

PRESIDENT'S MESSAGE

It has been a very productive couple of months and, as a result, I have some really good news to report to you regarding our latest progress in two areas.

First, we are about to restart our Plat 2 website, www.delrayvillasplat2.com, thanks to the hard work of Lisa Weingarten. She will work along with Wendy Karger and Sharon McCloskey in setting up all the tabs and updating the entries that will then be available for your use. Among other things, these will include the new ARB rules, forms and color charts, the Grapevine, our revised phonebook and announcements of any upcoming events or community news. There will also be a section available for anyone wanting to sell or inquire about items you would like to find. You will be informed once we get the website up and running.

The second announcement is about the progress of our new ARB. Lynn Amsterdam, Linda Downs, Theodora Karvounis and Steve Lutsk have put in hours of hard work to restructure the new rules and regulations, which the Board has approved with certain modifications. We will be sending a copy of these to every homeowner, so that you will know exactly what will be required when the ARB begins inspecting the outer areas of our homes to help keep our community safe and attractive. Already, they have put together all the necessary forms for you to fill out when you want to have any renovations done. You can now find those forms conveniently available in the front room of our pool house and on our website: www.delrayvillasplat2.com.

It is due to these recent efforts that our plat will run more efficiently and effectively to provide you with all the information you need. My thanks to all the participants involved in this important work.

George Kuhn
President

POOL NEWS

The pool is warm and inviting. We have replaced a freestanding piece of fencing next to the bulletin board area.

Looking forward to our March 15th pool party. With so many new neighbors, this will be a great time to meet new people, enjoy a cookout and listen to the outstanding music and performance by our own Plat 2 DJ, Slappy. (See the flyer located on page 11 of the Grapevine). Hoping to have a big turnout!!!!!!

Sharon McCloskey

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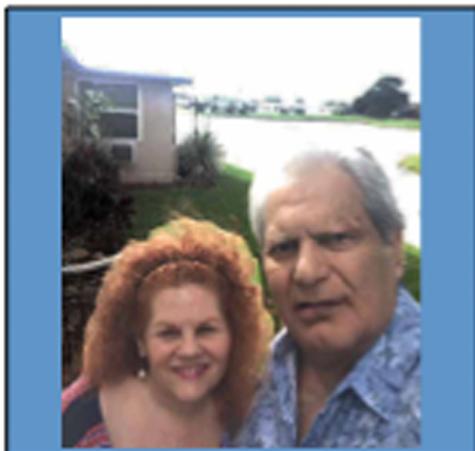
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As most of you know, unfortunately, Joe has been ill and will need extensive rehab. To our dismay, we will need to take a medical sabbatical from work over the next few months.

We'd sincerely like to thank all our friends and neighbors for always choosing and recommending us to help with all your real estate needs.

Thanks to everyone's ideas, helping hands and hard work, Delray Villas is an outstanding community to live in.

Please know that we have every intention of coming back as soon as Joe is better. We love living, playing and working here.

Joe and I are especially grateful for all your concern and get well wishes. We both wish you all good health, love and happiness.

*Sincerely,
Judy and Joe*

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STAGE STRUCK	March 20 - April 5, 2020
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Wendy Karger

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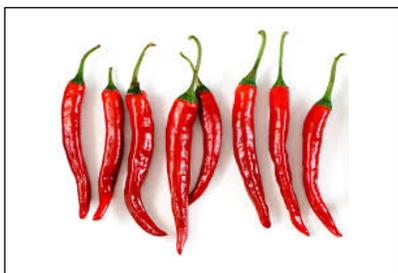


CINNAMON: Made from a fragrant tree bark, cinnamon provides a light sweetness with a flicker of heat. Despite its sweet taste, cinnamon decreases glucose blood levels and insulin spikes. Research published by the Cleveland Clinic also found that cinnamon reduces LDL (bad) cholesterol while increasing the (HDL) beneficial type. There are so many ways to enjoy it. You can mix it into oatmeal, sweet potatoes and other mild-tasting foods, and a dust of cinnamon can turn plain yogurt or coffee into a special treat.



GINGER: Delicious in everything from stir-fry dishes and glazes for fish and poultry to fruit teas, these knobby roots provide a subtle blend of sweetness and warmth. You can also choose the powdered form, although you should steer clear of crystallized or candied varieties to avoid extra calories. If your mother gave you ginger ale when you had a stomach ache, you already know that ginger relieves nausea and other minor digestive disorders. Plus, it also has anti-inflammatory properties, so it helps ease the symptoms of arthritis and improves blood circulation. In addition, studies published in the

International Journal of Food Sciences and Nutrition have found that consuming ginger keeps blood levels in balance and is especially beneficial for people with diabetes.



CAYENNE PEPPER: Derived from moderately hot chili peppers, just a few pinches of cayenne pepper will get your taste buds buzzing. Sprinkled on pork, fish or chicken, mild foods like eggs, or stirred into plain yogurt for a zesty vegetable dip, it adds zing to everyday dishes. In addition, cayenne pepper contains capsaicin, a powerful component that boosts circulation and helps fight inflammation and infections. Research conducted by Purdue University has shown that it may also help boost your metabolism, reduce your appetite for fatty or salty foods and even help burn calories.

Recipes From Catherine's Kitchen by Catherine Patti

Sweet and Spicy Roasted Root Vegetables Preheat the oven to 400 degrees and line 2 baking sheets with parchment paper. Whisk together ½ teaspoon each of ground cumin, ground coriander, ginger, salt, cinnamon, and cayenne pepper. Add 2 tablespoons of honey and 3 tablespoons of olive oil. Cut, 5 parsnips, 5 carrots, and 2 sweet potatoes. Toss with the spice mix and spread evenly on the baking pan. Roast for 40-50 minutes mixing once or twice until veggies are tender and browned.

Eat Healthy Spiced Nuts Preheat the oven to 325 degrees and line a small cookie sheet with parchment paper. Combine ½ teaspoon each of ground cumin, paprika, curry powder and sea salt. Then add ¼ teaspoon cayenne pepper, turmeric, ginger and cinnamon. Add 2 cups of raw nuts of your choosing like pecans, almonds, cashews, etc. Sprinkle with 2 tablespoons of olive oil and spread on the baking sheet. Bake for 12-15 minutes, stirring halfway through. Cool for an hour before eating and store in an airtight container.





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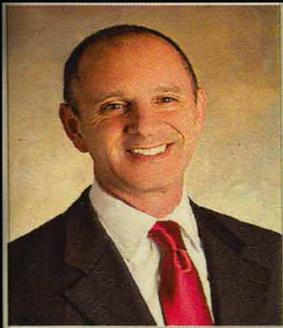
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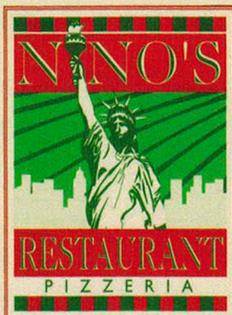
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Delray Villas Plat 2 End of Winter

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Vice President	Open Position	
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 (2020)	561 495-9927
Pool	Sharon McCloskey (2022)	561 865-3780
	Steve Lutsk*	347 236-1077
Interviews	Reynold Pratt*	561 499-3954
Beautification	Pat Kuhn*	561 762-3920
Representative 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 President. George Kuhn if you cannot reach the appropriate Board Member!

Our Plat 2 Architectural Review Board (ARB)

Members: Lynn Amsterdam, 973 464-6105, Linda Downs, 516 312-1131, Theodora Karvounis, 203 559-0417, and Steve Lutsk, 347 236-1077. 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 2020

<i>January 28</i>	<i>February 25</i>
<i>March 24</i>	<i>April 28</i>
<i>May 26</i>	<i>June 23</i>
<i>July 28</i>	<i>August 25</i>
<i>September 22</i>	<i>October 27</i>
<i>November 24</i>	<i>December 15**</i>

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 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.

May your pockets be heavy
and your heart be light!



From the
Grapevine Staff

Wendy Karger, Editor

Lisa Weingarten, Technology Editor

Contributors: Catherine Patti 🍀 Sharon McCloskey

Delivery To Your Door:

Grace & Marty Soldivieri 🍀 Sandy Bierwirth 🍀 Grizel Maura

Diana Donohue 🍀 Barbara Peterson 🍀 Claudette Bennett