

## PRESIDENT'S MESSAGE

Here we are, almost at the end of 2018, and it was a great year for Plat 2. As your President, I was able to guide the Board as we worked through a number of critical issues.

First, there was the repair of the shoreline of the east side of our Lake 2. The Board has also begun the groundwork to repair the Lake 1 shoreline and the drainage system that has now reached the end of its lifespan.

Second, was the hard work of the pool team, under Sharon McCloskey's dedicated leadership, that continues to improve the pool area and is throwing great pool parties, which many of you have attended and enjoyed.

Third, is our new ARB (Architectural Review Board) group which is actively checking all homes for property violations and is there to give advice concerning improvements that homeowners are considering for the outsides of their homes. They will provide you with the paint chart of approved colors and also check to make sure the contractors and workers you are considering hiring are licensed, bonded, and have good reputations, and that your finished projects will be up to code.

In closing, we all know that there will always be problems which will have to be addressed. That's what we're here to do, and this Board will continue to work hard to stay ahead of those problems.

Looking forward to another great year and hoping you are too.



Happy holidays!

*George Kuhn*  
President



At our Fall Pool Party, we had the pleasure of having our new resident, Mike (Snappy) Hornstein, DJ. In addition, he and his former performing partner, Shannon, (who flew in from NC with her fiancé specifically to do our pool party), treated us to quite a show. Snappy and Shannon also sang and played the guitar. For those who came to the party, it was a real treat. Hoping more of our neighbors will come to our mid-winter pool party and join in the fun. Snappy will definitely be invited to come back and perform (and maybe even Shannon will be able to come back too).

*Sharon McCloskey*

*Correction: Carmen Ojeda was incorrectly titled "CPA" in the assessment letter and coupons. Her correct degree is "MBA"*

## FOR YOUR SAFETY

Wendy Karger

### **Beware of this year's flu season!**



Influenza is a blight that has been with us for a long time. In fact, the worldwide pandemic of 1918 (exactly 100 years ago) was responsible for more deaths than those resulting from the battlefields of World War I.

In recent decades, specific vaccines have been developed yearly to keep the flu more or less in check, with some more successful than others. However, like many other pathogens, flu viruses constantly mutate and vary in atypical ways that make them resistant to the current medical intervention. In the last several years, there have been more patients (especially older adults) who have come down with serious and sometimes deadly cases and seniors are also at greater risk for complications, including bacterial pneumonia. That's why a new, higher potency vaccine is now available for seniors.

**So what should we do?** In the US, the flu season usually gets in full swing in mid-December, peaking in February and generally ending in the spring. Besides getting your yearly flu shot, it is important to contact your doctor as soon as you suspect the flu. By administering a simple test, your doctor can detect the flu virus and prescribe an antiviral drug (like Tamiflu or Relenza). But since the virus is transmitted in droplets from a sneeze or by touching a surface touched by someone who is infected, flu symptoms can come on almost immediately. You can feel fine in the morning and suddenly develop serious symptoms within hours. Therefore, if you suspect you have it, you should limit contact with others by staying home from work or other group activities,

But what are the signs and symptoms that differentiate a bad cold from the flu?

	<b><u>COLD</u></b>	<b><u>FLU</u></b>
<b><u>Symptom Onset</u></b>	Gradual	Surprisingly abrupt, and usually occurring during winter months
<b><u>Fever</u></b>	Rare	Not always present in older adults, but generally 100.4 or higher lasting 3 to 4 days
<b><u>Aches, chills and sweats</u></b>	Sometimes mild aches	Common
<b><u>Fatigue and weakness</u></b>	Sometimes, but not severe	Can be severe for the first few days and linger on for several weeks
<b><u>Headache</u></b>	Rare	Common
<b><u>Stuffy nose, sneezing and sore throat</u></b>	Common	Sore throat is possible; nasal discharge and sneezing are uncommon
<b><u>Cough or chest discomfort</u></b>	Sometimes a hacking cough	A dry cough is common and persistent



Always contact your doctor if symptoms become more severe, improve and then become worse, or if you have unusual symptoms such as a severe sore throat, chest pain, confused thinking, dizziness, lightheadedness or difficulty breathing.

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## CLUB HAPPENINGS



**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, December 5<sup>th</sup>. December 15<sup>th</sup> will be our Annual Toys for Tots Fundraiser and show. Please contact Diane Weiss 561 381-4456 for information. 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, December 18<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** There will be no meeting in December. Our next meeting will be on Monday, January 8<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, December 20<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** Meetings will resume in January 2019. Date to be announced.



**Delray Book Club** meets on the first Monday of the month at 1pm in the "B" building Ceramics Room. Our selection for December 3<sup>rd</sup> is *A Man called Ove* by Fredrik Backman. For January 7<sup>th</sup>, it will be *Carrying Albert Home* by Homer Hickam. 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 2018 are:

INVESTIGATORS: 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

DOCUMENTATION: 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.

# December



## Happy Birthday

- 1.... Carmen Ojeda
- 1.... Jay Rubin
- 2.... Sandy Bierwith
- 3.... Ida Green
- 11.... Ida Raccagni
- 16... Judy Miller
- 20.. Michael Weingarten
- 20.. Patricia Kuhn
- 22.. Ora Nissim
- 28.. Georgia Redder

## ♥Happy Anniversary♥

20... Michael & Lisa Weingarten



### 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 Neighbor*  
 Russell Mayer.....13222 Via Vesta



### *In Memoriam*

**Roberta Katz** We were especially sad to hear of the passing in early November of Roberta Katz. Roberta lived in—and truly loved—her home in Plat 2 for many years. She particularly enjoyed entertaining, mahjong and canasta. Roberta created some incredibly intricate and beautiful needlepoint works. She was a delightful friend, devoted wife, mother and grandmother. Our condolences to her husband, Boris, her loving family and her many friends.

**Pauline Ziner** It is not often that someone is the personification of a motto. But the phrase *It takes a village....* suited Pauline to a tee. Delray Villas was her *village!* Pauline, since the moment that she purchased her home with husband Allen in 1981, knew all of her neighbors and made it her business to welcome every new neighbor. She was a natural care giver and made sure that no one was ever in need, whether during a hurricane or from an illness. She treated everyone like family. Pauline should be remembered as the vivacious and loving person that we knew. Condolences to her daughter, Barbara, son-in-law, Tom, family and friends.

**Fred Polito, Jr.**, a former HOA Board President, passed away November 2nd. He was a U.S. Army Veteran. During the time that he lived in our Delray Villas he distinguished himself by his involvement in our community and his avid love of cooking and feeding his friends and family. He was not only devoted to his family but to his pet pooch, Zoe. Fred will be lovingly remembered by his wife, Susan, mother-in-law, Louise Reynolds, his large family and many friends.

# You Heard It Through The Grapevine

## Answers to Commonly Asked Questions



1. I recently moved into my home in Delray Villas Plat 2 and I am seeing tiny ants. I tried some ant traps but that is not working. Is anyone else experiencing this? Do you have any suggestions for a natural remedy?

*YES! There are several natural remedies for getting rid of ants that will not pollute your home or harm your pets. It's worth a try before using chemicals or calling in an exterminator.*



*Here's one for a natural spray:*

*Put ¼ cup of water, ¼ cup of vodka, 15 drops of peppermint essential oil, 15 drops of tea tree essential oil and 7 drops citrus essential oil in a spray bottle. Shake and spray around baseboard or wherever you see ants until ants are completely gone.*

*You can also try a Citrus Peel Spray made by heating equal parts of water and white or cider vinegar until steaming. Pour over any citrus peels you want and steep overnight. Pour into a spray bottle and spray wherever ants are a problem.*

*You can also use Dr. Bronner's Soap, which will dissolve the waxy coating on the outside of the ant. Fill a 1 quart spray bottle almost to the top. Add ¼ cup of the Dr. Bronner's peppermint castile soap and shake gently to mix. Spray baseboards, and anywhere that you see ants. Repeat every few days until they are gone. All of the remedies report to get rid of ants naturally and will leave you home smelling great!*



2. I saw a small red, black and yellow snake in my garden, but I didn't hang around long enough to study it closely. Actually, I screamed and ran away very quickly. I don't think that I moved that fast in years! How do you know which snakes are dangerous and what should you do when you find one?

*Coming across a snake in South Florida is something that each of us is likely to experience at least once. It is an event that can be terrifying for most of us. Of course, there are those out there with level heads and those who don't get too excited by seeing a snake. It is important to know if you are dealing with a harmless or poisonous snake. But, more importantly, you should know what to do when confronted with a snake. What if the reptile in question is, say, sunning itself on your patio? It is important to have the contact info of a professional wildlife removal company on hand. There are several companies listed on Google in Delray Beach. DO NOT try to move the snake yourself. Most bites result from humans interfering with the creature. Don't lose sight of it while waiting for help. Most snakes are not poisonous, but err on the side of caution and assume that it is. Familiarize yourself with recognizing venomous snakes. Here's the snake poem to help identify a dangerous snake like the Coral Snake from a*



*nonvenomous snake like a Milk or Scarlet King Snake by looking at the color band pattern: (Coral Snake on left, Milk Snake, right)*

*Red Touches Yellow - Kills a Fellow*

*Red Touches Black - Venom Lack*

*Yellow Touches Red - Soon You'll Be Dead*

*Red Touches Black - Friend of Jack*

*It's also a good idea to keep patios clear of places for a snake to curl up and relax by removing clutter.*



*Also, keep your garage door closed and seal up any openings where critters can get in.*

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## **To Your Health**

**Wendy Karger**

### **A little berry with a wellspring of nutrients**



Cranberries have been called a “super food” because they are low in calories and high in antioxidants like vitamin C. According to the National Institutes of Health (NIH), vitamin C can block some of the damage caused by free radicals while also improving iron absorption, boosting the immune system, and aiding the body in producing collagen, which promotes wound healing.

They also contain vitamin E, an antioxidant involved in immune function which can prevent or delay a wide range of chronic diseases associated with free radicals including heart disease, cancer, cataracts, Alzheimer’s and arthritis.

Cranberries are also rich in vitamin K, manganese and a large array of phytonutrients (naturally occurring plant chemicals with anti-inflammatory properties). It is important to note, however, that for people who take blood-thinning medications (like Warfarin or Coumadin), foods containing significant amounts of vitamin K may risk an increase in anti-clotting effects and lead to increased bleeding. Individuals with a history of kidney stones should also limit their intake of foods high in vitamin K.

In addition, cranberries contain fiber, iron, magnesium, phosphorus, potassium and zinc. And although the high level of proanthocyanites in cranberries (which are also found in blackberries and blueberries) can help stop certain bacteria from adhering to the urinary tract walls, researchers at Texas A&M Health Science Center College of Medicine in Houston found that this is only true with the use of cranberry capsules. “Cranberry juice, especially juice concentrates you find at the grocery store, will not treat a urinary tract or bladder infection. It can offer more hydration and possibly wash bacteria from your body more effectively, but the active ingredient in cranberry is long gone by the time it reaches your bladder,” according to Dr. Timothy Boone, PhD.

Still other research has shown that those same proanthocyanites can boost oral health by preventing bacteria from binding to the teeth and may prove beneficial in preventing gum disease.

Plus, the nutrients in cranberries have been shown to help slow tumor progression and can, therefore, have a positive impact on prostate, liver, breast, ovarian and colon cancers.



Additional evidence suggests that by preventing platelet build-up and reducing blood pressure through anti-inflammatory activity, cranberries may also reduce the risk of cardiovascular disease.

While cranberries are rarely eaten raw due to their sharp, sour taste, they are a seasonal favorite as ingredients in juices, sauces, jellies and baked goods. Dried cranberries, or craisins, often add an extra zing when tossed in salads and trail mix. On the following page, you will find some other unusually delectable cranberry delights.

# 'Tis the Season for Cranberries!

By Catherine Patti

Cranberries are a healthy, versatile, beautiful, and traditional part of holiday meals. Here are some unique ways of using them as appetizers this holiday season. These bite-size recipes come together in a matter of minutes, can be prepared in advance and look great on the holiday table.



**15 Minute Chicken Salad Bites with Cranberries and Pecans:** Combine  $\frac{1}{4}$  cup of plain Greek yogurt with 2 tablespoons of mayonnaise and mix into a cup of cooked, chopped, chilled, skinless chicken breast (or use tuna). Add  $\frac{1}{2}$  teaspoon of dry tarragon,  $\frac{1}{2}$  cup of finely chopped celery, some fresh ground pepper, 3 tablespoons of dried cranberries and 3 tablespoons of chopped pecans. Mix to combine all of the ingredients and serve on your favorite cracker or in mini fillo shells.

**Cranberry Brie Appetizers:** Cut a french bread loaf in diagonal slices and brush with melted butter. Bake bread in a single layer on a baking sheet for 2 minutes at 350 degrees. Add a slice of Brie to the top of each toast and bake for 5-7 minutes or until cheese melts. Top with a tablespoon of canned whole berry cranberry sauce.



**Cranberry Pecan and White Cheddar Cheese Ball:** Preheat oven to 350 degrees. Line a small baking sheet with parchment paper and toast  $\frac{1}{2}$  cup chopped pecans for 5 minutes. Remove from oven and cool. In a large mixing bowl beat together an 8 ounce package of softened cream cheese and 8 ounces of sharp white cheddar, shredded. Add in the pecans and a teaspoon of Worcestershire sauce. Mix until everything is well combined. Remove from the bowl and form into a ball with your hands. Wrap in plastic wrap and chill for at least half an hour. Remove the chilled cheese ball and cover with dried cranberries. You'll need about a cup and a half. Keep in the fridge until ready to use and serve with crackers or flatbread.

**The Chrismosa!** Celebrate the season with this sparkling, lovely drink. It is a perfect accompaniment to go with our appetizers. In a large pitcher add 2 chopped Granny Smith apples, 1 cup whole fresh cranberries, 1 cup halved green grapes, 1 cup pomegranate seeds, 1 cup sparkling grape or apple juice, and 1 bottle of champagne or prosecco. Serve immediately. **Cheers** -recipe courtesy of Sharon McCloskey



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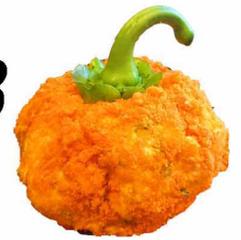
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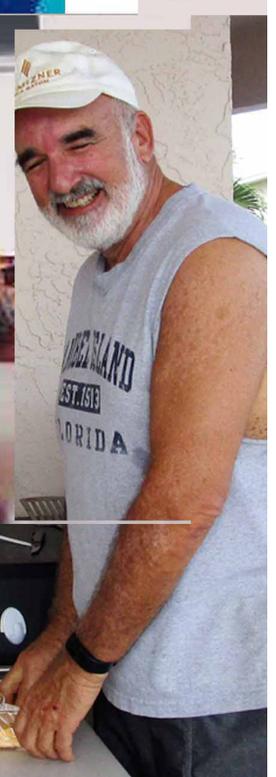


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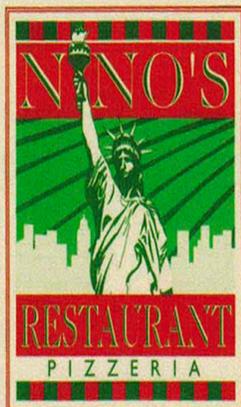
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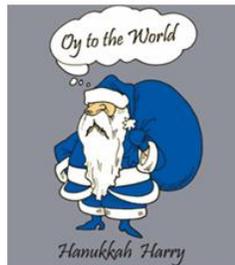
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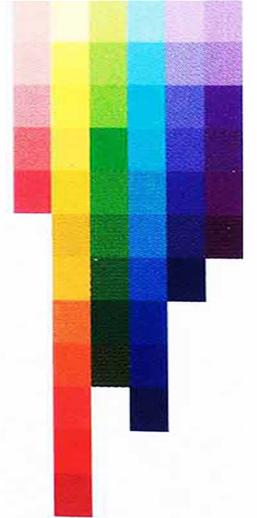
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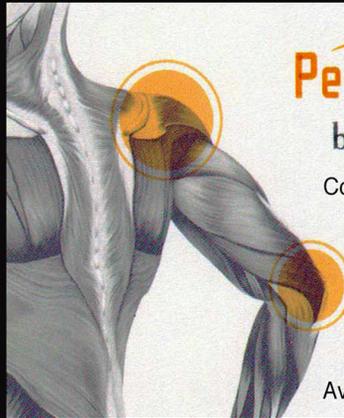


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*"For leg, ankle and foot pain remember Dr. Goldbaums name!"*



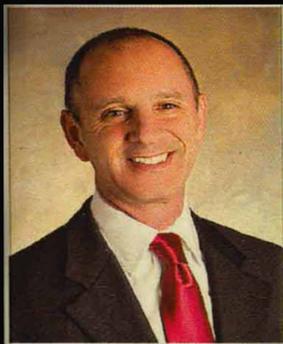
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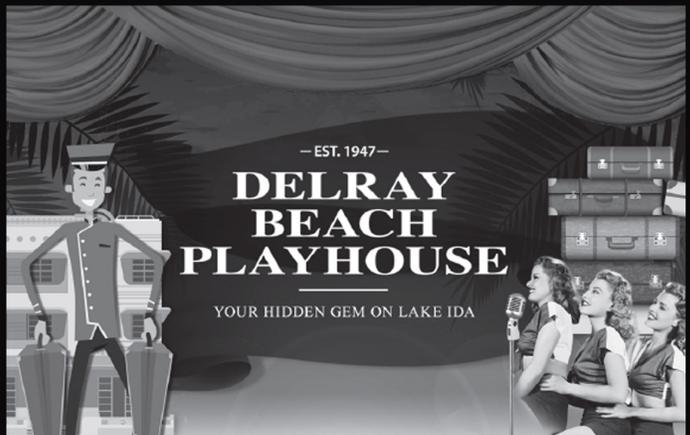
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**DELRAY BEACH PLAYHOUSE**

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### 2018-2019 SEASON

Agatha Christie's A Murder Is Announced	Oct. 5-21, 2018
The 1940's Radio Hour	Nov. 30 - Dec. 16, 2018
California Suite	Feb. 1-17, 2019
Showtune: A Celebration of the Words and Music of Jerry Herman	Mar. 22 - Apr. 7, 2019
God of Carnage	May 17 - Jun. 2, 2019

**SEASON SUBSCRIPTIONS ON SALE NOW!  
SINGLE-TICKETS GO ON SALE SEPTEMBER 4, 2018!**

### DELRAY BEACH PLAYHOUSE

Box Office: 561-272-1281 Ext. 5 | [delraybeachplayhouse.com](http://delraybeachplayhouse.com)

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## PLAT 2 BOARD OF DIRECTORS

President	George Kuhn (2018)	561 568-2510
Vice President	Ed Clemon (2020)	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	
Rec Association Representatives:	Arleen Kessler*	561 330-4110
	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. Please call President George Kuhn if you cannot reach the appropriate Board Member!***

On December 18th, directly after our regular Board meeting, there will be a special year-end meeting to elect new Board members for 2019 and talk about upcoming plans. This is a particularly important meeting and you will want to be there!

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

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# *Season's Greetings*



*From the*  
**Grapevine Staff**

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