Tourism and real estate speculation became important parts of the local economy. Delray issued bonds to install water and sewer lines and to pave streets and sidewalks. Several hotels were built. At that time Delray was the largest town on the east coast of Florida between West Palm Beach and Fort Lauderdale. The collapse of the land boom in 1926 left Delray saddled with high bond debts and greatly reduced income from property taxes.

Delray was separated from the Atlantic Ocean beach by the Florida East Coast Canal (now part of the Intracoastal Waterway). In 1923 the area between the canal and the ocean was incorporated as Delray Beach. In 1927 Delray and Delray Beach merged into one town named Delray Beach.

End of Winter Pool Party

“Had a wonderful turnout for our End of Winter Pool Party. The weather was perfect, the food delicious and seeing everyone have a good time made me happy. Frank, our DJ, is now a dear friend, too. We just need to brush up on our line dancing!...Couldn’t do it without all the help...Definitely a success because of all of you...Great group effort.” -Sharon McCloskey



“A really fun pool party and unbelievable food!! So many yummy dishes, and great burgers and hotdogs by the top griller, Jory, ...unbelievable ribs by Mario Ventura. We have a great community...met new neighbors and look forward to more pool party gatherings!! Beautiful new picnic tables and umbrellas added a nice touch as well!! Yes, Sharon, we must brush up on our line dancing but, hey, at least we tried, lol.” -Catherine Patti

“Had a wonderful time as always. Thanks Sharon for all your hard work!!! Another success!!! -Marty Soldivieri



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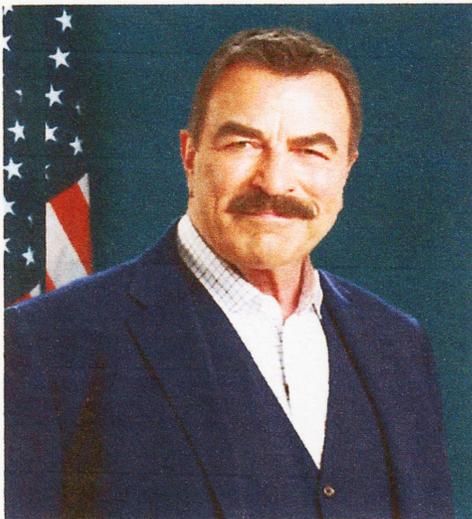
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Tom Selleck, AAG Spokesperson

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Copy of this month's current issue must be presented at time of application.

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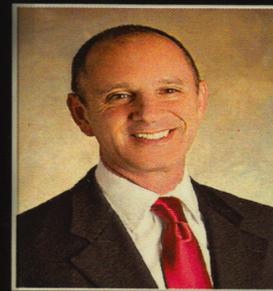
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PLAT 2 BOARD OF DIRECTORS

President	George Kuhn (2018)	561 568-2510
Vice President	Ellen Rosenman (2020)	561 499-2944
Treasurer	Open Position	
Recording Secretary	Ed Clemon (2020)	561 496-0861
Other Directors	Bill Margillo (2020)	561 495-9927
	Sharon McCloskey (2019)	561 865-3780
	Ed Redder (2019)	561 894-7047
Lawns & Landscaping	Bill Margillo	
Pool	Sharon McCloskey	
Lakes	Ed Redder	
Interviews	Reynold Pratt*	
Beautification	Catherine Patti*	
Compliance	ALL DIRECTORS	

Representative to the Rec Association and Alliance: Reynold Pratt* 561 499-3954

Representative to the Rec Association: Judy Clemon* 561 496-0861

*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.*

BOARD MEETINGS 2018

January 23	February 27
March 27	April 24
May 22	June 26
July 24	August 28
September 25	October 23
November 27	December 18**

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.

Message from Judy Clemon, Representative to the Rec Association:

The main clubhouse will be converting to a keyless entry system in mid to late May. The "Envera" system utilizes a key fob instead of a physical key. There will be a meeting to receive your new key fobs at multiple times to be announced. Each homeowner will receive 2 fobs.

Welcome Spring



From the
Grapevine Staff

Wendy Karger • Helen Katz • Sharon McCloskey • Catherine Patti
Grace & Marty Soldivieri • Lisa Weingarten