



Greetings From The President

To All Of Our Plat 2 Neighbors,

We are presently embarking on a big change for Plat 2... that is the installation of Hotwire fiber optic TV and internet service. The installation begins on February 5th. We have put things in place to make the transition as smooth as possible.

There is a press release inside this issue of The Grapevine that will lay out in detail what to expect and Hotwire contact info. Please contact Hotwire directly with questions and concerns and not an HOA Board member. They are better equipped to address your concerns: 561 509-5429, email: delrayvillas@hotwirecommunication.com

A Hotwire representative will be at our Plat 2 pool house beginning February 5th, Monday-Friday, from 9-5 to answer your questions.

As always, your HOA Board tries to act in the best interests of our community and its residents.

Scott Bradley
President



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3..Shelley Kuller 14..Joan Bernard 16..Elba Quinones
17..George Dinuzzo 19..Irene Kronen 19..Luz Gomez
21..Mary Ellen Benedikt 23..Phyllis Manover 23..Victor Gutierrez
24..Biagio Malinconico 24..Janet Sitnick 26..Deborah Dempsey
29..Rick Divita 31..Vivian Weber

April 1..Kathleen Monterose 3..Linda Savio 4..Arleen Kessler
6..Howard Benedikt 7..Denise Drelichman 8..Betty Delman
14..Ida Giannetino 17..Howard Appel 20..Rose Guerrier
21..Jose Ricardo 23..Montserrat DeRivero 24..Marty Soldivieri
25..Stilla Galimidi 26..Rita Bonacorsi 27..Linda Downs
30..Barbara Lebowitz

Poet's Corner

Wide Open

by Messina Mueller

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Messina Mueller or to
order her book:
[https://store.bookbaby.com/
book/my-colors-in-the-light-
and-the-dark](https://store.bookbaby.com/book/my-colors-in-the-light-and-the-dark)



I am on a journey. I am aware. I have confirmation. I am a flame.
I follow my heart. I feel my spirit. I listen to the universe. Fate can
be battled and challenged but nothing changes your destiny.

In Memory of...



Our neighbor, Delores (Dee) Guenther passed away in November. She lived on Via Vesta with her husband John who predeceased her in 2017, and with daughter Jeannie Marrongelli. Dee worked as a financial aid administrator for Palm Beach College. Dee loved traveling, gardening and cooking her famous Pumpkin Rolls. She will always be loved and missed by her kids, grandkids and great grandkids.



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Welcome New Neighbors

Howard & Tammy Braunstein...13464A Via Vesta Lisa Fisher...6056B Via Silvanus
Irwin & Janet Sitnick, Nancy Spano...13255A Via Vesta

News From Your ARB from Linda Downs

Members of your ARB have been working diligently to keep our community looking welcoming. General inspections are almost finished. Thanks to all those who have already addressed our concerns. Please feel free to contact the person who sent the letter to you, if you have questions (the person on the letter with the*). The mailboxes in this community detract from the curb appeal. It was discussed at the last board meeting and we are working on a solution...Stay tuned!

Your ARB: Linda Downs...Gail Brown...Theo K...Marty Soldiveri...Carol Perfect
ARB forms can be obtained from an ARB member, in the pool house, and
on our website: <https://www.delrayvillasplat2.com/hoa-forms.html>

Pool News from Ben D'Errico

I am happy to report that our pool is in great shape and has maintained warm temperatures in spite of the cool days we have had. Come and enjoy a swim. We have beautiful new tables to picnic and socialize around!

Save the Date...

Sunday, March 10th, 1-4 pm for our next pool party!



PICKLEBALL AT DELRAY VILLAS REC CENTER

Please join us for Pickleball at our Rec Center tennis courts...2 or 4 players. Monday through Thursday at 7PM and weekends at 8:30 AM. Rackets and balls are provided to try out. For more info, contact Marlene & Paul Mirsky (Plat 4/5) 917 673-7830, or Carmen Ojeda (Plat 2) 954 816-9966.





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DUCK, DUCK, GOOSE

with Holly Krahe

Part Two: Mottled Ducks

Florida Mottled Ducks are an endemic species, unique to Florida. In recent years they have hybridized with domestic Mallard Ducks and are becoming less unique and less important to conservationists. They are one of the only non-migratory ducks in North America. They are not at all flashy but have beautiful detail in their brown and beige plumage.



They travel in pairs, with the only difference in the sexes being the color of the bill (females orange, males yellow)-and also the quacking! Female Mottled Ducks do all of the quacking for the pair. In the Spring the pairs often search for nesting sites in our community. I have hosted nests for several years

in my garden plots and have caught the hatchlings on my security cameras.

They are very quiet, fairly clean and go to the water as soon as the ducklings hatch.

Please be hospitable to our Florida ducks!



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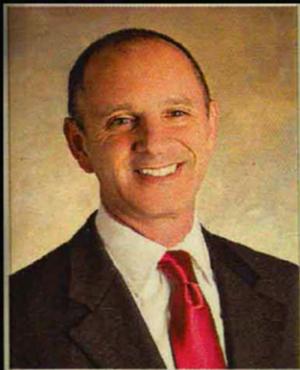
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*Let's Celebrate
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POOL

Party

Wear something green!

Sunday, March 10th

1-4 pm

Raindate Sunday, March 17th

**Welcome newcomers to our community...
It's a great time to meet your neighbors!**

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**Please bring a side dish or dessert
to share.**

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I am just a phone call away!
(owner operator)



Launch Process Frequently Asked Questions

Hotwire will begin installation in Delray Villas Plat 2 on Monday, Feb. 5th, and there will be a representative at our Pool House M-F, 9am-5pm. Before an installation appointment can be made, you must have a consultation appointment with Hotwire, which can be in home or on the phone. If you have not done so already, please schedule your appointment by calling 561 509-5429. You will be able to port over your landline phone number and should discuss this during your consultation. After your consultation is completed you can schedule your installation either by clicking the link in the email sent to you by Hotwire or by calling 561 509-5429.

What happens during my installation appointment? A technician will come to your home and install your equipment. This may take 3-4 hours. Once the account is active you can set up your online account with information that will be sent to you or ask the launch team at: delrayvillas@hotwiremail.com.

You can download the **Hotwire Fision app** on your smart phone for full access to your new account. If you need help understanding how to use your services, ask the rep at the Pool House about virtual training classes.

How can I learn more about Hotwire services, view channel lineup, and view my account?

To set up your online account go to www.gethotwired.com, and click "sign up" After your account is set up you will have access to channel lineups, services, billing, and much more.

This is what it will look like on the website →

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HOW MUCH PROTEIN DO WE NEED?

Maintaining independence, quality of life, and health is crucial for older adults. One of the major threats to living a full life is the loss of muscle mass, strength, and function that often occurs with aging. Adequate protein intake is a key component for maintaining muscle mass. A lack often leads to cardiovascular disease, diabetes, and obesity. Adequate protein intake prevents muscle loss, helps maintain energy, improves cardiovascular function, and weight management. As a result, adequate protein intake, along with fruit, vegetables, grains, and exercise are the building blocks of a healthy body.

But, how much is enough? What are the best choices of protein? An easy formula is $0.36 \times \text{weight}$ -- A 160 pound person requires 57 grams of protein per day.

A few examples of top sources of protein are:

1/2 cup of beans or lentils: 9 grams

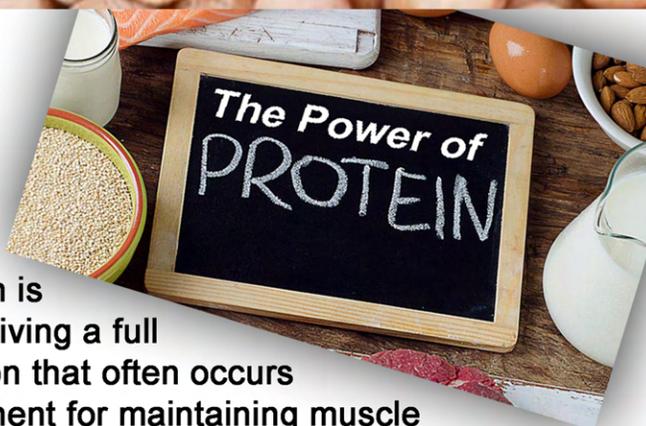
3 ounces of chicken or 4 ounces of salmon: 30 grams

1 large egg: 6 grams

7 ounces of Greek yogurt: 20 grams

1 ounce of almonds or 2 tablespoons peanut butter: 6 grams

There are many animal and plant based high protein sources to choose from. Knowing that getting enough is essential for health, especially as we age, is an important step in planning our meals based on our individual needs.



You Heard It Through The Grapevine!

What was your first pet?



Hal Rosenfeld

Wallace B. Longfellow, "Wally" - a Dachshund who could say, "Hello!" He loved having breakfast with me at the diner.



Susan Polito



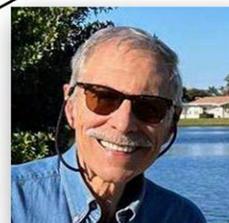
I started with 2 parakeets, Romeo & Juliet, and ended up with 33 eggs. I could name all of them. They were such fun but noisy!



Aunt Sarah bought me Speedy at Ringling Brothers Circus when I was 6. I loved to feed him, but could never teach him to sit!



Ed Wetschler





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First, gather your supplies: Two-2" pom poms per flower, wooden skewers, pipe cleaners, a pencil, craft glue, a small amount of green paint, fun shaped buttons, an X-Acto knife (or scissor for less precise cutting), markers, and white foam sheets.

Paint the skewer green for your stem. While it's drying draw a circle in the middle of a foam sheet using a large 2" button as a template. Pencil in your petals--free hand. If they're not all the same size, that's perfect! This is supposed to look hand made. Color each petal with a light color marker and draw a simple design--free hand--in each one with a darker color.



Cut out your daisy with an X-Acto knife, and color the flip side of each petal. Then glue a large pom pom inside the circle on each side. Take your stem and ease the pointy end into one of your pom poms. Now twist a green pipe cleaner in half around your stem to form two leaves--and you're done! For added fun twirl some pipe cleaner into corkscrews. Thread green pipe cleaner with buttons to add to your flower vase.



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PLAT 2 BOARD OF DIRECTORS

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| Vice President & Pool | Ben D'Errico (2026) | 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 (2026) | 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 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 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 Application For Addition or Alteration 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: www.delrayvillasplat2.com and click the ARB tab

Schedule of HOA Meetings for 2024

| | | |
|---------------|-------------|----------------|
| January 23rd | May 28th | September 24th |
| February 27th | June 25th | October 22nd |
| March 26th | July 23rd | November 26th |
| April 23rd | August 27th | December 17th* |

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

Iguana Climbing A Tree
by Calvin Smith, 3rd grade



THE GRAPEVINE TEAM

Lisa Weingarten, Webmaster & Editor

*Contributors: Messina Mueller Linda Downs Ben D'Errico
Wendy Karger Dr. Howard Benedikt Howard Appel Holly Krahe*

Delivery To Your Door: Marty & Grace Soldivieri

Sandy Bierwirth Gail Brown Diana Donahue Andy Presser Linda Downs