



**WELCOME
HOME!**

PRESIDENT'S MESSAGE

First, let me take this opportunity to welcome you all back to another year in our private little paradise. This year has been filled with many new experiences for us all. For those of you who spent the summer away, we are glad to have you back. For those of us who are here year-round, we welcome the promise of cooler temperatures to enjoy more of the wonderful activities our Florida community has to offer.

One of our projects this fall is the two-week renovation for Lake 1 which has been scheduled to begin mid-September. Hopefully by the time you read this in early October, the renovation should be complete.

You may recall the challenges we have had trying to get the county to help with drainage issues on the north end of our plat. Our Board Vice President has called and made attempts to request repairs. To date our progress has been limited, and it seems we may need to send HOA Board representation to one of the county meetings to have this issue with the impaired swale drainage system addressed. We will keep you updated as we move along on this issue.

Moving on to something that we do have control over, more people (adults and younger) have been noted speeding on the south end of Via Vesta driving toward El Clair Ranch Rd. Some speeders round the corner so fast that they drive on the grass as they make the turn. Our community safety is of prime importance, so please slow down, as no one wants speed bumps to be installed to make it happen.

I hope you had a great summer. We look forward to safely gathering more in the upcoming year.

George Kuhn
President



Selling your home? Don't sell yourself short!

So many people are looking to move--
from floods and fires and the coldest winter
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Mary Speer

561 699-3933

mary.speer@floridamoves.com



Pool News

Sharon McCloskey



The past few months have had some significant changes at the pool.

First, we needed a new well. I didn't even know we had a well. The water from the well is what runs through the pipes underneath the heat pumps and is responsible for keeping the pool water temperature hot or cold depending on our setting. Hopefully, this well will last for another 40 years! We had a few issues with the heat pumps that needed to be corrected after the well was finished.

Ben and Helen D'Errico and I spent four days power washing all the pavers around the pool, the outside pavers up to the pool house, around the building, and the two canopies inside the pool area. This was after spending a few days earlier power washing the cement slab picnic area outside the pool.

The nine royal palms around the pool had their annual cleaning out prior to hurricane season.

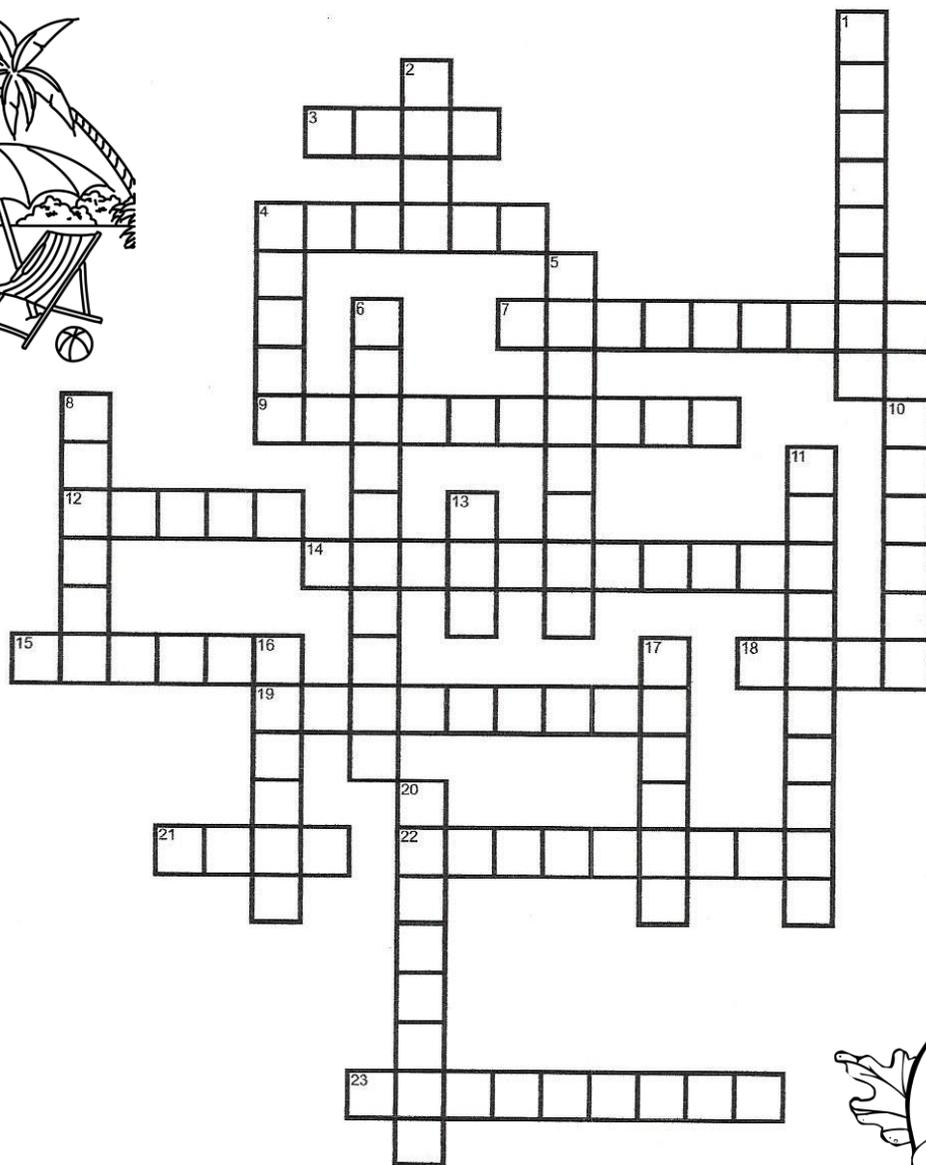
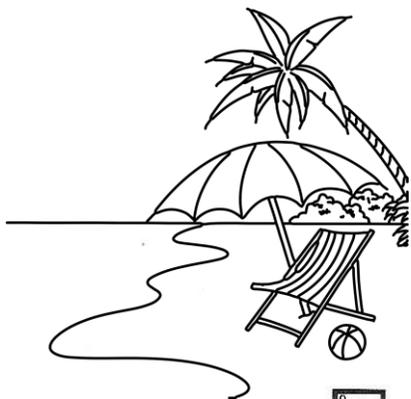
Hopefully as this issue of the Grapevine comes out, our new fence will have been installed. It has been a long six months waiting for it.

The pool is the jewel in our development and there for everyone to enjoy. Please come use it.

A "Welcome Back" pool party is tentatively being planned for Sunday, November 14, 2021. Further information will be posted on the pool bulletin board and through email.

Do we have any crossword puzzle enthusiasts in Delray Villas? If so, this is for **YOU!**

Loving Our Delray Villas



Across

- 3 Nutrition, life sustaining
- 4 Where shopping is a pleasure
- 7 The game, the table
- 9 Diversion from work
- 12 Group interests
- 14 Supports a theme
- 15 Swing, serve, love
- 18 Sailing, fishing, swimming fun
- 19 Swamp resident
- 21 Companions
- 22 To amuse, consider
- 23 Close social or residential group

Down

- 1 Watery habitat
- 2 Wet fun or balls
- 4 Play in Vegas or with friends
- 5 Annual celebration
- 6 Senior sport
- 8 Cook it this way
- 10 Cross or game
- 11 Eatery
- 13 Need it to get in rec center
- 16 Prevention and precautions
- 17 Manual skills required
- 20 Lives close by



Enjoying Autumn

F J G I H A U G F G A R W A V Z J C
O K R U O B R J A E O V O H I S C O
O H A W L E E V M I S U T I S Q O R
T A T E I N L E I G I T R Q I U O N
B L I L D T A T L J O C I D T A K U
A L T C A E X E Y J W R H V S S I C
L O U O Y R N R T R A V E L A H N O
L W D M S T S A Q K M U U T J L G P
M E E E O A I N V I T A T I O N S I
P E M I U I D S G J H V Q O Q R T A
F N B G P N G P P U M P K I N B D Z
I B A U T U M N V X I H E P Z F G N

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

AUTUMN
COOKING
CORNUCOPIA
ENTERTAIN
FAMILY
FESTIVALS
FOOTBALL

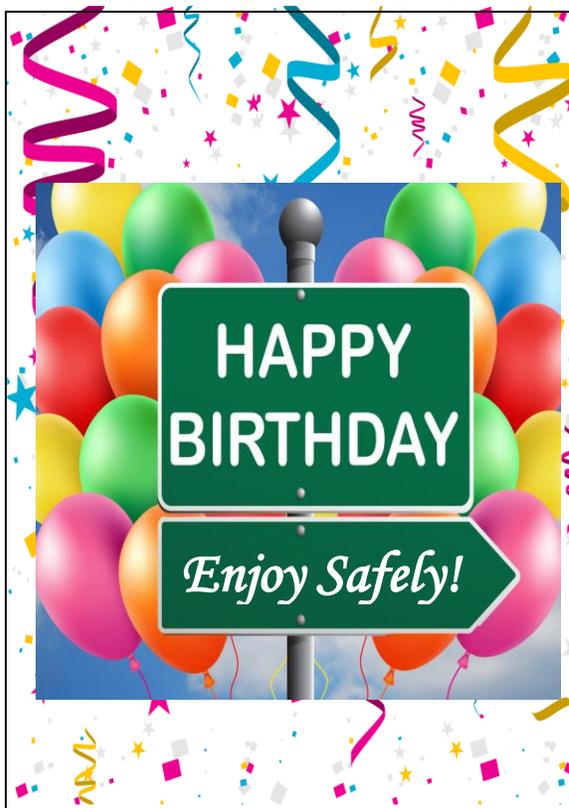
GOURD
GRATITUDE
HALLOWEEN
HOLIDAYS
INVITATIONS
PUMPKIN
RELAX

SOUP
SQUASH
TRAVEL
VETERANS
VISITS
WELCOME

Did You Know That Puzzles...?



- are good for both sides of your brain (like “mental exercise”)?
- improve your memory, problem solving skills and reasoning?
- enhance your mood, can reduce stress, and improve your IQ score?



October

- 1... Barbara Curewitz 2... Amy Becerra, Richard Gelin, John Tanturri
- 3... Shirley Silver, Robert Reed
- 5... Arlene Nudelman 6... Gina Lopes, Linda Swackhammer, Dorothy Bodt
- 7... Joseph Petty, Joseph Pino, Cheryl Gelin
- 8... Angelo Demino 16... Victoria Kelsey
- 17... Nanette Ginsberg 18... Susan Fields
- 20... Carmen Nicolaas 27... Kenneth Brown 28... Elliot King

November

- 2... Elizabeth Rhyne 3... Ed Wetschler 8... Frederick Kelsey
- 10... Richard Newton 14... Marilyn Lebowitz, William Denny, Frances Fries, Ed Hogg
- 15... Tashann Grant, Holly Krahe, Bella Dounias
- 16... Jessie Bulloch 29... Nina Colquitt
- 30... Fran Appel

December

- 1... Carmen Ojeda, Jay Rubin 2... Sandy Bierwith
- 3... Ida Green 11... Ida Raccagni 16... Judy Miller
- 20... Michael Weingarten, Patricia Kuhn

Did we miss your birthday/special occasion or get it wrong? Please let the Editor know via Email: thedvgrapevine@gmail.com

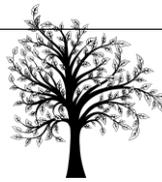


Welcome Our New Neighbors

Jorge and Maria Gomez, 13255B Via Vesta

And a Neighborhood Goodbye...

Sadly, we say goodbye to Mario Ventura, a Vietnam Vet, who was adept at all forms of repairs, carpentry, and metal work. He innately understood how things worked and could make, fix, or build anything.



This summer our ARB duties were carried on by Theodora and Elizabeth who did an excellent job while Steve was on Staten Island, and I was in Buffalo enjoying family. They interviewed new homeowners, completed inspections, and approved property projects. As I returned on Friday, I was happy to see our community looking so good.

General inspections of all homes will begin in October. Lollipop inspections haven't been done in a while, so please check to make sure yours is working.

Just as a reminder: if your sidewalk needs repair, you can contact the county at 561-233-3950. Wishing everyone a safe and happy Fall!

Linda Downs and your ARB Members

Web News **delrayvillasplat2.com**



Contact the webmaster,
Lisa Weingarten, at
dvplat2@gmail.com
visit us at:
www.delrayvillasplat2.com

It has been my pleasure acting as webmaster for Plat 2. The goal is to bring our community together by communicating, sharing information, and ideas through our website, Facebook and email. You can read and/or download this issue and past issues of The Grapevine by visiting our website:

<https://www.delrayvillasplat2.com/the-grapevine.html>

Click on the "Documents" tab for **homeowners only** that includes our Bylaws, Rec Association Rules and Regulations, and our Phone Book. The password is by request only. To receive your website password, please send an email to: dvplat2@gmail.com We will need your name and address to verify that you are a homeowner, and you must agree that the password will not be shared.

The "ARB" tab has downloadable forms for home improvement, guidelines, and paint samples.

Want to post a message on our bulletin board? Fill out the info on the "Bulletin Board" tab. Please, no political or opinion posts. Join us on Facebook at

<https://www.facebook.com/groups/386579901799539>



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Stressed??

Here Are A Few Stress Busters

By Lydia Harris

If you have been under a lot of stress lately, it can help to use some calming rituals and habits that help to reduce the stress without being too difficult or time-consuming. These are not meant to reverse the causes of your stress, but simply give you a few minutes a day where you can relax a little.



Unplug and Sit in Silence

The first calming ritual is not something to help you meditate, but instead to rule out outside influences of your stress levels. This includes unplugging from all social media, notifications, alerts, and technology. Even if you don't realize it, the more of this information and news you take in, the higher your stress levels are going to be.

If you can, have a routine every day where you completely unplug for about 15-20 minutes minimum. You should not have any notifications on during this time, so turn off your phone and take off your watch. Just sit quietly and meditate, or use this time to read, go for a walk, or just take a little nap. It will do wonders for your overall stress levels.

Simple Breathing Techniques

Focusing on your breathing is one of the most powerful ways to calm your mind and body, and very underrated. All you are doing is breathing, but by focusing on the breaths you inhale and exhale, you start to reduce your stress and anxiety.

A simple way to begin with breathing techniques is a short deep breathing session. Set a timer for 5 minutes and inhale a deep breath through your nose. Focus on the breath, how it feels, and what is going through your mind. Watch your chest move and feel the sensation. Hold it for a few seconds, then exhale out your mouth, and go through the same mindful process. Continue this for 5 minutes and see how you feel.

Read or Write

In moments when your stress levels are rising and you aren't quite sure what to do about it, turn to a quiet activity that you enjoy and can be calming for you. If you are a creative person, this might mean writing a story or poem, or working on an art project. Other people like to write in their journal or letters, read a few chapters from a book, or spend time outdoors in nature.

Try a Gentle Workout or Some Physical Activity

We aren't talking about a strenuous workout here. Instead, find a gentle workout that allows you to move your body freely and stretch for about 5-10 minutes. Think about dancing or yoga, but a gentler version of it, meant to reduce stress without being physically difficult for you. Add some soothing music. Just move!

Hi Neighbor,

My husband and I recently purchased our home in Delray Villas. We love the neighborhood and our neighbors!

I would like to offer my services to you as a realtor with over 20 years of experience with Regency Realty Services in Boca Raton.



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Luisa



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Working on Your Wellbeing? Mental and Emotional Wellness Matters

Lydia Harris

The National Alliance on Mental Illness (NAMI) reported that 1 in 5 Americans suffered from mental illness in 2019. The best treatments are those that combine conventional therapies with healthy changes to lifestyle that focus on overall wellness habits. In addition to medications and psychological treatment, there are many habits, techniques, and strategies you can use to boost your emotional well-being.

Your body reacts to and is influenced by how you feel and think in the same way your emotions and mental state are affected by how you physically feel. The mind-body connection has been documented and explored consistently over the past several decades. There is definitive evidence that your emotional and mental states are connected to your physical health in many ways.

Those who suffer from mental or emotional health problems are more likely to suffer from some form of chronic disease because they are less likely to engage in healthy habits and behaviors. Anything that disrupts this balance interferes with your well-being. Being stressed, tired, or dissatisfied makes you as unwell as eating poorly, being overweight, or lacking strength and flexibility.

Wellness begins by determining what would bring you contentment and balance, then engaging in actions and habits that will make those come true. Wellness requires that you actively solve your own problems and address your health issues rather than just waiting for a doctor or someone else to tell you what to do. Your wellbeing depends on how well you advocate for your personal needs, how proactive you are about preventing problems, and how you take charge of your health.

Those with genuine wellbeing feel content, energized, connected, and balanced. They are contented with the way things are in their lives and they have balance between their mind, body, and spirit. Wellbeing comes from within you. It is unique for every person who pursues it.

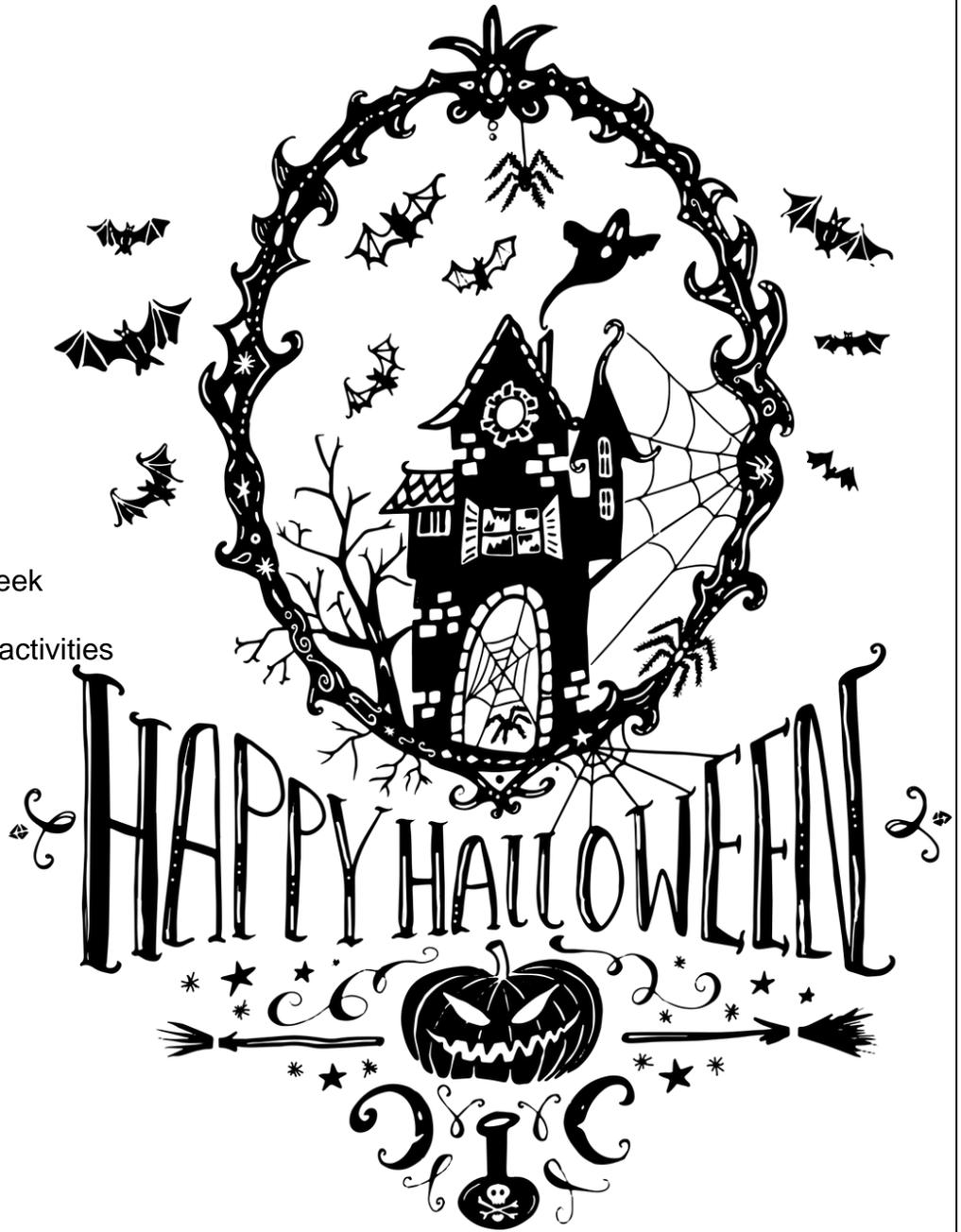
Be aware of your status, what you need, and where the imbalances in your life are. Learn to listen to your body and your mind, notice what is happening, and identify steps to help you achieve your goals. Safeguard your mental health to protect your thinking, reasoning, productivity, emotional stability, and relationships.

Your mental health is crucial to achieving your goals, realizing your dreams, and being happy in this life. Adopt positive self-care routines including some of the strategies on the next page that can help you relieve stress, improve your outlook, and reduce physical symptoms like high blood pressure and gastrointestinal distress.

Please be well, physically, emotionally, and mentally. And if you need help, ask for it!

Activities That Promote Wellbeing (None of Them Are Too Scary)

- Express feelings appropriately
- Create a strong support system
- Quit your bad habits
- Reduce your stress
- Get plenty of quality sleep
- Keep a journal
- Spend time outside
- Think Positively
- Give to others in need
- Practice gratitude
- Become more resilient
- Accept yourself
- Practice deep breathing daily
- Learn to forgive
- Seek the right medical care
- Be active; exercise 150 min. per week
- Eat a healthy diet
- Engage in mind and body calming activities
- Seek balance in your life
- Let go of unhealthy relationships
- Laugh often
- Become a pet owner
- Spend time with friends
- Quit multitasking
- Don't dwell in/on the past
- Drink more water
- Let go of guilt
- Believe in something
- Work on your posture
- Be happy for others
- Learn new things
- Change your negative self-talk
- Embrace change
- Reflect
- Set realistic goals
- Enjoy the little things in life!



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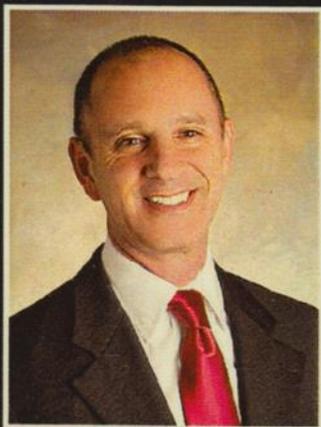
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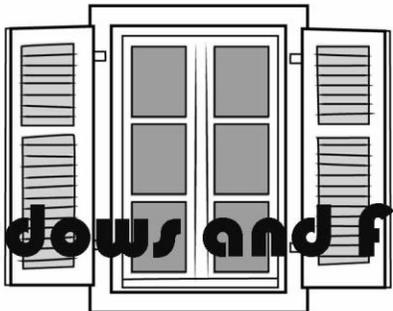
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But I Eat a Healthy Diet...

One of the biggest challenges when it comes to healthy eating isn't just developing the habits but also defining what eating a healthy diet means for you. This is going to be different for everyone, so you need to understand what healthy means for YOU.

What Are Your Current Eating Habits?

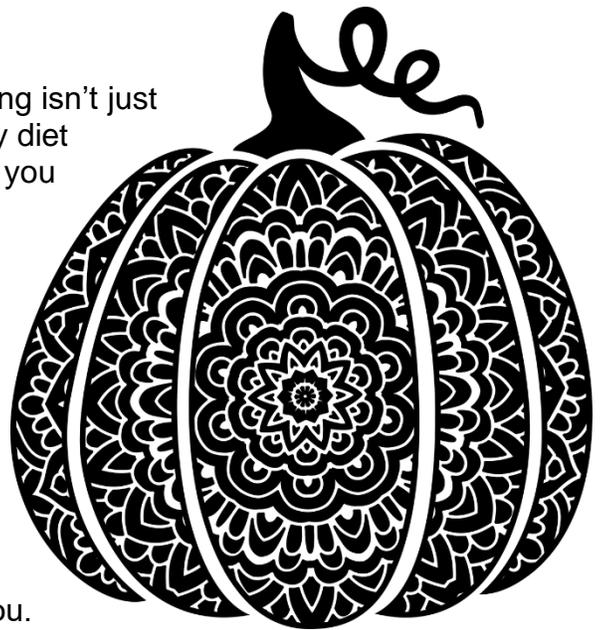
To figure out what you want your healthy eating to look like, you must evaluate how you eat now and include any medical restrictions (sugar, salt, fat, fluids, etc.). Write down EVERYTHING you eat in a typical week, not just one day.

Write down when your mealtimes are, when you snacked, and little eating habits that you don't think are the best for you.

What Do You Need to Change?

Look at everything you ate/drank and really analyze it. What jumps out at you as something you want or need to change? Look at each item you ingested and note how it fits into your definition of healthy eating – and what doesn't. There is always something we don't want to give up or start. At least there is for me. Because this is where the work begins.

Study yourself. It takes time, effort, and discipline to change our behavior. Healthy eating is not a diet, but a lifestyle change, customized for just for YOU.



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Did you know that you can listen to the blood flow in your veins? *You have to listen varicosely...*



I told my physical therapist that I broke my arm in two places. He told me to stop going to those places...

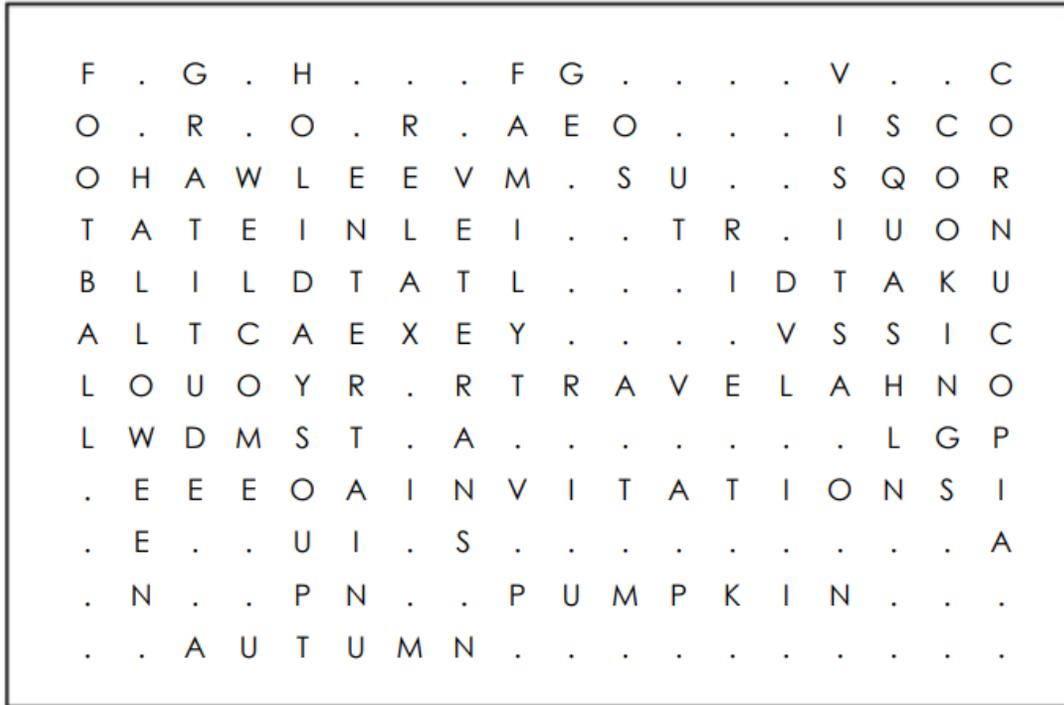
LOL

I don't suffer from insanity. I enjoy every minute of it.

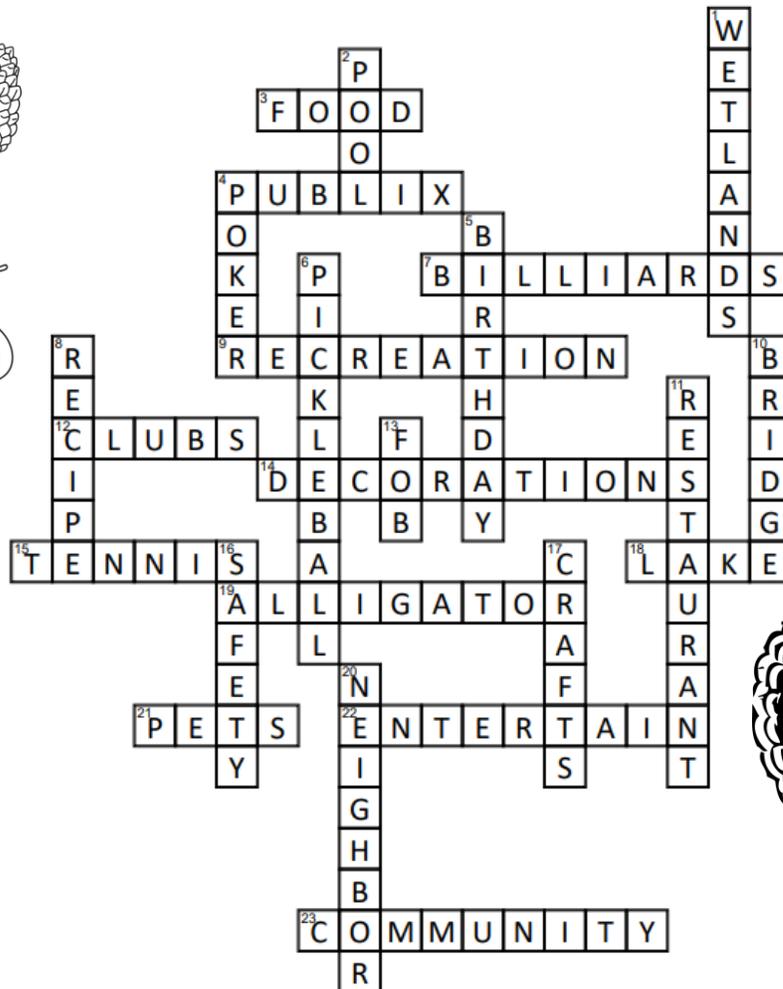
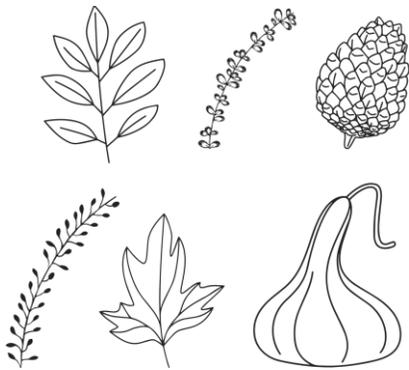


The seven ages of man: spills, drills, thrills, bills, ills, pills and wills.

Enjoying Autumn



Loving Our Delray Villas



PLAT 2 BOARD OF DIRECTORS

President	George Kuhn (2021)	561 568-2510
Vice President	Ben D'Errico (2021)	201 359-1126
Treasurer	Scott Bradley (2022)	954 253-6724
Recording Secretary	Arleen Kessler (2022)	561 330-4110
Corresponding Secretary	Wendy Karger (2022)	561 638-3114
Lawns & Landscaping	Bill Margillo (2021)	561 495-9927
Pool	Sharon McCloskey (2022)	561 809-6204
	Steve Lutsk*	347 236-1077
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Beautification	Pat Kuhn*	561 762-3920
Rep to the Rec Association	Arleen Kessler*	561 330-4110
	Judy Clemon*	561 496-0861
Webmaster	Lisa Weingarten*	dvplat2@gmail.com

*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 our Board President George Kuhn if you cannot reach the appropriate Board Member!

Our Plat 2 Architectural Review Board (ARB)

Linda Downs, 516 312-1131, Theodora Karvounis, 203 559-0417, Steve Lutsk, 347 236-1077, Elizabeth Rhyne, 954 297-1136, George Fernandez, 661 644-4407, and Lisa Weingarten (IT), dvplat2@gmail.com. Contact them M-F, 10am-5pm for an *Application For Addition or Alteration* form for work planned for the exterior of your home and for paint colors.

Download forms at: <https://www.delrayvillasplat2.com/architectural-review-boardhome-improvement.html>. Applications are also available in the pool house lobby.

BOARD MEETINGS 2021:

<i>January 26</i>	<i>February 23</i>
<i>March 23</i>	<i>April 27</i>
<i>May 25</i>	<i>June 22</i>
<i>July 27</i>	<i>August 24</i>
<i>September 28</i>	October 26
November 23	December 21**

Meetings will be held in "B" Building at the Recreation Center at 7:30PM.

**Special meeting directly after regular meeting to elect new Board members for 2021

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.

Next Issue of **The Grapevine** is in December



**Send any ideas, topics, pictures, questions, or articles to be addressed in a future edition of The Grapevine to the editor:
TheDVGrapevine@gmail.com**



Your The Grapevine Staff

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"Thank You" to Our Neighbor Volunteers Who Bring "The Grapevine" To Your Door

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