THE GRAPEVINE SPRING 2023 EDITION 354

Spring Forward...Sunday, March 12, 2023 at 2 am

Clocks move ahead one hour



GREETINGS FROM THE PRESIDENT

First, let me take this opportunity to thank our homeowners for re-electing me and being selected by our board to serve as President. I truly appreciate this vote of confidence that you have bestowed upon me. Along with our board members, I look forward to continuing in the positive direction that we have taken for upkeeping and improving our community.

I would like to welcome our new members, Linda Downs as Corresponding Secretary and Michael Goodman as our Lakes Director. Continuing on are Ben D'Errico as Vice President and Pool Director, Howard Appel as Treasurer, Arleen Kessler as Recording Secretary, and Bill Margillo as Lawns & Landscaping Director. Sharon McCloskey, who left the board, will serve as a volunteer at the pool. Thank you to all of the candidates who stepped forward and wished to serve our community, some of whom will be volunteers in various capacities.

Just a note on the Palm Beach sewer pipe replacement project that has been ongoing and should be finished soon. At no cost to us, Palm Beach has replaced the pipe linings that were decaying and leaking with a system that did not require tearing up our streets. This is a tremendous improvement to our infrastructure and will assure much better flow and drainage.

Happy Spring! And have a joyous celebration of upcoming holidays.

Scott Bradley

President

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Celebrate March By Eating Irish...Corned Beef and Cabbage with Irish Beer: Murphy's Stout, Guinness, , Smithwick's, Sullivan's, or Harp Lager

Easy To Do Irish Soda Bread

Preheat oven to 375 ° Lightly grease a round baking pan
Lightly grease a round baking pan
Whisk together flour, baking powder, baking soda,
sugar, raisins
Whisk in egg and buttermilk
Stir in melted butter Spoon batter into pan
Sprinkle top with coarse sugar
Bake for 50 minutes or until a tester comes out clean
Cool 5 minutes. Turn out onto rack to cool completely

Poet's Corner

Delray Villas Plat 2's very own poet, Messina "Messy" Nicole Mueller, recently published a book of her poetry, *My Colors In The Light And The Dark*. Messy has experienced many life challenges, including becoming blind. Her resilience, love, silver lining attitude, and optimism are present in her book, and in the poem below. Her challenges serve as inspiration.

"Be a sunflower...face forward, stand tall, strong, beautiful and always look up towards the sun."

Only In My Dreams

In my dreams Can I be whatever I want to be? All my hopes and wishes can come true, Not my nightmares. They can stay in their ugly slate world. This is dreamland Where turquoise skies and magenta sunsets glow forever. Where lovers gaze over sparkling falling rain drops As they gently sprinkle the earth with love.



To find out more about Messina Nicole Mueller or to order her book online, go to: https://store.bookbaby.com/book/my-colors-in-the-light-and-the-dark WELCOME NEW HOMEOWNER:

Lynne Kruger.....13435A Via Vesta

NEWS FROM YOUR ARB

Linda Downs

The ARB welcomes Carol Perfect to our board.

Our community is looking very good. Inspections are going well and the number of violations has decreased. Great job!

If you are doing a project that needs approval from the ARB make sure you have the signed approval prior to starting that project. We try to sign and return them within a week. Remember to check your lollipop lights. If you need to replace parts or need help with maintenance on it call Linda, 516-312-1131. Happy Valentine's Day!

ARB forms can be obtained from an ARB Member, or on our website at: <u>ARB And Forms</u>

THE POOL NEWS

Ben D'Errico Sharon McCloskey

For the last couple of months we haven't had any major repairs on the pool. The heat pumps have been keeping everyone comfortable, even when the weather got a bit chilly. We do have a few things that need to be addressed regarding the filter grids and the chemical stemmer feeder.

Our next pool party is on Sunday, March 19th (see the flyer in this issue of The Grapevine.) There are many new neighbors in Plat 2 this year and we would like them to come and meet others in the community. Our pool parties are a great way to make new friends and have a fun time in our pool. Slappy and band will be there and they are terrific!

We are still looking for volunteers to:

-Setup and cleanup after the pool party

- -Power wash (we have the power washer)
- -Sand and paint of the bottom of the shed and side of the shower
- -Wipe down all furniture (front and back of chairs and lounges periodically)

-Do minor weeding

If you can help in any one of these areas, please let us know. Ben 201 359-1126, Sharon 561 809-6204



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Exercising Your Brain to Stay Sharp

Dr. Howard Benedikt, DC

We should all know that exercise has many positive effects on our body: improved sleep, reduced levels of stress, improved cardiovascular fitness, weight management and increased bone mass. New research shows the impact that

exercise has on our brains. But how much is enough? A recent study finds that walking between 6,000 and 9,000 steps daily dramatically lowers risk of cardiovascular disease. Each additional 1,000 steps taken daily offers even more benefit.

In a study conducted at the University of British Columbia researchers found that aerobic exercise, the kind that raises heart rate and gets the sweat going, increases brain function involved in memory and learning. Weight training does not accomplish this. Since cognitive decline, dementia and brain fog are at an all time high, this can be very helpful.

We all want to stay sharp as we age. Many of us complain about forgetting names, places or recent events. Other concerns include organizing or planning, multitasking, difficulty recognizing faces, difficulty finding words, misplacing objects or slower recall.

How does exercise help? Exercise improves blood sugar levels, reduces inflammation and increases the production of chemicals that help our brain's ability to reorganize and rewire itself. What does this look like? Brisk exercise, at least 150 minutes a week, is the gold standard. Consider activities like stair walking, swimming, tennis, dancing or an exercise class. Housework is included in this! Finally, get plenty of sleep and challenge your brain with puzzles, reading or word games. Your brain has a tremendous capacity to expand and reorganize. Give it the opportunity to!

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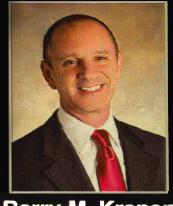
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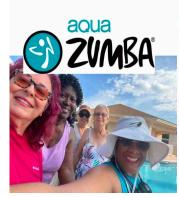
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A TRAVEL PRO'S TIPS ON OFF-PEAK TRIPS, Part 1

There are good reasons to travel in the off-peak — i.e. low and shoulder — seasons. Sure, that's when prices dip, but we also love the new amenities cruise ships, destinations, and hotels have created to attract more business.

When are these low and shoulder seasons? As you know, climate is the biggest factor, so in Europe rates for cruises and many hotels fall in winter, but hotel rates in the Caribbean (and South Florida) drop during hurricane season. That said, major conventions or events (e.g. the New Orleans Jazz and Heritage Festival) can make hotel rates rise even in off-peak months. Moreover, "low season" hotel rates in many business-oriented cities are higher weekdays than weekends, while resort area prices are higher on weekends. What to do?

Break a Date

With all those moving parts, prices constantly fluctuate, so don't be discouraged if an offer from a hotel booking site, cruise line, or travel advisor seems pricey. Simply try different dates. Especially if you're retired.

Think Outside the Box

For example, don't think of ski resorts as <u>ski</u> resorts. In recent decades they've added golf courses, tennis courts, spas, pools, camps for kids, and facilities for fishing, hiking, bicycling, and family gatherings. Still, a 1 BR condo at Mount Snow that costs \$2,379/week in early March is just \$1,073 July 29-Aug. 5. For \$1,472/week you could get a 2BR and bring the grandchildren. Non-skiing resorts and inns



up north now lure off-peak travelers, too, with wine, wellness, and mystery weekends. No mystery there: It's fun.

More tips in the next issue. Yes, you'll hear it through *The Grapevine*.

Ed Wetschler is a recently retired travel editor and writer who now plays air guitar

Plat 2 Invites all members of the community to come out and welcome our new neighbors

Delray Villas Plat 2

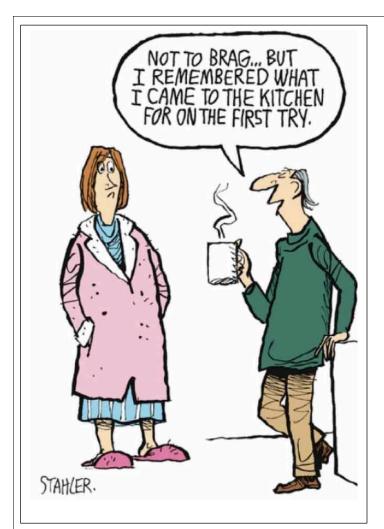
Welcome New Neighbors POOL PARTY!

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April: 1...Kathleen Monterose 4...Arleen Kessler 6...Howard Benedikt 7...Denise Drelichman 8..Betty Delman 8...Ed Clemon 15...Louise Reynolds 17...Howard Appel 20...Rose Guerrier 21..Jose Ricardo 23..Montserrat DeRivero 24...Marty Soldivieri 25...Stella Galimidi 26...Rita Bonacorsi, Jolanta Antoun 27...Linda Downs

You Heard It Through The Grapevine!

What is your favorite outdoor activity?



Bruce Cherek

Since I left my boat up north, I would have to say that biking has become my favorite activity!



Holly Krahe



Catherine Patti Swimming, of course, either at the

ocean or in the pool...everyday...

always loved to swim, kept my life

saving certificate current until later

years. I played tennis for 10 years

on traveling teams. That was my

favorite ... still second to swimming!

My favorite outdoor activities are birdwatching and photography!

This is Bard the Barred Owl!



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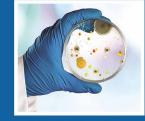
Roof Leaks

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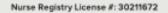


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Vice President & Pool	Ben D'Errico (2023)	201 359-1126	bderrico99@gmail.com
Treasurer	Howard Appel (2024)	201 926-1060	howappe@aol.com
Recording Secretary	Arleen Kessler (2025)	561 330-4110	apk439@yahoo.com
Corresponding Secretary	Linda Downs (2025)	516 312-1131	ldcrna51@gmail.com
Lakes	Michael Goodman (2025)	703 965-3891	michael.goodman160@gmail.com
Lawns & Landscaping	Bill Margillo (2023)	561 495-9927	concettag51@yahoo.com
Volunteers:			
Interviews	Reynold Pratt	561 499-3954	rpratt@comcast.net
Representative to the Rec Association:	Arleen Kessler	561 330-4110	apk439@yahoo.com
	Judy Clemon	561 496-0861	judyac213@gmail.com
	Howard Appel	201 926-1060	howappe@aol.com
Pool	Sharon McCloskey	561 809-6204	seaglass1942@gmail.com
Webmaster/Grapevine Editor	Lisa Weingarten	516 889-1105	dvplat2@gmail.com

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 <u>appropriate Board member</u> for the specific area. You'll save a lot of time, aggravation and extra phone calls. Thank you for your help. Please call President Scott Bradley 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....Gail Brown 518 369-5569 Marty Soldivieri 201 716-9094....Carol Perfect 954 812-8787

Contact them M-F, 10am-5pm for an <u>Application For Addition or Alteration</u> form for work planned for the exterior of your home, for paint, roof and mailbox choices. Download forms and view paint, roof, and mailbox choices. Visit our website at: <u>www.delrayvillasplat2.com</u> and click the ARB tab

Schedule of HOA Meetings for 2023

January 24th	May 23rd	September 26th
February 21st	June 27th	October 24th
March 28 th	July 25th	November 28th
April 25th	August 22nd	December 19th*

Meetings will be held in "B" Building at the Recreation Center at 7:30PM . *Special meeting before regular meeting to elect new Board members at 7PM



Linda Downs Ben D'Errico Sharon McCloskey Ed Wetschler Dr. Howard Benedikt Delivery To Your Door:

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