THE GRAPEVINE Summer 2024 Edition 359

Greetings From The President

I am glad to say that our transition to Hotwire is complete and has been quite successful. The customer satisfaction surveys that were completed by our neighbors show that most of us are very happy with the new service. It is noteworthy that when issues with service have come up, Hotwire has responded quickly and sent out service people. Our new service manager is Luckhe Watson. He can be reached at 800 355-5668.



And Now a Word on Iguanas! Many of us have noticed the exploding iguana population in Plat 2. The Board has voted and chosen a company to carry out iguana population control. You will be updated on dates that this will take place.

Here are a few facts about Iguanas

They are an invasive species, not native to our area, and they have no natural predators. That leads to a rapid increase in population. Females lay up to 75 eggs once or even twice a year! The Alpha males—the large ones—mate with at least 20 females. Now for the bad part. They burrow to make their nests. Burrows can be under cement patios, under roofs to get into an attic, in our lawns, or in the shoreline of the lakes that we recently spent a lot of money on to restore. They eat our foliage, and they spread salmonella!

Thanks....

I want to congratulate the members of our community for complying with our parking rules. That is, 2 side tires on the swale and 2 tires on the street. You may also park across the driveway apron. Overnight street parking is prohibited. These rules are not only for your safety but also for the protection of our sprinkler and drainage systems. Since the reminder letters were sent, adherence to the parking rules has dramatically improved.

To all of our neighbors, have a safe and enjoyable summer whether you are traveling or staying at home!

Scott Bradley
President

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May		June		July		August	
9	Arline Tanzer	2	Sonia Wiggan	1	Marie Benoit	2	Grace Soldivieri
14	Yusif Kherkher	3	Deysi Altagracia Malinconico	6	Brian Tanturri	2	Howard Braunstein
16	Janina Sokolowska	10	David Heisler	7	Richard Frame	4	Lydia Harris
17	Carole Pino	11	Philip Nigro	9	Robert Barona	4	Richard Counts
17	Irene DeRossi	12	Jim Zur	11	Sharon McCloskey	4	Andrea Presser
18	James Goble	14	Harold Rosenfeld	11	Eleanor Gillis	5	Joseph Scott
20	Dean Orlando	16	Carlos DaSilva	11	Barbara Barbieri	10	Prem Mongia
25	Arlene VanAmburgh	19	Pamela Haft	14	Joann Wittbold	15	John Bennett
25	Dana Sinai	23	Carol Loftus	14	Patricia Slesinski	15	Donald Slesinski
26	Irene Rosenfeld	23	Beryl Hinson	15	Neil Preston	18	Joanie Zur
26	Francisco Bustos	24	Douglas Ousterman	18	Lou Barbieri	21	Constantine Psitos
27	Flavio Franco	30	Jeannie Marrongelli	21	Charles Jeffreys	21	Maggie Taung-Aki
29	Carla DaSilva			24	Rolando Henry	23	Jory Siegel
30	Maria Nigro			24	Donald L. Stanbro	24	Thomas Bonacorsi
31	Wendy Karger			24	Trista Rose Gopie	26	George Fernandez
	J. 47/2			26	Susan Polito	26	Angela Marte
1				27	Kathryn Condesa	27	Giandra Souvenance
				28	Vera Weinberger	30	Carol Perfect
				31	Michele Creegan		

From The Desk Of Arleen Kessler ...

I don't trust stairs....They are always up to something

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Welcome New Neighbors

Robert & Sonnia Barona...6071 Via Diana Maggie Taung-Aki...13319A Via Vulcanus

Donald & Patricia Slesinski...13391B Via Vesta Moises Romano & Angela Marte...13279A Via Vesta

News From Your ARB

Our community is looking very good. There are a number of new roofs, with a few more scheduled. New windows have been installed. A few trees have been planted and many garden beds look beautiful with their spring colors. Our community may be 45 years old but there's nothing like a face lift to look young again. The next inspections start in June.

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

We had a wonderful pool party with over 50 neighbors, and music by Slappy & band. Kudos to Jory who served as Grill Master, and Arleen who treated us to ices. Thank you to everyone who brought food to share, and the volunteers who cleaned, set up, and packed away. Of course, the biggest thanks goes to Sharon McCloskey who's hard work and devotion makes our parties a special event.

We now have a new pool motor that should keep things running smoothly and I am happy to say that we now have attractive new life preserver rings for your safety!





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DUCK, DUCK, GOOSE with Holly Krahe

Part Three: Muscovy Ducks

Unlike Black-bellied Whistling Ducks and Mottled Ducks, Muscovy Ducks are considered invasive, originating in Central and South America. In fact, if one is injured or sick, the rehabilitation facilities will usually refuse to treat them. They cannot legally be released anywhere without a special permit.

They were domesticated and bred for their meat, feathers, and eggs. Illegally released for ornamental purposes or as pets, feral Muscovy populations now occur in high densities across Florida.



Because they have been selectively bred, these ducks have large variations in plumage, but most show bright red fleshy protuberances on their face and neck. They seem to waddle and also vigorously wag their tails.

Unlike most other ducks, the homely Muscovy can become aggressive when fed. They will follow people and hang out on porches, hoping for a handout. A word to the wise!

Stay tuned. More on ducks coming this fall!

Join our group

Thursdays at 5:30 PM at our Plat 2 Pool as Aida leads us in a fun filled energetic hour of Agua Zumba! Only \$8 per class.



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Here's what you'll need:

- A 10" heavy cardboard or thin wooden wreath frame available at craft stores or on Michaels.com or Amazon.com
- —A ball each of red, white, and blue yarn
- —Scissors and a yarn needle
- —A ruler and pencil
- —One red, white, or blue pipe cleaner
- —For the stars, choose either small white pom poms, small white buttons, or small star shaped buttons
- -Craft glue



First, map and clearly mark your wreath to show where the red, white, and blue yarns will go. The upper left hand corner will be your blue area. The rest will be divided into 13 red and white stripes, 7 red, and 6 white, starting and ending with a red one. If the stripes are not exactly the same size, it doesn't matter. It's a handicraft, not a math assignment!

Next, put your red yarn behind the frame, leaving a generous tail, and bring the ball of yarn through the center of the wreath. Now, firmly pull the ball up and over the top, creating a tight loop. Repeat until you've filled your first stripe. Then cut and secure both tails of yarn into the few nearest threads in back. Use a dab of glue to secure them in place. Do the same with the remaining stripes.

For your 13 stars you can use pom poms, buttons, or star shapes. Then put your pipe cleaner through the hole at the top between the blue and first red section to make your hanger loop.

Enjoy your unique creation!

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Anderson	Nicole	13045 Via Vesta	863 227-2449
7 11 10 10 011	11,000	10040 VIA VOSIA	201 926-1060
Appel	Howard, Fran	13356A Via Vesta	201 921-6066
Athanasopoulos	George, Georgia	13123 Via Vesta	561 498-2852
В	Coolige, Cooligia	10120 100 10010	0000 2002
Bally	Keith	13069 Via Vesta	954 534-2609
Dally	rceiui	13009 VIA VESTA	914 879-2027
Barbieri	Lou, Barbara	13323B Via Vesta	914 216-8716
Darbieri	Lou, Barbara	13323D VIA VESTA	954 591-9704
Barona	Robert, Sonnia	6071 Via Diana	954 629-8701
Becerra	Amy	13379B Via Vesta	201 803-2279
Becker	Cindy	6089B Via Silvanus	561 637-9014
Benedikt	Howard, Mary Ellen	13291B Via Vesta	917 304-0203
Dericalit	Tioward, Mary Elicit	10201B VId VC3td	561 325-3959
Bennett	Claudette, John Bennett	13357A Via Vesta	646 299-5301
Bernard	Joan	13121 Via Minerva	561 596-9211
Bernstein	William, Raanana	13077 Via Minerva	607 427-4563
Bierwirth	Sandy	13343A Via Vulcanus	561 638-1764
Bloom	Allan	13189 Via Vesta	954 268-3612
Bodt	Frank, Dorothy	13047 Via Vesta	347 671-2373
bout	Trank, Dorothy	13047 VIa Vesta	954 647-8290
Bonacorsi	Thomas, Rita	13069 Via Vesta	954 224-0324
Bradley	Scott, Susan	6091 Via Diana	954 253-6724
Dradiey	Scott, Susain	0091 VIA DIATIA	954 675-1875
Braunstein	Howard, Tammy	13464A Via Vesta	954 242-5844
Diddistolli	Tioward, Tanning	10404A VId Vesta	518 369-7572
Brown	Kenneth, Gail	13367A Via Vesta	518 369-5569
Bulloch	James, Jessie	13346B Via Vulcanus	561 270-9598
Balloott	Carried, Cocole	100 102 Via Valeariae	954 915-9295
Bustos, Gomez	Francisco, Luz	13190 Via Vesta	954 678-8714
			561 876-6609
Butler, Gopie	Cindy Lou, Trista Rose	13401A Via Vesta	561 351-1117
C	,		
Cabrera	Brigida	13232 Via Vesta	561 339 5439
Castro	Miriam	13119 Via Minerva	561 265-5321
Castro	TVIII CITY	10110 VIG WIIICIVG	714 345-3276
Chavez	Joseph, Enid	13162 Via Vesta	714 345-3290
Cherek	Bruce, Debra	13112 Via Vesta	561 334-8178
	2.000, 200.0	10112 100 10010	754 214-7500
Chevez	Pablo, Sophia	13255A Via Vesta	954 696-3320
Civelek	Erol	13476A Via Vesta	954 709-6111
Clemon	Ed, Judy	13343B Via Vulcanus	561 496-0861
Condesa	Kathryn	13289B Via Vulcanus	561 860-4381
Coughlin	Charles	13202 Via Vesta	845 275-7207
Coughlin	Tom	13391A Via Vesta	561 628-4081
Counts	James Goble, Richard	13256B Via Vesta	561 336-8421
Curewitz	Barbara	13033 Via Vesta	561 499-7277
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			845 642-5498
DaSilva	Carols, Carla	6055B Via Silvanus	845 642-4827
Delan	Shari	13435B Via Vesta	561 704-6366
Delman	Betty	6089 Via Diana	404 786-1530
Demino	Angelo	13423A Via Vesta	561 638-1426
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Dempsey	Thomas, Deborah	13357B Via Vesta	224 322-7283
DeRivero	Montserrat, Daniel	13476B Via Vesta	561 329-3748
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D'Errico	Benedetto, Helen	13291A Via Vesta	201 359-1126
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			954 967-8512
DiGuido, Giannetino	Rosella, Ida	6089 Via Diana	954 815-9937
Dinuzzo & Koral	George & Joan	13344A Via Vesta	718 229-8220
Donohue	Greg, Diana	6090 Via Diana	561 699-4990
Dounias	Bella	13087 Via Minerva	561 853-5689
Downs	Linda	13191 Via Vesta	516 312-1131
			917 742-7230
Drelichman	Simon, Denise	6056A Via Silvanus	561 789-8873
E			
Elias	Randi	13313A Via Vesta	718 644-5581
			917 697-9449
Ellis	Roger, Mitzi	13491 Via Vesta	917 580-2156
Escobar	Williams	13367A Via Vesta	561 809-3201
F			
•			661 644-4407
Fernandez	George A., Leslie	13212 Via Vesta	661 714-1136
Fisher	Lisa	6056B Via Silvanus	817 521-8038
Franco	Flavio	13246A Via Vesta	561 267-1868
Frame	Richard	13092 Via Vesta	303 263-8268
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G			540,040,4400
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Gavosto	Phillip, Barbara	6055A Via Silvanus	516 312-1165
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Gelin	Richard, Cheryl	6051 Via Diana	978 877-6043
Gillis	Eleanor	13065 Via Vesta	561 499-0555
Goldenberg	Toby	13319B Via Vulcanus	561 499-8070
0	James Maria	42055D \#- \/+-	954 298-3715
Gomez	Jorge, Maria	13255B Via Vesta	203 273-7895
Goodman	Michael	13423B Via Vesta	703 965-3891
Gougoustamos	John	13155 Via Vesta	610 481-9002
	D T .	10070 \ F. \ \ \	248 416-9189
Grant	Darren, Tashann	13079 Via Vesta	813 562-7601
Green	Ida	13144 Via Vesta	561 495-5798
Guadalupe	Manny,Adele	13279B Via Vesta	561 637-6003 954 380-1039
Cuamian	Cinandra Causananaa Baaa	42200 A Via Viula anua	754 610-7028
Guerrier	Ginandra Souvenance, Rose	13289A Via Vulcanus	754 010-7020
Н			
Halper	Rose	6070 Via Diana	561 843-6452
Harris	Lydia	13097 Via Minerva	954 873-3200
Heisler	David, Diane	13488 Via Vesta	561 752-6950
			240 687-6309
Henry	Rolando, Denise	13312B Via Vesta	240 687-6379
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Hernandez	Hipolito, Susana	13121 Via Vesta	561 501-5748
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Hornstein	Slappy, Messy Mueller	13379A Via Vesta	704 640-9929
Hogg	Edward	6088 Via Diana	615 260-4421
I, J			
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Janson	Miriam	13368A Via Vesta	786 303-3557
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Kelsey	Frederick, Victoria	13479A Via Vesta	561 305-4997
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Kessler	Arleen	13457A Via Vesta	631 629-9044

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Leatha	Denny, William, Jimerson	6072B Via Silvanus	716 982-4706
Lebowitz	Barbara	13094 Via Minerva	203 979-8077
Lescano	Elsa, Louisa	13092 Via Minerva	561 495-9022
Lewis	Dawn Wood	13037 Via Vesta	561 715-8389
Lucenti	Diana Marie	13222 Via Vesta	631 599-1516
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Lutsk	Harriet	13143 Via Vesta	347 236-1078
M			
Mackey	Joan	13398B	561 716-4962
Manover	Michael, Phyllis	13330A Via Vesta	561 637-2602
Margillo	Concetta Gerrish, Bill	13178 Via Vesta	561 495-9927
Mason	Judith	6038 Via Silvanus	413 530-8859
Maura	Grizel	13200 Via Vesta	954 647-7684
McClancy	Patricia	13057 Via Vesta	919 802-2065
McCloskey	Sharon	13367B Via Vesta	561 809-6204
			561 674-7618
McDonald	Kathleen	13142 Via Vesta	561 767-1517
Merone	Arnoux, Marie	13335 Via Vesta	561 299-7506
Miller	Judy	13109 Via Vesta	561 512-0566
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O'Connell	Charles Jeffreys, Angela	13145 Via Vesta	516 238-7723
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Pettis	Lloyd, Donna	6072B Via Silvanus	401 952-6550
Petty	Bonnie	6048 Via Diana	954 826-1447
Phillips	JoAnn	13322B Via Vulcanus	401 527-7128
Poklyak	Mark	13412B Via Vesta	631 742-5065
Poletick	Barbara	13391A Via Vesta	561 628-4081
Polito	Susan	13034 Via Vesta	954 881-9958
Portnoy	Michael, Dawn	13413A Via Vesta	561 637-9193
Potts	James D.	6068 Via Diana	781 228-3836
Pratt	Reynold, Patricia	13067 Via Vesta	561 499-3954
Presser	Andrea	13126 Via Vesta	914 374-6649
Preston	Neil	13089 Via Vesta	561 865-0720
D-#	Operators All	40000 \ 6- \ 7 \	570 350-9685
Psitos	Constantine, Athena	13090 Via Vesta	570 650-3316

Pyron	Karen Markham	13111 Via Vesta	404 964-5456
Q,R			
Redder	Georgia Manfredi, Ed	13356B Via Vesta	561 894-7047
Reed	Robert	13343B Via Vesta	561 498-7318
Rhyne	Elizabeth	13133 Via Vesta	954 297-1136
Tanyne	Liizabetii	10100 via vesta	954 793-6222
Ricardo	Jose, Cindy	13109 Via Minerva	954 793-6442
Rodriguez	Hector	6050 Via Diana	561 674 2673
			305 206-1742
Romano	Moises, Angela Marte	13279A Via Vesta	786 340-8866
Rosenfeld	Harold, Irene	13301A Via Vesta	516 644-3060
Rosenman	Ellen	13434A Via Vesta	561 499-2944
Rubin	Jay	13344B Via Vesta	570 460-1507
Rudnik	Theresa	13368B Via Vesta	561 699-4990
S			
Sands, Haft	Bonnie, Pamela	13476A Via Vesta	561 251-2181
Santome	Victor, Kira	13091 Via Vesta	561 412-7973
Schwartz	David	13447A Via Vesta	561 364-1319
Scott	Joseph	13322A Via Vulcanus	561 563-5710
Scott	Richard, Dorothy	13075 Via Minerva	786 660-3129
00011	Tablaia, Bolomy	10070 VIA WIITOTVA	845 551-2168
Slesinski	Donald, Patricia	13391 Via Vesta	845 551-4917
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Siegel	Jory, Laurie Somers	6069 Via Diana	561 289-3585
Siegel	Neil	13345A Via Vesta	413 347-3119
0 -			856 816-7971
Sinai	Moshe, Dana	13045 Via Vesta	856 520-1436
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			904 583-6151
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Z			
Zur	James, Joan	13167 Via Vesta	303 877-6023
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Howard Appel

It's Electric

Howard Appel's professional career was as a Residential-Commercial NJ Licensed Electrician

Residential Electrical Wiring

The Residential Electrical System and The Duplex Receptacle

The electrical definition of a device is a unit of an electrical system, other than a conductor, that carries or controls electrical energy as its principal function. Switches and receptacles are the principal electrical devices found in residential units.

function and typical wiring of receptacles, it is important to understand your electrical system. Residential electrical systems consist of "branch" circuits that conduct electrons from the supply of power (voltage source) through conductors to the load (electrical apparatus, i.e. toaster) and return to the source. Electrons are contained in this circuit by insulation of conductors and equipment. This is a 2 wire system (supply and return) or in electrical terms, hot and neutral.

neutral or return of the electrical system is connected directly to earth ground. This grounding has several advantages including to dissipate lightning surges on the electrical system, to supply a reference point for electrical measurements, and to give a path for fault currents to return to the source and trip protective devices (circuit breakers). Any time electrons are allowed to escape from the insulated circuit a fault current can be created. All non-insulated metal portions of electrical circuits are grounded.

identified by the color of their insulation. Since ground wires do not normally conduct electrons, they can be bare or may have a green color insulation. Neutral wires are always white or gray. The hot conducts (voltage source) are black, red, blue, orange, etc. There are various types of electrical cabling used in residential units. The most common found in your home is Romex wire which contains a bare ground wire and insulated conducts enclosed in a plastic outer covering. The most common Romex wire has a bare ground conductor, a black insulated conductor and a white insulated conductor.

Continued on the next page--Receptacles. Without them our plugs would have no where to go!

My son kept chewing on electrical cords, so I grounded him... He's currently doing better and conducting himself properly!

Now we can discuss the most common receptacle found in your home. It is called a duplex receptacle since it has two places where electrical equipment can be plugged in. The receptacle allows electrical power to be supplied to your electrical apparatus. Basically, it allows the extension of the hot and neutral wiring in your home. The duplex receptacle has three openings--the neutral side (long slot), the hot side (short slot), and the ground opening (horseshoe shaped).

The ground wire in the outlet box (bare or green) goes to the green screw on the duplex receptacle. The two silver screws on the left side of the picture are connected to the white wires. The two gold screws on the right side of the picture are connected to the black wires. This will properly polarize the receptacle to accommodate polarized equipment plugs that align with the long and short slots on the receptacle.

Electrical branch circuits supplied from individual circuit breakers usually supply multiple receptacles. The Romex wiring is extended between outlet boxes to form this branch circuit.

Stay tuned for the next article that will cover additional receptacles and switches!



Dr. Howard Benedikt, DC, DCBCN



EVEN A SMALL AMOUNT OF WALKING AFTER A MEAL IS SUPRISINGLY GOOD FOR YOU!

We are probably all aware of the health benefits derived from walking. Numberous scientific articles have been published discussing the relationship between walking, stress reduction, and overall cardiac health. Walking lowers many factors that contribute to cardiovascular disease such as high blood pressure and high fat levels in the blood. However, questions remain. How far do I walk? What is the total time necessary to show a benefit? How fast should I walk?

Recent studies have looked at how short walks following a meal are of benefit. How does this work? Following a meal your blood sugar tends to rise and your pancreas releases insulin to help control the change in blood sugar levels. In people with diabetes, this may lead to elevations in blood sugar which can contribute to heart attack and stroke. Remember, your muscles require sugar, referred to as glucose, as well as oxygen, and other nutrients to function properly.

So, the goal should be to maintain even levels of blood sugar throughout the day. Research shows that anywhere from two to five minutes of brisk or even light intensity walking following a meal is helpful in maintaining even levels of blood sugar. Walking 60 to 90 minutes after eating delivers the best results, but even two minutes has a positive impact.

In conclusion, plan your meals to balance carbohydrates, proteins, and fats properly. Avoid simple sugars like soft drinks and fruit juices that would quickly raise your blood sugar. Moving even a little bit is worthwhile. That can include housework after eating, a walk of any duration, and mini walks throughout the day when there's not time for something longer. Enjoy your walk!

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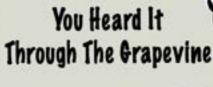
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*







The Beekeeper is a 2024 action thriller, directed by Kurt Wimmer. It stars Jason Statham, Emmy Lampman, Josh Hutcherson, Phylicia Rashad, Jemma Redgrave, and Jeremy Irons.



Roy Jackson



Arleen Kessler

A Few Good Men is a 1992 legal drama directed by Rob Reiner, and stars include Tom Cruise, Jack Nicholson, Demi Moore, Kevin Bacon, Cuba Gooding, and Kiefer Sutherland.



The Long Goodbye is a 1973 satirical Hollywood crime drama directed by Robert Altman, starring Elliott Gould, Sterling Hayden, and an uncredited appearance by Arnold Schwarzenegger.



Ed Wetschler



The Birdcage is a 1996 comedy directed by Mike Nichols, screen play by Elaine May, based on the French film La Cage aux Folles. It stars Robin Williams, Nathan Lane, Calista Flockhart, Gene Hackman, Dianne Wiest, Hank Azaria, and Christine Baranski.



The Shawshank Redemption is a 1994 American prison drama, directed by Frank Darabont, based on a Stephen King novella. It stars Tim Robbins, and Morgan



Grace Soldiveri



Footloose is a 1984 musical drama directed by Herbert Ross. It stars Kevin Bacon, and John Lithgow.



Papillon is a 1973 historical prison drama, directed by Franklin Schaffner, screenplay by Dalton Trumbo. The film stars Steve McQueen, and Dustin Hoffman.



Andy Presser























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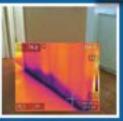
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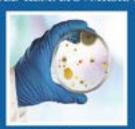
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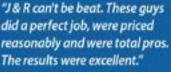
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PLEASE KEEP THIS PAGE HANDY IN THE EVENT THAT YOU NEED TO CALL A BOARD MEMBER BOARD MEMBERS CAN BE CALLED MONDAY-FRIDAY, 10AM-5PM

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!

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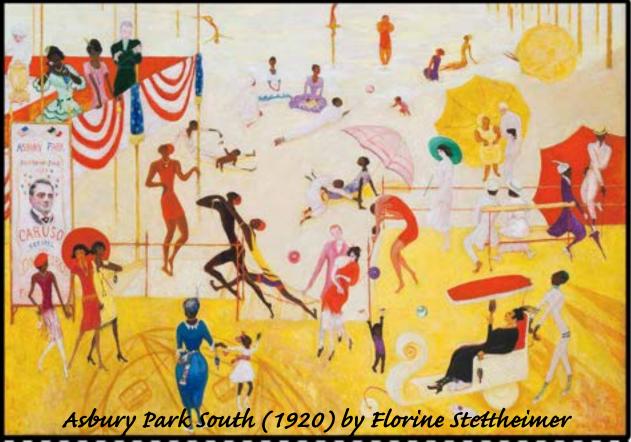
Schedule of HOA Meetings for 2024

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.





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Lisa Weingarten, Webmaster & Editor

Contributors: Messina Mueller Linda Downs Ben D'Errico

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Delivery To Your Door: Marty & Grace Soldivieri

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