

## PRESIDENT'S MESSAGE

### French Drain Guidelines

As we've been discussing over the past several months, it is incumbent on those of us who live near one of the lakes to take immediate steps to put a stop to our increasingly serious erosion problem.

This will require each lakeside homeowner to install French drains on your own property (but not on common property) in order to direct the water coming from your downspouts away from the lakes and reroute the flow to run perpendicular to the back of your house instead.

**There are several important things you should know before you begin this process:**

- First, please understand that French drains are completely different from downspout extenders. So anyone who has mistakenly put in downspout extenders will need to have the work redone.
- All construction plans must be approved by Bill Margillo (a member of the Board who can be reached at 495-9927). Bill will be able to help you make sure your plan is laid out correctly.
- It is also critical that you call FPL before any work begins so they can flag the locations of all power lines, TV cable lines and sprinkler system lines to avoid having workers hurt or even electrocuted during the process. There is no charge for this service.
- It will be up to your contractor to determine the length of your French drains—presuming that the longer they are the more effective they will be.
- Construction will require the use of standard 4-inch PVC pipes (available at Home Depot) in ten-foot sections.
- All drain pipes must also be encased all the way around in a covering of gravel 4 inches thick.
- If applicable, some corner downspouts may be able to be directed along the side of the house and down toward the street, but this is the exception rather than the rule.

This is an important undertaking and it is critical that it be done right. While we enjoy the picturesque serenity of our lakes, we must also be responsible for their upkeep to make sure they will continue to be a source of beauty and pride. Thank you, in advance, for your cooperation. And do let us know if and how we can be of further assistance during this process.

*George Kuhn*  
President

**FOR YOUR SAFETY**  
**Carol and Dennis Michalic**

**QUESTIONS TO ASK YOUR SURGEON BEFORE SAYING "LET'S DO IT"**  
(As featured in THE PALM BEACH POST 1/16/17 )

- How often do you perform this surgery? (Surgeon should perform this multiple times weekly.)
- What is your success rate? What complications occur most frequently and how do you deal with them?
- Are you Board certified and a member of the American College of Surgeons? (If not, look elsewhere.)
- What is the infection rate for this procedure? What is the infection rate at the facility where the surgery will be performed?
- What anesthesia is usually used? If the answer is "general" or "regional"—spinal or nerve block—will I meet the anesthesiologist? (If not, go elsewhere. If yes, ask the same questions about their training.)
- If applicable: do you work with a particular physical therapist or rehab center?
- How can I contact you if I have more questions?

If satisfied, proceed. **STAY SAFE.**



*It is with great sorrow that we acknowledge the passing of our neighbor and friend, Stanley Amsterdam. He was one of our original homeowners and served for many terms as a Board member. Stanley also volunteered on various committees, represented our plat at the Alliance and the Recreation Association, and was continually involved in many of the activities that have helped make our community what it is today.*

*Our heartfelt condolences to his daughter, Lynn Amsterdam, who is a current Board member, and to other family members and friends. Stanley will be greatly missed by us all.*



# **MID-WINTER POOL PARTY!**

*JOIN US AT THE POOL AND LETS HAVE SOME FUN  
WITH FRIENDS AND NEIGHBORS.*

*SUNDAY, FEBRUARY 19, 2017  
FROM 1:00 PM to 4:00 PM.*

*Plat 2 Pool*

*Bring some food to share.*

*You don't cook? That's fine, you can bring  
Snacks, sodas or ice.*

*Contact us an let us know that you will join us and  
what you would like to bring.*

*Carmen Ojeda - 954 816-9966*

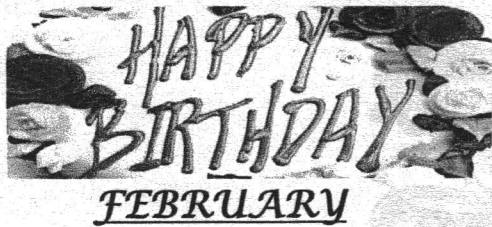
*clojeda@comcast.net*

*Sharon McCloskey - 561 865-3780*

*sharonmccloskey@bellsouth.net*

*Alcoholic beverages are not permitted.*





- 5... Greg Kuller
- 6... Isobel Moss
- 7... Mort Greenfield
- 12... Harriet Lutsk
- 13... Judy Clemon
- 17... Mike Manover
- 21... Charles Weinberger
- 27... Stephen Lutsk

21....Boris and Roberta Katz

*"I love being married. It's so great to find that one special person you want to annoy for the rest of your life." Rita Rudner*

*"Don't worry about your age. Remember, as you get older, so do all your friends." Unknown*



*A Warm Welcome to Our  
New Neighbors:*

Brigida Cabrera 13232 Via Vesta  
Debra Cherek 13112 Via Vesta  
Susan & Scott Bradley 6091 Via Diana

*"A neighbor will spend an hour talking at your door because she hasn't time to come in." Anonymous*



**Classified Ads**

For sale: \$100 (Windows10) H.P. desktop tower used 1 month. Needs hard drive. Call Rodger (561) 499-9488.

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.**

You're welcome to submit your own classified ad: 2 lines for \$2.

Contact [sharonmccloskey@bellsouth.net](mailto:sharonmccloskey@bellsouth.net)

*"Vendi, vidi, visa—I came, I saw, I charged it." Swoosie Kurtz*



**ADD YOUR BIRTHDAYS & ANNIVERSARIES TO OUR LIST!**

Contact Sharon McCloskey at [sharonmccloskey@bellsouth.net](mailto:sharonmccloskey@bellsouth.net) or Wendy Karger at [wendkarger@aol.com](mailto:wendkarger@aol.com) so we can add your names and important dates to our monthly listings.



## CLUB HAPPENINGS

### NA'AMAT USA

Our next meeting will be on Monday, February 6<sup>th</sup> at 9:00am in the "A" Building. We will have a regular meeting and then an interesting discussion. Bagels and coffee will be served.

### DEBORAH

Our next meeting will be on Thursday, February 16<sup>th</sup> at the Panda Gourmet. Call Mildred Adamo at 495-4545 for information.

### MEN'S & WOMEN'S SOCIAL CLUB

Our next meeting will be on Tuesday, February 21<sup>st</sup> at 7:00pm in the "A" Building. After a short business meeting, we will have great entertainment. Coffee plus will be served. Nibbles will be on the tables. Dues for 2017 are now due: \$15 per person.

### AFTER SIX CLUB

Well it's February already, and it's time for our horses to come out of the stables. During the meeting on February 1<sup>st</sup>, the horses will show off their beauty and the fun shall begin. The auction of our horses is a main event for us because it is the beginning of our fund raiser. Don't miss out on the fun. Membership is \$15 per person and guaranteed you will get your money's worth. Looking forward to seeing you! Diane Weiss 381-4456.

### AMERICAN ITALIAN CLUB

Our next regular meeting will be on February 3<sup>rd</sup> at 7:00pm in the "B" Building. Coffee and cake will be served. Our special Valentine luncheon will be held on February 6<sup>th</sup> at 12:30pm at Romano's Macaroni Grill, 2004 NW Executive Center in Boca Raton. You will be ordering from their menu and separate checks will be given. Also, our annual Picnic will be coming up on March 15<sup>th</sup> at Morikami Park at 12:00pm. A fantastic BBQ lunch will be served. Please bring your own soft drinks. It will be a fun day with great food, music and games. \$19 for members and guests. All are invited to join us. Please contact Mena DiGiorgio at 495-4552 to make reservations and payment arrangements. We look forward to all members attending and welcome all who are interested in joining the American Italian Club. Please contact Kitty Ingrisani at 498-8571 if interested.

### BOOK CLUB

Our next meeting will be on Monday, February 6<sup>th</sup> in the Ceramics Room of the "B" Building from 1:00-2:00pm. The book we will discuss is *The Widow* by Fiona Barton. Our selection for our March meeting will be *Song of Hartgrove Hall* by Natasha Solomon. 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.

*"We don't stop having fun when we're old; we're old when we stop having fun." Evan Esar*

## Ever Wonder?

Wendy Karger

### What *is* it about chocolate?

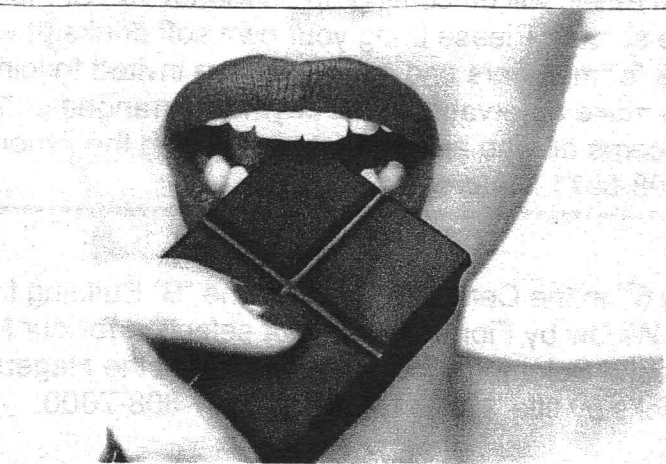
When Valentine's Day comes around, flowers are nice... But there's something about a box of chocolates that can absolutely melt a woman's heart. Believe me!

There is actually a book called *Why Women Need Chocolate*, by Debra Waterhouse, MPH, RD. Apparently, chocolate produces a feeling of serenity by boosting serotonin levels in the brain while it simultaneously lifts our spirits by stimulating endorphins. It also contains phenylethylamine, a chemical released in the brain when we fall in love, along with theobromine, a substance similar to caffeine, which increases alertness, concentration and cognitive functioning.

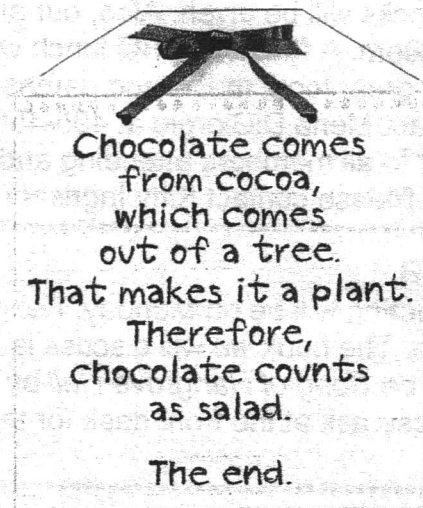
Participants in a study published in the *Journal of Psychopharmacology* (April, 2013), reported feeling a calming effect from a daily equivalent of 1.5 ounces of dark chocolate. Other articles have pointed out that quality dark chocolate (with 70-85% cocoa) contains fiber, iron, magnesium, copper, manganese, potassium, phosphorus, zinc and selenium, and has been praised by some experts for its antioxidant content.

Then there are the ongoing studies suggesting that chocolate *may* be beneficial in everything from lowering LDL cholesterol to preventing memory decline and lowering the risk of heart disease and stroke. However, one recent study in *The American Journal of Clinical Nutrition* cautioned that "older women who consume chocolate daily had lower bone density and strength." So, ladies, it's probably best to keep it for special occasions.

But what about chocolate for *men*? According to Debra Waterhouse, men are five times more likely to dislike chocolate and 78% more likely to crave meat. So, in keeping with equal opportunity marketing strategies, perhaps our friends at Godiva should consider coming up with a sirloin sampler for next Valentine's Day. But, in the meantime, please pass me a *small* truffle...



Does chocolate have any health benefits?



*"There's nothing better than a friend—except for a friend with chocolate," Charles Dickens*

## **WHAT'S COOKING?**

**Catherine Patti**

### **Chocolate-Dipped Apples**

(courtesy of Paula Deen)

We can cheat a little bit—for Valentines' Day—and say this is a health food... Dark chocolate, apples... (An apple a day keeps the doctor away?) Okay, we tried. But these will be a wonderful treat for the eyes and the soul—any day of the year!

#### **Ingredients:**

4 Roma, Granny Smith, golden delicious (or any other favorite) apples

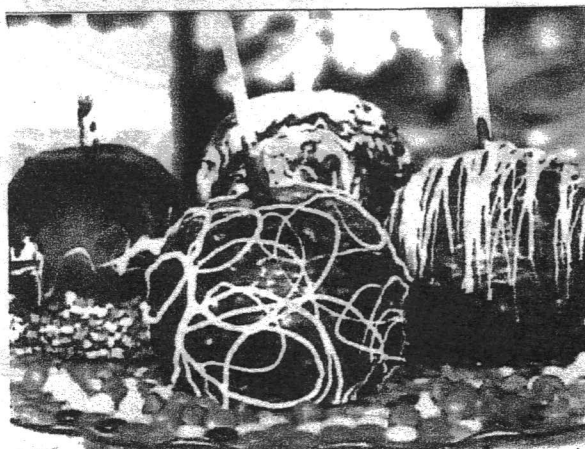
16 ounces semisweet chocolate, milk or dark

8 ounces white chocolate

Toppings of your choice (M&Ms, slivered nuts, etc.)

Either 12 three inch bamboo skewers or wooden popsicle sticks

- Wash and thoroughly dry the apples and insert bamboo or wooden sticks into the apple cores.
- Melt each kind of chocolate in separate bowls.
- Gently dip and roll each apple into the dark chocolate, making sure to thoroughly cover.
- Place on waxed paper. Use a spoon or wooden stick to carefully drizzle the white chocolate over the dark, using thin side of the popsicle stick to create swirls or decorative patterns.
- Dip your apples into topping bowls or sprinkle topping over apples.
- Place decorated apples on waxed paper and refrigerate for 15 minutes to harden.



Chocolate-Dipped Apples

*"Nature is perverse: it puts most of the vitamins in the foods we don't like." Evan Esar*





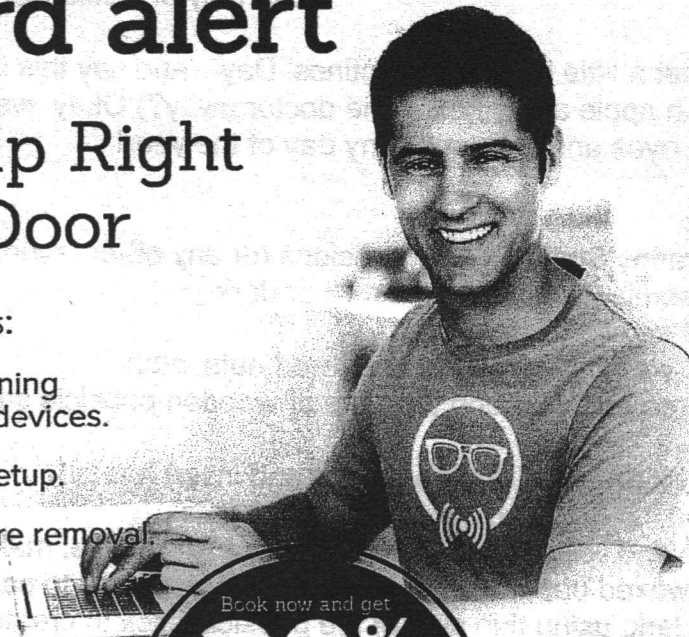
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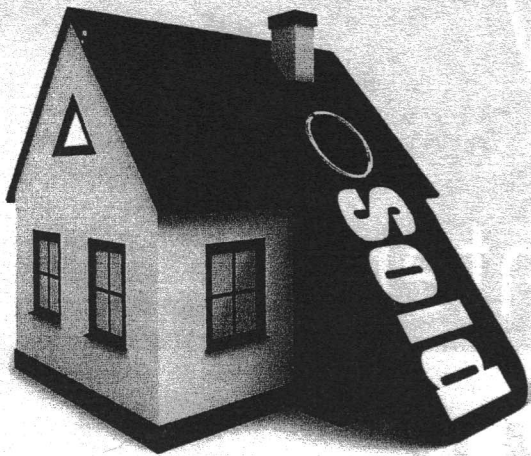
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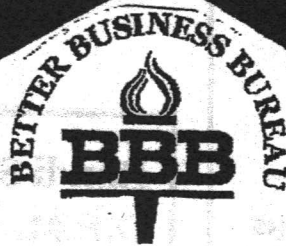
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**To Your Health**  
**Wendy Karger**

**Is there a *right way* to fall?**

Although falls are often associated with older people, The Agency for Healthcare Research and Quality estimates more than a third of all emergency room visits in the United States are the result of falls.

"As physical therapists, we talk a lot about preventing falls," says Dr. Jessica Schwartz of New York City, who trains athletes and people with prosthetic limbs to fall without hurting themselves. "But what we don't talk about is what to do when we actually *do* fall."

The number one thing to remember is to protect your head. If you find yourself falling, pivot to your side and tuck your head in to avoid a concussion. Moreover, falling straight forward or backward raises the risk of damaging your spine and vital organs.

The other thing to avoid, she says, is "**foosh**"—an acronym for "falling onto outstretched hands." When the full impact is concentrated on your hands, it increases the risk of breaking a wrist. Similarly, you need to avoid crashing down on your knees to avoid breaking a kneecap.

**So then, what *should* you do when you feel yourself falling?** Experts recommend bending your elbows and knees and trying to take the hit on the fleshiest parts of your body like the side of your thigh, buttocks or shoulder. "Aim for the meat, not bone," says Kevin Inouye, stuntman and assistant professor of acting, movement and stage combat at the University of Wyoming.

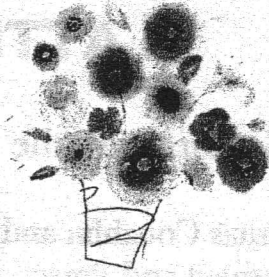
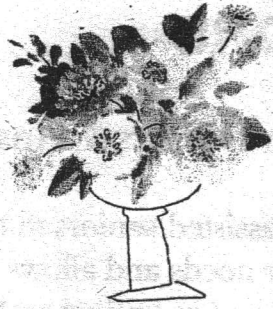
The key is not to fight the fall but roll with it, according to Sgt. First Class Chuck Davidson, master trainer at the Army's Advanced Airborne School at Ft. Bragg, N.C. "The paratroopers' goal is to fall sideways in the direction the wind is carrying them rather than resisting the momentum of the fall...and shifting your body weight to break up the impact."

A paratrooper's training is similar to the way martial arts practitioners learn to take a fall when, for example, they are thrown over someone's shoulder or have their legs knocked out from under them. "Accept your fall and go with it, round your body and don't stiffen" says Paul Schreiner, a black belt jiu jitsu instructor at Marcelo Garcia Academy in New York City. That way you'll distribute the impact to the widest area possible. "If you don't take the fall in any one place, you'll still walk out sore, but you'll walk out..."

Experts agree that you'll be less likely to hurt yourself if you relax your body, soften up all your muscles and exhale as you fall. Rigidity is your enemy; pliability is your friend. Unfair as it is, that's why people who are drunk tend to be the ones who don't get hurt in car crashes, according to Mr. Inouye. "They are loose and just flop around." Also, notice how young children are, arguably, the best at falling because they have not yet developed the fear of embarrassment. They just tumble and roll without trying to catch themselves.

But being in good shape is also a factor. Physical therapists can assess specific weaknesses and prescribe exercises to improve your overall strength and agility (like jumping from side to side or on and off platforms or steps). That way, we'll be better able to "execute" a fall—and reduce the risk of falling in the first place!

*"You have to stay in shape. My grandmother started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is." Ellen Degeneres*



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*"The man who never stubs his toe is probably standing still." Evan Esar*

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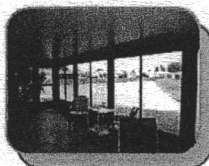


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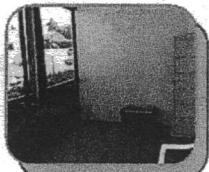
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*See if you can find it!*  
*Hint: Plat 3*

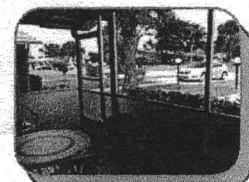
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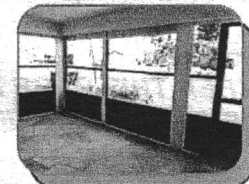
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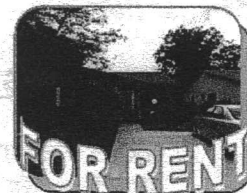
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Treasurer-----	Patricia Pratt (2018)	499-3954
Recording Secretary-----	Holly Krahe (2017)	(954) 290-5061

Other Directors-----	Lynn Amsterdam (2018)	(973) 464-6105
	Bill Margillo (2017)	495-9927
	Sharon McCloskey (2019)	865-3780
	Ida Ventura (2019)	637-1636
	Ed Redder (2019)	894-7047

Lawns & Landscaping:	Bill Margillo
Pool:	Sharon McCloskey
Beautification:	Lynn Amsterdam, Ida Ventura
Lakes:	Ed Redder
Interviews:	Sharon McCloskey, Ida Ventura
Compliance:	ALL DIRECTORS

Representative to the Rec Association and Alliance - Steve Ragno \* - 499-0142  
 Reoresentative to the Rec Association- Reynold Pratt\* - 499-3954

\* 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 2017

### HOA "GENERAL" MEETINGS 2017

January 24<sup>th</sup>  
 February 28<sup>th</sup>  
 March 28<sup>th</sup>  
 April 25<sup>th</sup>  
 May 23<sup>rd</sup>  
 June 27<sup>th</sup>  
 July 25<sup>th</sup>  
 August 22<sup>nd</sup>  
 September 26<sup>th</sup>  
 October 24<sup>th</sup>  
 November 28<sup>th</sup>  
 December 19<sup>th</sup>

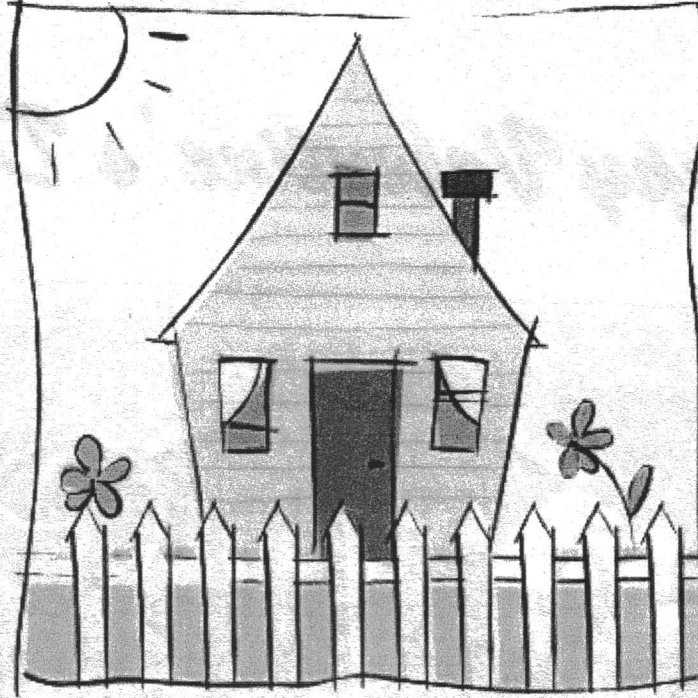
These meetings will be held on **March 28<sup>th</sup>** and **December 19<sup>th</sup>** directly after the Board meetings on the same date. Our 2018 new Board elections will be held at the December HOA meeting.

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 **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 all the things your Board is planning and doing for you.

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



## *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 whose members are not necessarily Board members. Our new ARB members for 2017 are:

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

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

When you plan to repaint your home or driveway, the review board will provide you with the choices of agreed-upon colors for our community. 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."

*"We shape our dwellings, and afterwards our dwellings shape us." Winston Churchill*

*Happy Valentine's Day!*



CHOCOLATES CROCHETED BY WENDY

*From the*  
**Grapevine Staff**

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