

## PRESIDENT'S MESSAGE

First, I want to thank all of the homeowners who made it their business to come to our last board meeting. We welcome your continuing participation and hope you will find that keeping up to date will help you as much as it will help us. I also wanted to extend a special thank you to Holly Krahe for her extra service, filling in as Recording Secretary for this last meeting until a new Secretary, Ed Clemon, was appointed.

This month our news primarily concerns specifics about the improvements regarding the pool, so I will turn it over to Sharon McCloskey to fill you in on those details.

*George Kuhn*  
President

I am happy to report that the new gate in the parking lot entrance to the pool is now completed. It has the added safety provision of opening and locking from the inside as well as the outside. One key will be used for both entering and exiting the gate. It is the same key that we use now and will continue to use for the other two gates and the pool house facilities.

Before making this decision, we did some research on how other plats handle their pool gates. Plats 1 and 3 have gates that open and lock on both the outside and inside. Plat 4/5 has a lock on their outside and mesh on the inside. In our plat, the other two gates lock only on the outside as they always have. New homeowners can get the key made by contacting me at 561 865-3780 if you don't already have one.

There are other things you may want to take advantage of inside the renovated pool house. One is that on the left side, there is an activity room with a card table and chairs that is open for you to use to play cards or mah jong any time you'd like. Also, there will be extra copies of the last Grapevine on the table in the front lobby. We are still looking for volunteers to construct picnic tables, benches and a new open-air bulletin board.

As a result of the recent repairs to our heater, we are trying to maintain the pool temperature in the mid to upper eighties during the cool months.

We want to remind you about the Pool Party scheduled for March 18<sup>th</sup>. Our last one was a tremendous success and we hope to have as many people come this next time. You will see the details on page 5. It is important that we know as early as possible how many people will be coming and what kinds of goodies each person plans to bring to share. Please call me at 561 865-3780 or Carmen Ojeda at 954 816-9966 to let us know that you'll be coming.

*Sharon McCloskey*  
Board Member

## ★CLUB HAPPENINGS★

All of our clubs will be hosting a “Meet and Greet” event on February 11<sup>th</sup> at 1PM in the “A” Building! Whether you have just moved in to our community or have been here for a while, one of the best ways to find new friends and get involved in activities is to join clubs. Companionship and interacting with others who have similar interests keeps us mentally alert and emotionally fulfilled. Take a look at some of the clubs available at Delray Villas.



**NA'AMAT USA** provides critical support to NA'AMAT Israel and its educational and social service programs for women, children and families. Clubs carry on fundraising activities that directly benefit NA'AMAT Israel's vast network of day care centers, technological high schools, and women's health, social service and legal aid clinics. NA'AMAT USA is a vigorous advocate for progressive legislation



advancing women's rights, child welfare, and educational initiatives.

On February 8th there will be a luncheon in commemoration of the 70<sup>th</sup> Anniversary of Israel at the Delray Country Club: \$40 per person, \$20 donor credit. Details are available from Rhoda Birnbaum at 561 638-0967.



**DEBORAH** is dedicated to raising critically needed funds to support the humanitarian mission of Deborah Heart and Lung Center in Pennsylvania. This grassroots chapter serves as ambassadors for Deborah, providing information for communities and spearheading fundraising activities that help Deborah perpetuate its very worthy mission, “*there can be no price on life*”. Deborah has never issued a direct bill to

any patient. The next event will be our paid up luncheon, on Thursday February 15<sup>th</sup>, 12PM at Sal's, on Flavor Pict and Jog Road.



**FRIENDS OF ITALY CLUB** meets January through April on the first Friday of the month. Members look forward to spending a few hours together listening to a guest speaker, playing Bingo or enjoying entertainment, followed by dessert and coffee. On February 14th a Valentine's luncheon at Westchester Country Club with Yacht Club Chef Peg Donahue as guest speaker with yummy samples. March 13th will be a picnic at Morikami Park. March 29<sup>th</sup> is the Bocce Tournament at 10AM, and the Pool Party will be on April 17<sup>th</sup> at



12PM. All new members are welcome! For info please contact Margaret Bianco Felton at [taurusscorpio@bellsouth.net](mailto:taurusscorpio@bellsouth.net), or Pres. Anthony DiGiorgio, 561 495-4552.

**THE AFTER SIX CLUB** was started 10 years ago. Until that time there were no activities for people that worked since many clubs met during the day. This is a friendly group of fun loving young seniors who meet on the first Wednesday of each month at 7PM. There is a lively discussion of current events, entertainment, socializing with friends, having coffee and cake. The group sponsors charity fundraisers. All are welcome to join for \$15.00 per person a year. This is a great time to join and lots of activities are planned for 2018. The next meeting will be on Wednesday, February 7<sup>th</sup> in the "A" Building, 7PM. Diane Weiss, President, 561 381-4456.



**GENTLE YOGA** includes breath control, simple meditation, and specific bodily postures, for health and relaxation. The practice of yoga

calms the mind by centering your full attention on relaxing the body, and breathing correctly. Stretching movements tone and limber the body resulting in health, vitality, and a peaceful mind. Some benefits of yoga:

- \* Increased circulation
- \* Massage internal organs and spinal nerves
- \* Increase body awareness and relaxation



- \* Stretch and limber your entire body
- \* Enhance your ability to remain relaxed throughout the day

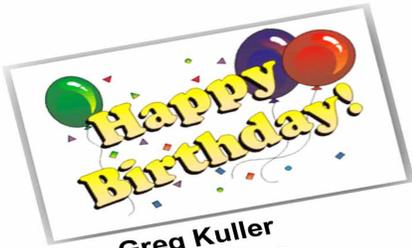
Carol Dias, Kripalu yoga instructor

This class meets Saturday mornings, at 10AM in B Building January 13, 30, 37, February 3, 10. Fee: \$35 for 5 classes. Contact Fran Rubenstein for more info: 201 739-2223.

*"The natural force within each of us is the greatest force in getting well."* -Hippocrates



# FEBRUARY



- 5.....Greg Kuller
- 6.....Isobel Moss
- 12..... Harriet Lutsk
- 12..... Judy Clemon
- 17.....Michael Manover
- 21.....Charles Weinberger
- 27.....Stephen Lutsk

"It takes a long time to become young."  
-Pablo Picasso



21...Boris & Roberta Katz



### *A Warm Welcome To Our New Neighbors*

Francis Fries:13063 Via Vesta    Mary Ann Sforza:6056A Via Silvanus    Peggy Gruver:13291A Via Vesta



**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. (Last month I received a request for an addition, which I can't seem to locate. Please resend it and forgive my error.



### 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: 561 865-3780**. You're welcome to submit your own classified ad: 2 lines for \$2.



**JOIN US ON FACEBOOK AND EMAIL** If you are new to Plat 2 and would like to receive our community emails, or if you've changed your email address, please send it to [dvplat2@gmail.com](mailto:dvplat2@gmail.com) Your email address will not appear in the community phone book, or on our website or be shared. It will remain private and you can opt out of the list at any time. Also, join our group on

Facebook: <https://www.facebook.com/groups/386579901799539/>



**Looking For People With Carpenter Skills** We need volunteers to make picnic tables and benches for our new picnic area. You will be reimbursed for any expenses for supplies.



### Condolences

In January we lost a much-loved member of our community, Vic Monterose. Originally from Massachusetts, he bought his home in Plat 2 eight years ago. His favorite sport was bowling; he also loved to fish and play pool and was a proud father and grandfather. Our most sincere condolences go out to his wife, Kathy, and his many friends and family.

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# Delray Villas Plat 2

# POOL Party

Save the Date! Sunday, March 18, 2018 1-4pm

Bring Drinks, Side Dish, or Dessert to Share  
No Alcoholic Beverages Allowed

Provided: Hot Dogs, Hamburgers, Buns, Condiments, Paper Goods, Cups, Ice  
AND DJ!

Please Email or Call to RSVP  
And to Let Us Know What You Are Bringing

Sharon McCloskey: 561 865-3780  
sharonmccloskey@bellsouth.net  
Or  
Carmen Ojeda: 954 816-9966  
clojeda@comcast.net



## DID YOU EVER WONDER?

Wendy Karger

### How Do People Celebrate The Chinese New Year?

This year, rather than devoting our February issue to Valentine's Day, as we have for the last several years, we thought it might be more interesting to focus on the Chinese New Year which, this year, falls on February 16<sup>th</sup>. It will be the Year of the Dog.

Some famous Dogs include Winston Churchill (born in 1874), Mother Teresa (born in 1910), Elvis Presley (born in 1935), Bill Clinton, Donald Trump, George W. Bush and Steven Spielberg, (all born in 1946), Madonna (born in 1958), and Justin Bieber (born in 1994)—quite a variety. If you were born in 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006 or 2018, you, too, were born in the Year of the Dog!

Some of the characteristics attributed to Dogs are said to be loyalty and honesty, amiability and kindness. They are especially good communicators, cautious and prudent, yet have particularly high ambition. Dogs in a state of doubt tend to think the whole world is evil and they criticize sharply when they feel betrayed.

Apparently, lucky numbers for Dogs are 3, 4 and 9 as well as numbers containing them, like 34 or 49, and their lucky colors are red, green and purple.

**According to Chinese tradition, there are seven specific foods that are said to bring special benefits to everyone when eaten during New Years:**



**Fish** will bring an increase in prosperity.

**Dumplings** are said to bring wealth.

**Spring rolls** will also bring wealth.

**Tangyuan** (sweet rice balls) will increase family togetherness.

**Niangao** (glutinous rice cakes) will bring higher income or status.

**Good fortune fruit** (tangerines and oranges) will create fullness and wealth.

**Noodles** will foster happiness and longevity.

Catherine has chosen to focus on dumplings, which are not just delicious but a lot of fun to make and can be filled with any number of goodies. See her ideas on the next page.



And, by the way, Happy Valentine's Day, too! ♥♥♥

# WHAT'S COOKING?

Catherine Patti

Let's celebrate Chinese New Year with a classic Chinese food that has been a tradition for over 1,800 years. Legend has it that the more dumplings you eat at New Year's, the more money you will make in the coming year.\*



But more important—at least for us—look how much fun they are to make! You can fill them with almost anything—sautéed meats, shrimp, vegetables—you name it.

You can get the noodle-like wrappers in the refrigerated part of the ethnic food section at Publix or in any Chinese grocery store. (There is one in Boca on Federal Highway that always keeps them in stock.)

It is believed that the more pleats you make in the wrappings, the more success will come your way. Just follow the recipe on the package.

Also, keep in mind that dumplings are supposed to be placed in rows on your serving platter—never in circles, so your luck moves forward instead of repeating itself over and over again.



Have fun! And happy Chinese New Year!

***\*Just remember Ben Franklin's famous warning, "Eat not to dullness." Good advice coming from an expert!***

## HOW TO TAKE GREAT CELL PHONE PICTURES

### TIP 6: Photographing Your Pet

By Lisa Weingarten

There's no better subject for a photo than a pet (well, perhaps children or grandchildren). Capturing their personality may be difficult as they zoom around the house or hide under your blankets. But, it is possible, especially if you take lots and lots and lots of photos. Then take some more!



First, foremost, and **always** LIGHTING IS KEY! A bright sunny day is ideal. Early morning and late afternoon are great for outdoor shots. Cats will more likely be indoors. Try for a sunny window or enclosed porch. Pay attention to how your pet looks in the lighting situation. A black cat needs lots of light. It will photograph the way it looks. Pets are the most dynamic and visually interesting when they are playing. So, make sure to have your phone ready to snap when they are in play mode. Once your pet is tired out or has gotten bored, you will be barking up the wrong tree. There will be plenty of future play dates!



Use treats and favorite toys. You can even tape a treat to the phone or recruit a friend to hold it over the phone. You want to focus on your pet's eyes and try to get down on their level. Getting down on the floor and shooting straight at them is *purrfect!* For photos of dogs, try getting them on a stool or table where they might stay. Then get as close as possible. First focus on the whole dog, then go really close to an eye, nose, ear or paw. Depth of field will come into play here and not all of the photo will be in focus. The further away an object

is from its background, the blurrier the background will be. This can create a beautiful effect that showcases your pet.

Action shots can be more challenging. It is easier to capture the shot you want if your cell phone has an option to shoot in "live mode". On an iPhone, open the image you want and tap "edit" on the upper right of the screen. A series of images will appear at the bottom of the screen. You can scroll back and forth and choose the frame you want or even save it as a small video clip. On an Android phone, you can download an app to do this, such as "Action Snap" or "Frame Grabber".



As with any photo shoot, leave yourself a lot of time, be patient, be spontaneous, take lots of images and have fun!

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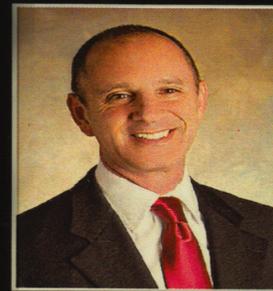
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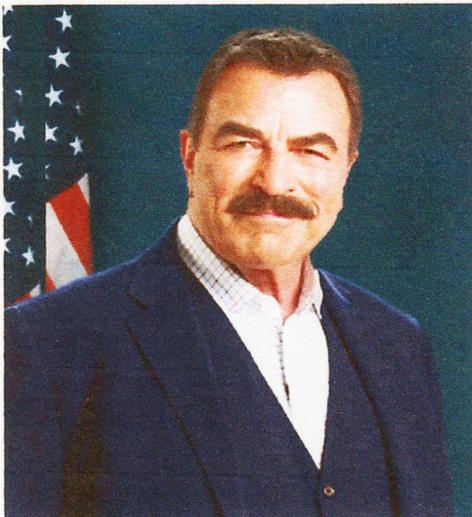
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## Delicious Senior Discounts

AARP offers lots of restaurant discounts for seniors. Here are some listed below and you can also visit their website to find restaurant and other discounts. <https://advantages.aarp.org/en/entertainment-restaurants/restaurants.html> Do you know of a great deal to recommend? Let us know! Email us at: <mailto:dvplat2@gmail.com>



## 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

BTW: the ARB is in need of more volunteers!

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, including the new, additional choices. 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. Call them with any questions and let them help you get through all the necessary steps. Visit our website for more info, to download an Application for Home Improvement form, and to view samples of the paint colors. <https://www.delrayvillasplat2.com/home-improvementformslinks.html>

## Vitamin D: Essential Nutrient or Hoax?

By Dr. Howard Benedikt

Over the past several years, numerous articles touting the benefits of vitamin D have been published in peer reviewed medical journals. A deficiency of Vitamin D, the “sunshine vitamin” has been linked to everything from dementia and Alzheimer’s disease, many autoimmune diseases including type I diabetes and MS, high blood pressure, joint pain, IBS and immune problems. Should we believe that vitamin D is therefore a miracle nutrient that we should all be taking or simply another health food “snake oil” cure?



To begin, vitamin D is not a vitamin, but rather a hormone. By definition, a vitamin is an essential nutrient for life that you can only get through dietary intake. Vitamin D on the other hand can be manufactured by pigments in the skin being exposed to UV radiation and then converted into the active compound in the liver and then the kidneys. Recent research has shown that it is programmed to activate over 2000 genes in the body that control numerous activities in the body.

It is now estimated that over 75% of the world’s population may be deficient in vitamin D, regardless of where they live. People obviously living in Northern climates where sunlight varies throughout the year would appear to be prime candidates to be deficient. However, people living in areas where sunlight is abundant, also show deficiencies as do the elderly, those suffering from chronic illness, the young as well as any individual that does not get enough sunlight.



How much is enough? A simple blood test is available to measure levels of vitamin D. Since the metabolism of vitamin D is complex, simply obtaining a result does not mean a person is not deficient. Many factors are in play when it comes to vitamin D. According to standards, 20 ng/dl is considered to be deficient. It is now suggested that the average intake should be 4,000 to 6,000 IU per day. In some conditions it is not unusual to see people taking 50,000 IU per week.

Vitamin D is not found in large amounts in the American diet. Best sources would be nuts, seeds, grains and salmon. Do not be fooled by thinking that milk enriched with vitamin D or bread with added vitamin D are choices to prevent a deficiency.

In conclusion, make good food choices, get plenty of exercise outdoors, use liberal amounts of sunscreen (too much may block sunlight’s ability to convert to vitamin D), and supplement with vitamin D regularly.



## Where Did That Name Come From?

By Michael Weingarten

In keeping with our series of articles about local street names, here is some more history behind the names of local streets and roads. While these street names do not evoke the exotic provenance of our Delray Villas thoroughfares (it's hard to compete with Roman Goddesses, after all), they do provide a sense of who and what came before the seemingly endless development that now surrounds us.

### **Flavor Pict Road...**

Flavor Pict Road got its name because it went out to the Flavor-Pict farming cooperative on about 1,400 acres west of Boynton Beach. Flavor-Pict would become one of the state's largest tomato-growing operations, producing hundreds of thousands of tomatoes annually. In the 1960s, Flavor-Pict filed a million-dollar suit against the Geigy Corporation, claiming that the Dazinon the farming firm bought from Geigy burned many tomato plants, severely damaging the crop. That suit was settled out of court.

In 1968, Ohio-based Ogden Foods bought Flavor-Pict for an undisclosed price. The farm shut down in 1973 and is now the site of several developments.



### **Hagen Ranch Road...**

Hagen Ranch Road was a dirt road (later a shellrock road) leading from Atlantic Avenue to the Hagen Cattle Ranch. The 600-plus acre ranch was sold to developers in 1980. It's now the site of several neighborhoods and a golf course. Lawrence Hagen, who died in 1982, had owned a portion of the ranch and named it. He also owned Hagen Paints, which stood on the south side of the 400 block of East Atlantic Avenue.



### **Military Trail...**

Military Trail is named for the trail blazed by U.S. Army Tennessee and Missouri Volunteer forces from a fort in Jupiter south to a fort in Fort Lauderdale during the Second Seminole War. During the Second Seminole war, the longest and costliest of the Indian wars and one of the most unpopular in U.S. history, Maj. William Lauderdale was leading troops of Tennessee Volunteers. After the battle of Okeechobee in December 1837, which involved Missouri Volunteers, Lauderdale's Tennessee Volunteers made their way from Central Florida to what is now Jupiter, where they fought the battle of Loxahatchee. Nearly 1,700 Volunteers and regular soldiers sq

Seminole and black allies along the banks of the Loxahatchee. The Seminoles were scattered. About 600 were forced west as part of the "Trail of Tears." The rest slipped into the Everglades. The soldiers went on to build Fort Jupiter, three miles west of Jupiter Inlet. After finishing Fort Jupiter, the Volunteers then hacked a supply trail southward; it would become Military Trail. They worked their way from Fort Jupiter to "the new river," where they built a fort that was later named for Major Lauderdale. Lauderdale would be dead by May 1838. The otherwise obscure military figure would have slipped from the history books if not for his municipal namesake.



## PLAT 2 BOARD OF DIRECTORS

President.....	George Kuhn (2018)	561 568-2510
Vice President.....	Ellen Rosenman (2017)	561 499-2944
Treasurer.....	Patricia Pratt (2018)	561 499-3954
Recording Secretary.....	Ed Clemon	561 496-0861
Other Directors.....	Bill Margillo (2017)	561 495-9927
	Sharon McCloskey (2019)	561 865-3780
	Ed Redder (2019)	561 894-7047
Lawns & Landscaping.....	Bill Margillo	
Pool.....	Sharon McCloskey	
Lakes.....	Ed Redder	
Interviews.....	Reynold Pratt*	
Beautification.....	Catherine Patti*	
	ALL DIRECTORS	

Compliance.....

Representative to the Rec Association and Alliance: Reynold Pratt\* 561 499-3954

Representative to the Rec Association: Judy Clemon\* 561 496-0861

\*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.*

## **BOARD MEETINGS 2018**

January 23	February 27
March 27	April 24
May 22	June 26
July 24	August 28
September 25	October 23
November 27	December 18**

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 2019

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.



### **Just To Remind You....**

**The 2017 Delray Villas Telephone Directory for all five plats  
is available for pick up. Please contact Patricia Pratt: 561 499-3954  
to receive your copy if you haven't gotten one yet.**

*Patricia Pratt*  
**Treasurer**



*From the*  
**Grapevine Staff**

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

The Grapevine is also available to read and/or download from our website at:

[www.delrayvillasplat2.com/grapevine.html](http://www.delrayvillasplat2.com/grapevine.html)