

PRESIDENT'S MESSAGE

Welcome back! We have a lot of good news including some exciting renovations that have taken place at our pool over the summer, which you will read about in this issue. But we also have some other matters to clarify as we begin the new season.

There has been much discussion about house paint colors, and many homeowners have been confused about what colors are viable options. Some have even put off painting until the new color list becomes available. Let's make this simple and say that all of the colors that are currently being used will remain on the list. If any new colors are added, it will be announced after the September 26th Board meeting (and the operative word here is "if," since we already have a good number of choices). What we *will* ask is that, in each case, both roof mates agree, in writing, that they will use the same colors—even if one homeowner is not able to paint their half at the same time as the other. So don't hold up any longer if you had planned to paint your house!

Second, even though we have a couple of months before our next Board elections, we are asking those who would like to participate to turn in your resumes to me as early as possible. What we need to know is why you would like to serve, and what particular expertise you may have to offer as a new Board member. We have a lot of new homeowners this season and, I suspect, there is a lot of untapped talent out there. So please consider joining us.

Also, remember that the inside back page of this issue has a list of current Board members and their individual areas of responsibility. Please tear off this sheet and keep it handy, so you will know which person to call with any specific problem.

Unfortunately, I have received some recent complaints about certain renters violating some basic rules. While we welcome renters to our community, we also expect them to follow the regulations that were put in place to ensure the safety and enjoyment of everyone. So from here on, when I receive such a complaint, a letter will go out to notify the owner of the home, and continued violations will make it impossible for us to allow renewal of the leases for those renters. So please, while we openly invite our renters to take full advantage of all we have to offer, we also ask that you join in taking responsibility for helping us maintain our safe and enjoyable lifestyle.

And lastly, Via Vesta is not NASCAR. When negligent drivers swing around the turns at 40mph, they are putting their neighbors at serious risk. There have been too many close calls, too many mailboxes mowed down and too many homeowners registering complaints for me to ignore the situation any longer. I have personally witnessed this almost daily from my porch so I know they are not exaggerating. And it has gotten to the point where some specific action needs to be taken. We are in the process of contacting the county about the possibility of installing speed bumps, or signage designating 20mph as the legal speed limit as well as other options. And short of that, we will be taking down license numbers and reporting them to the local sheriff's office. Just keep in mind that the next person struggling to cross the street using a walker could turn out to be **you** if an inconsiderate neighbor insists on driving recklessly.

George Kuhn
President

Over the summer we lost three of our dearest friends

Gene Rosenman passed away on May 31st after a brave, year-long struggle with pancreatic cancer. He had been a boisterous presence in our community, a former Board member, a devoted father and grandfather, an enthusiastic participant in many clubs and events and, above all, a friend and neighbor who contributed so much joy and warmth that made everyone he met feel welcomed. He was always there with a smile, a joke and the kind of hands-on help and advice that made such a difference to so many. Shortly after my husband and I moved here, we had some serious health emergencies which Gene and his wife, Ellen, saw us through every step of the way. He also built shelves in our garage to help me organize my burgeoning bins of craft supplies, (a task which I have yet to complete...) But Gene was the kind of friend who would always be there, during good times and bad. We all enjoyed his company so much. It's incredibly sad to believe that he's actually gone. Our deepest sympathies go out to his wife, Ellen, his wonderful family and his many devoted friends.



Ida Ventura left us on June 28th after a long bout with a rare form of cancer. She was a Board member, a former Grapevine editor, and had exceptional talents in a number of creative areas. But, above all, Ida was a personality! She had many, many friends whom she entertained, enjoyed and advised. And her beauty and feminine flair were always an important part of who she was. Even during her numerous hospital stays, her hair, nails and make-up were always just so; she made sure of it! (Most of us could not have possibly achieved her remarkable style on our healthiest days...) Ida was also an active participant in the After Six Club, the Ceramics Club and many other activities over the years when she was an especially colorful part of the fabric of our community. She and her husband, Mario, were among the most creative and generous contributors to our pool parties and other special events. And we will never forget Ida's wonderful laugh. It is incredibly painful to accept that it is forever silenced. Our heartfelt condolences go out to her husband, Mario, and her extended family and many friends.



Mort Greenfield passed away on July 24th, leaving behind a legacy of good works and community participation everywhere he had lived, from New York to Massachusetts to Virginia and here in Delray Villas. He served as President and then Treasurer of our Board for many years. But beyond that, Mort was the epitome of the expression "still waters run deep," according to many of our neighbors who had known him over the years. He was quiet and thoughtful, with a dry sense of humor, and was a dedicated family man. But, according to Boris Katz, he would really light up when the conversation would turn to sports—especially baseball. He knew all the players and their averages. He was also an avid reader and collector of stamps and coins. I didn't know him well myself, but I got a real sense, from all those I spoke with who had had the privilege of knowing him, that he was clearly a gentleman who was exceptionally kind and caring. He will truly be missed. Our most sincere condolences go out to his wife, Judy, and his extended family who meant the world to him.

Wendy Karger

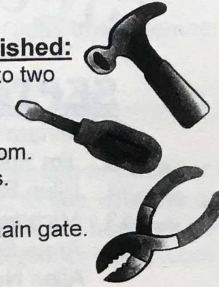
POOL NEWS FROM THE SUMMER OF 2017

Sharon McCloskey

This summer has been a very busy time at our pool! The pool house renovations are almost complete. Just waiting for one light in the meeting room to be replaced; the shuffleboard area will be cemented and 4-foot high railings with handrails will go around the inside of the pool building area, along with other new safety and decorative features.

The entire inside of the building is now completely repainted and refurbished:

- The old sauna rooms (which were out of commission for years) were converted into two rooms we can actually use—one for storage and one as small meeting room.
- The tile floors were chemically cleaned, re-grouted and sealed.
- All toilets were replaced and a new urinal flush valve was installed in the mens' room.
- New mirrors now adorn the ladies' room, along with other cosmetic enhancements.
- The pool pump housing was cleaned and painted to match the buildings.
- Flowers were added to the potted palms and a terra cotta plant hanger near the main gate.
- A first aid kit is readily available on the bench in the pool house entry area.
- And—a large, new gas grill and new trash cans were added to the pool area.



A special thank you to Arline Tanzer for her generous gift of a card table and four padded folding chairs for our new meeting room.

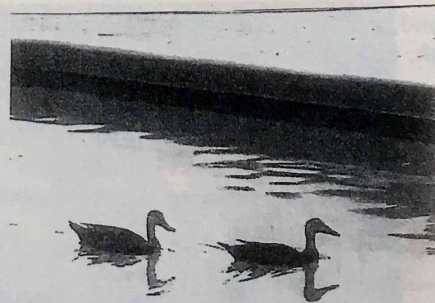
I cannot thank Steve Lutsk enough for all the help he gave me through this whole renovation process. Without him things would not have gone anywhere near as smoothly as they did.

(Editor's note: And without the tireless work and boundless energy of Sharon McCloskey, NONE of this would have ever happened! Thank you, Sharon.)

Our July 4th Pool Party

We had plenty to celebrate at our second annual July 4th pool party. Beautiful day. Lots of great food and camaraderie. Hot dogs and hamburgers grilled to perfection by Jory Siegel on our brand new grill. And everyone brought a dish to share. ***Our next official party will be in November! We'll keep you posted.***

We had a few unexpected visitors this summer, including a family of ducks (pictured below) an iguana sunning himself on top of a trash can and a turtle stranded inside the pool area, which Mickey Karger gallantly rescued and "relocated" to the adjoining canal. And most recently, a family of baby frogs was gingerly scooped up from the pool and set free from harm by Lisa Weingarten. (Welcome to the Florida life!)



For those of you who say it's too hot to go to the pool, consider going in the early morning or late afternoon, delightful times to be there—I promise you.

ONE SERIOUS CAUTION: We had *two* separate incidents where small grandchildren were in the pool without adult supervision. NO CHILD should be left alone in the pool unsupervised. It only takes a minute for a child to drown and it cannot be assumed that someone else will be watching *your* grandchildren.

▶▶▶ WE NOW HAVE WIFI AT THE POOL! The password is poolside. ◀◀◀



SEPTEMBER

- 6... Miriam Castro
- 9... Jim Bulloch
- 11... Ellen Rosenman
- 13... Michael Kaufman
- 14... Anne Shamberg
Allen Nudelman
- 25... Catherine Patti
- 28... Ruth Wald

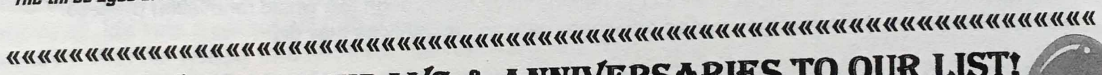


SEPTEMBER

- 1... Arlene & Allen Nudelman
- 9... Georgia & Ed Redder

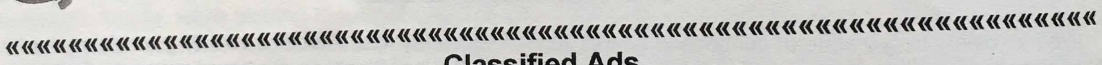
*"It's not the years, honey. It's the mileage." Indiana Jones
(Raiders of the Last Ark)*

"The three ages of man are underage, overage and average." Unknown



ADD YOUR BIRTHDAYS & ANNIVERSARIES TO OUR LIST!

Contact Wendy Karger at wendkarger@aol.com
so we can include your names and important dates in our monthly listings.



Classified Ads

Donations of clean, gently used clothing, household items, etc. for Blessings and Bargains Thrift Shop can be picked up and will be much appreciated. Call **Sharon McCloskey, 865-3780.**

For sale: Brand new Masterbilt Pro charcoal grill – 22" round—NEVER USED. Call **Arlene VanAmburgh, 498-1314.**

You're welcome to submit your own classified ad: 2 lines for \$2.
Contact sharonmccloskey@bellsouth.net

"All I ask is the chance to prove that money can't make me happy." Spike Milligan



Just to remind you...

The new 2017 Delray Villas Telephone Directory of all five plats will be available to pick up at the next Board Meeting or contact Patricia Pratt at 561-499-3954 to receive your copy if you haven't gotten one yet.

CLUB HAPPENINGS

NA'AMAT USA / DEBORAH / MENS' & WOMENS' SOCIAL CLUBS

There will be no meetings of Na'Amat, Deborah or Mens' & Womens' Social Clubs in September. Hope you all had a great summer and we'll see you in October!

AFTER SIX CLUB

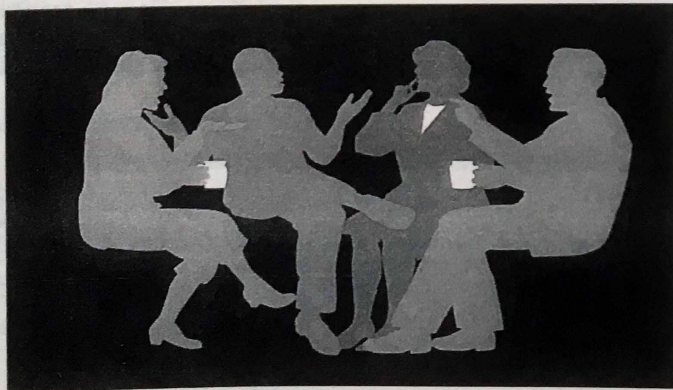
Hope your summer was good and that everyone is in good health. The first meeting of the After Six Club will be the first Wednesday in October (October 4th). Everyone is invited to see what we are all about. We will be discussing this year's events. Coffee and cake will be served. There will also be entertainment for your enjoyment. Dues are \$15 for the year ending in December 2018. Looking forward to seeing you. Diane Weiss 381-4456.

DELRAY VILLAS FRIENDS OF ITALY CLUB

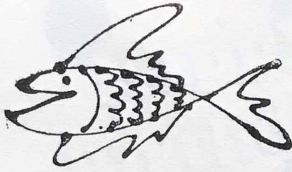
We will not be meeting again for the rest of 2017, but look forward to our first meeting of the new season, which will be held on January 5th, 2018. We hope to see a lot of new members at our first meeting. Thanks to all our board and club members for making this such a successful year.

BOOK CLUB

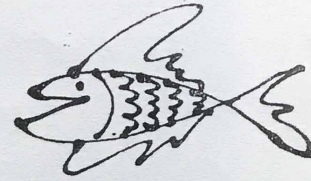
Our next meeting will be on Monday, September 11th in the Ceramics Room of the "B" Building from 1:00-2:00pm. The book we will discuss is *Spring Fever* by Mary Kay Andrews. Our selection for October will be *Two If By Sea* by Jaquilyn Mitchard. Books are on hold at the Hagen Ranch Library. Please ask at the front desk for the books by title. Leslie Boardman - 561-808-7600.



"The young tell you what they are doing, the old what they have done, and everyone else what they're going to do." Anonymous



TO YOUR HEALTH
Wendy Karger



A credible (edible) fish story

Is it possible that simply eating fish more often can help reduce the joint pain and swelling of rheumatoid arthritis?

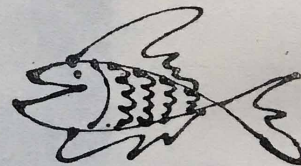
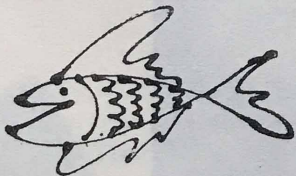
A recent study conducted at Brigham and Women's Hospital in Boston, reported in *Arthritis Care & Research*, revealed some inspiring evidence. The study involved 176 arthritis patients from a larger study, who had undergone medical exams and filled out food-related questionnaires. They were then followed, specifically, for the frequency of their fish consumption.

The subjects were categorized into groups determined by how often they ate fish: those who had less than one serving a month were in one group, those eating one to two servings a week were in a second group and those eating more than two servings a week made up a third group. They would rate the severity of their arthritis symptoms using a "disease activity score" that assigned a number based on the degree of pain and swelling they experienced.

After controlling for fish oil supplement use, duration of symptoms and other relevant considerations, it was observed that the average disease activity score in each group demonstrably declined as their fish intake increased.

Dr. Sara K. Tedeschi, the lead author, cautioned that although this study doesn't conclusively prove cause and effect, the reported reductions in pain and swelling from the lowest to the highest groups in fish intake was clinically significant. "The magnitude of the effect," she found, "is large—about one-third of the expected magnitude of the standard drug treatment of rheumatoid arthritis with methotrexate."

If a few additional servings of fish per week can potentially provide such tangible relief, then the arthritis sufferers among us might want to give it a try. And to give us an example of how "painless" it can be to feast on fish, Catherine has found a particularly zesty salmon recipe that is also quick and easy to prepare. So why not dive right in?



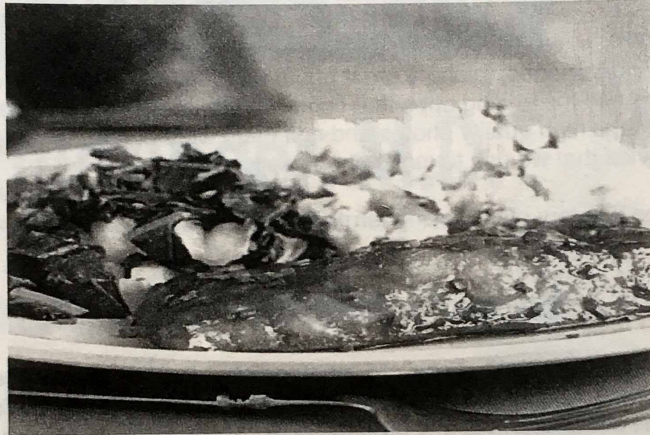
"Men and fish are alike. They both get into trouble when they open their mouths." Author Unknown

WHAT'S COOKING?

Catherine Patti

Miso-Glazed Salmon

Healthy, hearty fish can really be delish! And here's one wonderful recipe (adapted from Cooking Light) to prove it. These rich, meaty salmon filets have a sweet and salty glaze that will caramelize in your broiler in about 10 minutes. So what's not to love?



Here's all you need:

- ¼ cup packed brown sugar
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons hot water
- 2 tablespoons miso (soybean paste)
- 4 six-ounce salmon filets (about 1" thick)
- cooking spray
- 1 tablespoon chopped fresh chives

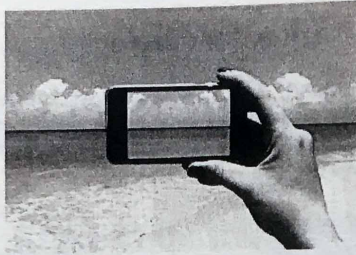
Here's all you need to do:

1. Preheat broiler.
2. Combine first four ingredients, stirring with a whisk.
3. Arrange salmon filets in a shallow baking dish coated with cooking spray.
4. Spoon miso mixture evenly over salmon.
5. Broil for 10 minutes, or until fish flakes easily when tested with a fork, basting twice with your miso mixture.
6. Sprinkle with chives—and enjoy!

"I'm on a seafood diet. I see food and I eat it." Anonymous

PICTURE THIS...

Lisa Weingarten



Before the days of smart phones, taking a great photo was a labor-intensive process. But thanks to our mobile devices and the editing apps that come with them (while it may *feel* a little challenging at first), we can now take high quality photos and edit them without too many bells and whistles—all with the same device that we use to make phone calls.

I will take some of the mystery out of taking terrific photos with your smart phone with a different tip each month.

We'll Start with Tip #1: Let there be light!

The key to great photos is LIGHT. The word “photography” is derived from the Greek words for “light” and graphe, “drawing,” together meaning “drawing with light.” Given enough light from the right direction, the cell photo can rival any great camera. You need to train your eye to see your environment and how the light affects your subject.

- **Avoid direct sunlight.** Your subjects will be cooler, happier and more attractive if they don't have a sunbeam hitting them in the face. If it's an overcast day, you're in luck. This is one of the best outdoor lighting situations for photographing people.
- **If it's a sunny day, avoid having your subjects stand against a bright background.** This will cause them to appear as a silhouette, or to be “back lit.”
- **Indoor photos with a cell phone are more difficult, as there is often not enough light.** The phone's flash often creates an odd color cast and “red eye.” So try turning on all the lights you can.
- **Keep your indoor subjects away from walls, and make sure the light source is in front of them.** Get as close as you can. If the photo was blurry, there just wasn't enough light.

Keep experimenting with light sources. ***And have fun!***

There are some other important tips to help you take great pix: **color, subject, composition and distance.** These will be the focus of my future columns. So keep watching!

“A good snapshot keeps a moment from running away.” Eudora Welty

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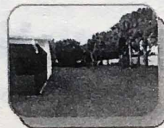
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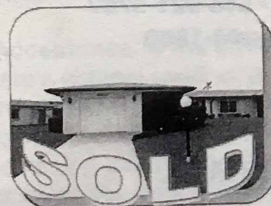
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DID YOU EVER WONDER?

Wendy Karger

When older Americans look back on their lives, what is their greatest regret?

When Karl A. Pillemer, Ph.D., a world-renowned gerontologist, surveyed 1,200 older Americans for his Legacy Program at Cornell University in 2015, he was completely surprised by the responses he most frequent received. He had anticipated the worst regrets would involve specific personal transgressions: an affair, a shady business deal, an addiction... So he was totally unprepared for the response he so often received: **"I wish I hadn't spent so much of my life worrying."**

Dr. Pillemer had assumed that a generation that had endured so much tragedy "would endorse a certain level of worry." It would make sense, he thought, for people who had lived through the Great Depression to caution us to worry about money; for those who fought and lost loved ones during World War II to warn us to be worried about world events; for those who suffer increasing physical frailties to urge us to worry about our health.

But the responses he got were exactly the opposite. One 87-year-old man reported the incredible sense of freedom he experienced when he finally realized that his fretting over every little detail that could possibly go wrong made no difference at all in his outcomes. These older survey participants agreed that worry *itself* is "crippling" because you sacrifice precious time "by poisoning the present moment... You lose days, months or years that you can never recover."

They offered these straight-forward approaches to avoid the pitfalls of senseless worrying:

- **Focus on the day at hand rather than the long run.**

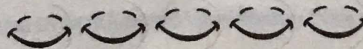
One 102-year-old woman suggested that when you feel consumed by worries about what might lie ahead, you should stop yourself short and concentrate, instead, on the moment you're in right now. You need to live your life one day at a time.

- **Acceptance is the antidote to worry.**

There's nothing weak or passive about knowing when to move on. This is one of the most crucial survival techniques that had gotten this generation through unthinkable adversities. They had experienced the entire turbulent cycle again and again throughout their lives: from worrying about a threatening event to having the event occur and then experiencing the aftermath. They concluded that when you cannot erase or change a painful incident, the healthiest response is to push it aside and go on with your life. One 99-year-old nun gave this sage advice, which is echoed in a memorable Beatles classic: "Let it be." (There was also Bobby McFerrin's later hit, "Don't worry; be happy," which quotes the teachings of the Avatar Meher Baba.)

- **Instead of worrying—prepare!**

Dr. Pillemer points out that there is "a great difference between worry and conscious, rational planning, which can greatly reduce worry." Instead of ruminating over adversities which may never actually come to pass, we should try "using our cognitive resources to figure a way out of a difficult situation" because "one activity enhances life whereas, down the road, the other is deeply regretted as a waste of our all-too-short time on Earth."



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A REALTOR WHO KNOWS AND LIVES IN DELRAY VILLAS

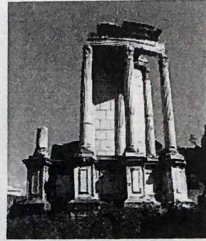
YOU LIVE WHERE?

Lisa Weingarten

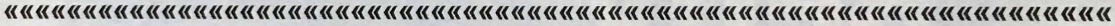
Via Vesta is the main street in Delray Villas Plat 2. Yet how many of us stop to think about the origin of the name?

It actually comes from the street that led to the Temple of Vesta, an ancient edifice located in the Roman Forum and the House of the Vestal Virgins.

The worship of Vesta began in private homes and all temples that were subsequently built for Vesta were round, with entrances facing east to symbolize the connection to fire and the sun as sources of life.



But how about Minerva, Diana, Vulcanus and Silvanus? Not to worry! In the next Grapevine issues, you'll find the answers for those, too.



Our Plat 2 Architectural Review Board...

Architectural review used to be considered a Board function. But, because of new Palm Beach County regulations, the architectural and landscaping oversight team has now become a separate entity. Our new ARB members for 2017 are:

- Jory Siegel (847) 987-1798
- Helen Katz (561)498-8136
- Denise Bellemeur (954) 691-5469

When you want to make an improvement to the outside of your home, (including but not limited to painting, roof repair, planting trees, extending your driveway, putting in new sliding glass doors, etc.) you need to first get your plans approved by this group. They will also want to know who the contractors are, whether they are insured and have good reputations, and to make sure your plans are up to code and adhere to the most recent county, state and Delray Villas regulations.

They will also provide you with the choices of agreed-upon colors for your home and driveway. And when you want to make other improvements which will affect the outside of your home, they will guide you through all the necessary steps to help ensure that you get the desired outcome. So contact them and let them help you realize your "dream house."

PLAT 2 • BOARD OF DIRECTORS

President-----	George Kuhn (2018)	568-2510
Vice President-----	Ellen Rosenman (2017)	499-2944
Treasurer-----	Patricia Pratt (2018)	499-3954
Recording Secretary-----	Holly Krahe (2017)	(954) 290-5061

Other Directors-----	Lynn Amsterdam (2018)	(973) 464-6105
	Bill Margillo (2017)	495-9927
	Sharon McCloskey (2019)	865-3780
	Ed Redder (2019)	894-7047

Lawns & Landscaping:	Bill Margillo
Pool:	Sharon McCloskey
Beautification:	Lynn Amsterdam
Lakes:	Ed Redder
Interviews:	Reynold Pratt*
Compliance:	ALL DIRECTORS

Representative to the Rec Association and Alliance - Reynold Pratt* - 499-3954

Representative to the Rec Association- Judy Clemon* - 496-0861

* indicates volunteer

**PLEASE KEEP THIS PAGE HANDY IN THE EVENT YOU HAVE TO CALL A BOARD MEMBER.
BOARD MEMBERS CAN BE CALLED MONDAY – FRIDAY BETWEEN 10a.m. & 5p.m.**

And please, when you have a problem, refer to this list to get in touch with the appropriate Board member who is assigned to help you in that specific area. You'll save a lot of time, aggravation and extra phone calls. Thanks for your help.

BOARD MEETINGS / FALL 2017

HOA "GENERAL" MEETING / FALL 2017

September 26th
October 24th
November 28th
December 19th **

** This special meeting will be held on **December 19th** directly after our regular Board meeting on the same date, for the purpose of electing our new Board members for 2018.

Meetings are in the "B" Building, Viking Room, and start *promptly* at 7:30pm.

Remember that **you are all encouraged to attend ALL meetings**. There will be time set aside at each meeting for you to bring up any issues you want to address. But we ask you, please, **to 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 all the things your Board is planning and doing for you.

Treasurer's Note

When making your HOA payment, please include the payment coupon and utilize the mailing labels which are at the back of the coupon book to send your payment directly to our bank. This helps to secure and expedite the payment process; and payments that are sent to me or to prior Treasurers may delay updates to your account.

If you have any questions, you can contact me at 561-499-3954 or bdot2016@comcast.net

Patricia Pratt

**Welcome back snowbirds,
now-and-then birds,
and full-time nesters!**



From the
Grapevine Staff

**Wendy Karger • Helen Katz • Sharon McCloskey • Catherine Patti
Grace & Marty Soldivieri • Lisa Weingarten**