

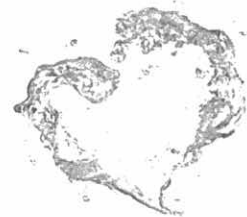
PRESIDENT'S MESSAGE

On October 18th, we had a very successful budget meeting where it was decided that we will need only a slight cost-of-living increase in our maintenance fees (which will literally amount to about \$2 per month). Another money-saving decision involved the Grapevine itself. Since the cost of mailing has increased dramatically, we decided that when snowbirds are not actually here, they can access it online as opposed to receiving printed copies in the mail. This will start with our next issue. The website address is <http://www.delrayvillasplat2.com/grapevine.html> and this will also allow you to access previous issues you may have missed or would like to refer back to again.

Also--we need volunteers to run for the Board! The elections will be held next month and three of our members' terms will expire at the end of this year. With all our new homeowners, we are sure there must be lots of untapped talent out there. So please send your resumes to me asap, making sure to highlight any particular skills you have which you feel you would like to contribute. ***We need you!!!***

We want to thank everyone for their patience while waiting for the garden waste cleanup after Hurricane Irma. But it has also brought to mind an ongoing problem which we've been meaning to address. When you have trash that is too cumbersome to get rid of with our regular trash pick-up—including old TVs, computers, furniture, rugs, refrigerators and the like, they won't get picked up unless you call Solid Waste Authority and make separate arrangements to have them come. They do have special trucks which can accommodate these items, but you must notify them and make an appointment in advance. Their number is listed in the front of your DV Directory: **1-866-792-4636**. So please use it. It will make things a lot easier for you and a lot less of an eyesore for your neighbors. Thanks for your cooperation.

George Kuhn
President



Get ready to make a big splash!

We are having our first pool party of the season on **Sunday, December 10th**. Everyone is invited to bring goodies to share and join in the fun. We'll have more specific information in the December Grapevine, but in the meantime, you can call Sharon McCloskey, 865-3780, or Carmen Ojeda-Nunez, (954) 816-9966, to let them know that you'll be coming and what you would like to bring.

FOR YOUR SAFETY

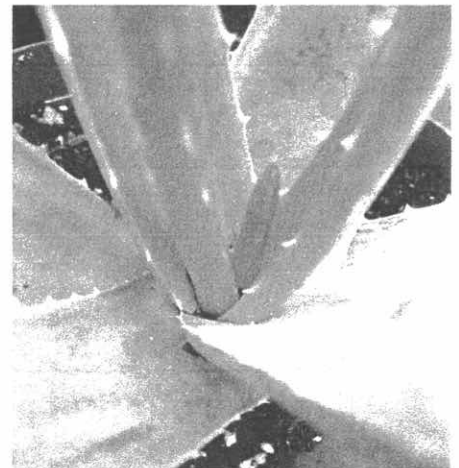
Wendy Karger

Kitchen burns: What and what NOT to do

As the holidays come around, we'll all be spending more time in the kitchen. And there are a lot of misconceptions about how to deal with the inevitable minor burns that are part and parcel...Among the old fashioned remedies to AVOID are smearing the burn with butter or egg whites. Even using ice cubes is not recommended because it can cause frost bite to your now extremely delicate skin.

But here are things you SHOULD do—immediately:

- First determine whether it is, in fact, a *minor* burn. If it is more serious, call 911 and get help right away.
- The Mayo Clinic, among other authorities, recommends holding the burned area under cool (*not cold*) water for 10 to 15 minutes or until the pain eases, or applying a clean towel soaked with cool tap water.
- Remove rings or other tight items from the burned area quickly—before it has time to swell.
- Applying moisturizer or aloe vera lotion or gel may provide relief in some cases. Many cooks actually have an aloe vera plant right in their kitchens. To use its natural gel, slice off a leaf from the bottom of the plant, closest to the base. The gel will begin to ooze as soon as you cut the leaf. Using a cutting board, slice the leaf, scrape the gel into a bowl and gently apply to the burned area.
- If needed, take an over-the-counter pain reliever, such as ibuprofen (Advil, Motrin IB or others), naproxen sodium (Aleve), or acetaminophen (Tylenol or others).
- Don't break small blisters (no bigger than your little fingernail). If blisters should break, gently clean the area with mild soap and water, apply antibiotic ointment and cover with a non-stick gauze bandage.
- If you develop large blisters, see your doctor. These are best removed medically, as they will rarely remain intact on their own. Also seek help if the burn covers a large area or if you notice signs of infection, such as oozing, increased pain, redness and swelling.



"Most of the knowledge in the world has been acquired at the expense of someone's burned fingers." Evan Esar

Take Advantage of These Senior Discounts!

Sharon McCloskey

Did you know that, on certain days of the week, you can enjoy considerable discounts at some of our local stores and businesses? All you have to do is show up on the right day and make sure to say that you're a senior. (Of course, with most of us, that would not be at all obvious, so don't forget to mention it.)



MONDAYS

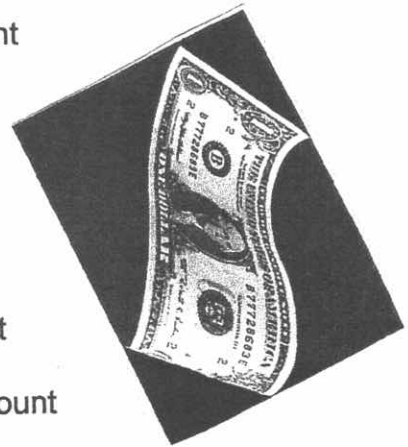
TJ Maxx offers a 10% discount
Bealls Outlet offers a 15% discount

TUESDAYS

Ross offers a 10% discount
Bealls offers a 15% discount

WEDNESDAYS

Kohl's offers a 15% discount
Faith Farm offers a 25% discount
Goodwill offers a 25% discount
Bethesda Bargain offers a 50% discount



ANYTIME

Wendy's offers seniors complimentary beverages
Pollo Tropical offers a 10% discount (but don't forget to ask)
Bonefish Grill offers AARP members 10% off your entire check (excluding alcohol, tax and tip)
Enterprise Rent-A-Car offers a 5-20% discount for AARP members (Mention Discount ID: RP82X7)
Firestone Complete Auto Care (Atlantic Ave, Delray) offers a 10% discount

If you know or hear of any others, we're all ears! Contact Wendy at wendkarger@aol.com and we'll be glad to pass it on.

"The safe way to double your money is to fold it over once and put it in your pocket." Frank Hubbard



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Please be advised that there is no longer transportation available through We Care.

"A general practitioner is a doctor who calls in a specialist to share the blame." Evan Esar



NOVEMBER

- 14...Marilyn Lebowitz
- 15...Audrey Lashauer
Holly Krahe
- 17...Fred Polito
- 20...Helen Katz
- 30...Fran Appel



NOVEMBER

- 1...Arlene & Jack Kessler
- 14...Harriet & Steve Lutsk
- 26...Amy Richards & Derek Hannan

"A happy marriage is a long conversation that seems all too short." Andre Maurois

"The older we grow, the more we realize that no one who is as young as we are, is old." Evan Esar



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.

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

Contact sharonmccloskey@bellsouth.net

"If I don't shop today, what will I return tomorrow?" Anonymous



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Would you like to receive information from the association about news and special events as they come up? Just send your email address to Reynold Pratt at rpratt@comcast.net and we'll include you on our list. Your address will *not* be distributed to other parties for any other reason and you can choose to unsubscribe at any time. Enjoy the convenience of being up-to-date.



Let your neighbors know where you can be reached

If you moved here after the new Delray Villas Directory was printed, please provide your names, addresses and phone numbers to Wendy Karger wendkarger@aol.com so your information can be printed in the next issue of the Grapevine and your neighbors will know how to get in touch with you!

On a personal note, I just want to thank everyone who has offered warm wishes and prayers for my husband Mickey's recovery. And to those who have been there with me day after day, there are no words powerful enough to express my most sincere gratitude.

Wendy Karger

CLUB HAPPENINGS

NA'AMAT USA

Our next meeting will be on Monday, November 6th at 9am in the "A" building. We will have a regular meeting and a short program. Bagels and coffee will be served.

DEBORAH

Our next meeting will be on Thursday, November 16th at 12 noon in the "A" building. After a business meeting, we will play Bingo. Bagels and coffee will be served.

MENS' & WOMENS' SOCIAL CLUBS

Our next meeting will be on Tuesday, November 21st at 7pm in the "A" building. After a short business meeting, we will have great entertainment. Coffee and cake will be served. Nibbles will be on the tables.

AFTER SIX CLUB

We will meet the first Wednesday of every month, which will fall on November 1st, at 7pm. Everyone is invited to see what we are all about. Coffee "and" will be served. Dues are \$15 for the year ending in December 2018. For further information, check Channel 63 or contact 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.

.....



"In the long history of mankind (and animal kind, too), those who learned to collaborate and improvise most effectively have prevailed." Charles Darwin

TO YOUR HEALTH

Wendy Karger

The Almighty Apple

From the tales of Johnny Appleseed to the oft-repeated references to the virtues of mom and apple pie—apples have always been an American standard. There are now a staggering range of varieties to choose from and so many ways to serve them (although one anonymous source claims that Adam might have fared a lot better by *drinking* his apples as cider instead of eating them as fruit. In fact, he doubtless would have enjoyed Catherine's zingy recipe on the following page...)

This is the time of year when apples of every sort are at their peak. And besides being delicious and versatile, there are many reasons why they are also a great nutritional choice. High in both Vitamin C (ascorbic acid), and potassium, they are also a good source of fiber and have many beneficial effects on heart health. Their high level of various antioxidant compounds contribute to a number of other health benefits as well.

Several studies have shown that frequent consumption of apples can reduce total cholesterol levels and lead to the reduction of plaque buildup inside the arteries by up to 48%. Another study in Finland showed that the risk of dying from heart disease was lowered by as much as 43%.

In a study titled "*Does an apple a day keep the oncologist away?*" those who consumed 1 or more apples daily were found to be at lower risk of getting cancer, including a 20% lower risk of colorectal cancer and an 18% lower risk of breast cancer.

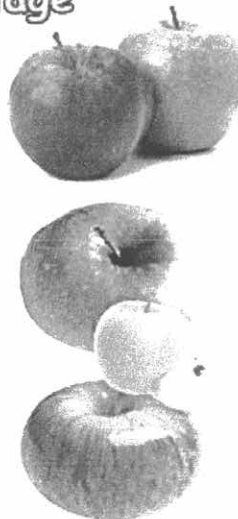
Apples may also play a useful role in weight control since they are high in fiber, which is helpful in producing a feeling of satiety, and low in energy density. The average medium-sized apple contains approximately 65 calories.

The chart below will give you a good overview of the variety of nutrients which apples provide. And Catherine's recipes, on the following page, will show you some traditional and not-so-traditional ways to enjoy these crispy seasonal favorites.

Apples - Nutritional Facts per 100 g

Nutrients mg Percentage

Folates	3 µg	1%
Niacin	0.091 mg	1%
Pantothenic acid	0.061 mg	1%
Pyridoxine	0.041 mg	3%
Riboflavin	0.026 mg	2%
Thiamin	0.017 mg	1%
Vitamin A	54 IU	2%
Vitamin C	4.6 mg	8%
Vitamin E	0.18 mg	1%
Vitamin K	2.2 µg	2%
Sodium	1 mg	0%
Potassium	107 mg	2%
Calcium	6 mg	0.6%
Iron	0.12 mg	1%
Magnesium	5 mg	1%
Phosphorus	11 mg	2%
Zinc	0.04 mg	0%



"It is remarkable how closely the history of the apple tree is connected with that of man." Henry David Thoreau,

WHAT'S COOKING?

Catherine Patti

Two delicious ways to enjoy the season's bountiful harvest

Quick & Easy Baked Apples

(adapted from Perry's Plate in Baking)

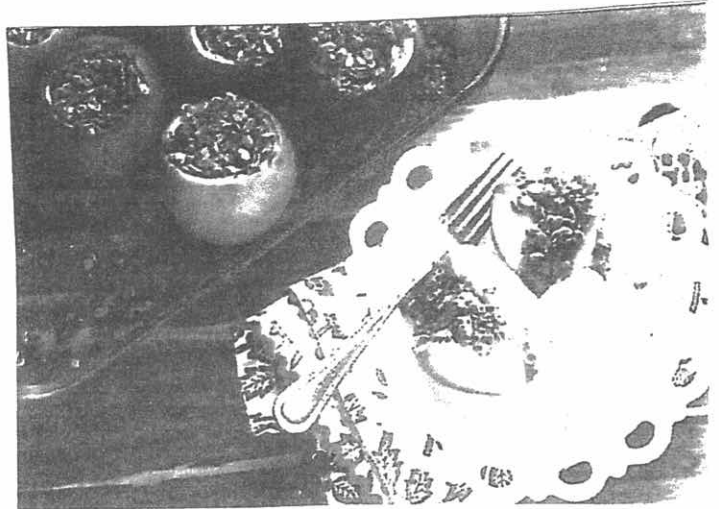
Ingredients

9 small baking apples (like MacIntosh)
2 tbs butter, room temp (for greasing dish)
2 tbs brown sugar

For your filling:

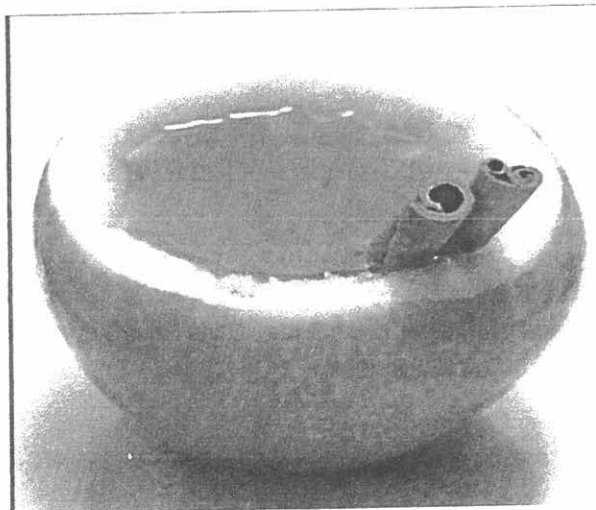
1/3 cup butter, room temp
1/3 cup brown sugar
1 cup Quick Cooking Oats
1 tsp ground cinnamon

- Preheat oven to 350 F
- Wash and core apples
- Generously coat the bottom of an oven-safe baking dish with butter (use one big enough to arrange all the apples)
- In separate bowl, crumble filling ingredients together
- Fill each apple with a generous amount of filling
- Bake 30-40 minutes until soft
- Use a spoon to scoop and drizzle some of the hot caramel from the dish and serve with a scoop of vanilla ice cream



Catherine's Spunky Apple Cider

- Heat apple juice or cider in a pot with cinnamon sticks, sliced oranges, apples, lemons, and cloves to taste to combine the flavors and strain out the pieces.
- Let liquid cool and add a touch of rum or schnapps for a little kick.
- While your cider is cooling, core and scoop out large firm apples, like Fuji or delicious, depending on your preference for sweet or tart flavor.
- Pour cooled cider in your apple "cups," garnish with a couple of cinnamon sticks and enjoy!

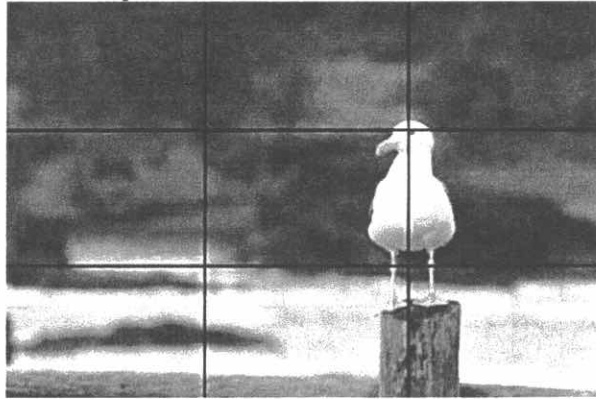


"If you wish to make an apple pie from scratch, you must first invent the universe." Carl Sagan

How to Take Great Cell Phone Pictures

Lisa Weingarten

Tip 3: The Rule of Thirds



Getting focus and exposure right is crucial in photography, but composition is equally important. Without good composition, your photo isn't likely to be very eye-catching.

The rule of thirds is one of the most useful composition techniques in photography. It's an important concept to learn as it can be used in all types of photography to produce images that are more engaging and better balanced.

The rule of thirds involves mentally dividing up your image using two horizontal lines and two vertical lines, as shown in the photo of the seagull. You then position the important elements in your scene along those lines, or at the points where they meet.

You can use the physical gridlines that come on your smart phone. On an Android phone, you can turn on or off the gridlines by launching the camera app, tap the settings icon, then scroll down to where it says "Gridlines" and tap "on" or "off". On the iPhone you go into settings, scroll down to "Photos & Camera", tap on that, then scroll down to "Grid", and toggle on or off. Leaving the gridlines on helps to train your eye.

You should try and put your subject in line with one of the vertical lines. If there is a horizon in your photo, it should be in line with one of the horizontal lines. The idea behind the rule of thirds is that the off-center composition makes for a more interesting shot.

As always, rules are made to be broken! Sometimes the situation calls for a different approach. You may compose your shot using the rule of thirds, and simply not like it. You may like your subject centered and feel like that is the more dynamic shot.

So learn to compose your shots using the rule of thirds, and then once you're happy with it, try breaking it on purpose sometimes to create a different impact in your image. As always with photography, don't be afraid to experiment. You might be surprised with the results.

"I want to stand as close to the edge as I can without going over. Out on the edge you see all the kinds of things you can't see from the center." Kurt Vonnegut

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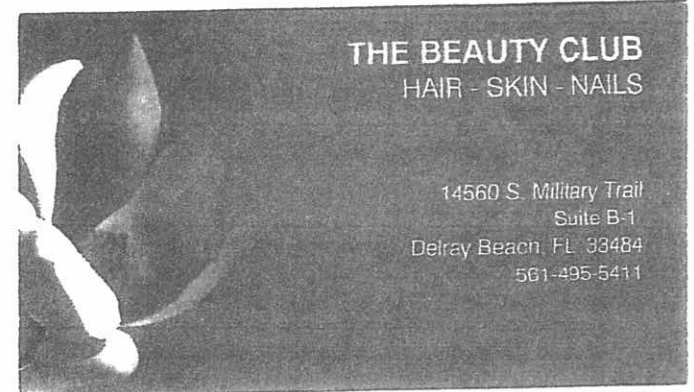
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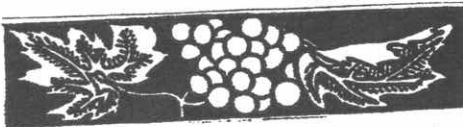
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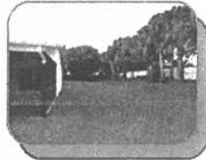
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DID YOU EVER WONDER?

Wendy Karger

Why is discrimination based on weight the last socially tolerated bias?

'Tis the season when holiday celebrations revolve around eating ourselves silly and then moaning and groaning about how much weight we've gained... We all do it. But most people will then go off to the gym or diet for a couple of weeks and that's the end of it. However, for all too many, it's an ongoing source of self-degradation and hopelessness.

In a society increasingly sensitive to offending people of different races, ethnic backgrounds, gender identities and people with disabilities, it's especially sad that "obesity has been called the last socially acceptable form of prejudice," according to Dr. Scott Kahan, Director of the National Center for Weight and Wellness in Washington, D.C.

Explicit weight discrimination and its many damaging consequences are well documented. Yet it is the *implicit* slights—starting with schoolyard taunts and "fat jokes," and continuing into adolescence, education and job discrimination, media messages, and offhanded comments by people who otherwise consider themselves nonjudgmental—that are often the most hurtful. Dr. Rebecca M. Puhl, of the University of Connecticut, reported in a comprehensive review, that it is often the *stigmatization itself* that triggers more frequent binge eating and other "maladaptive eating patterns."

A study of 14,000 adults in the US and UK revealed that those who *thought* themselves to be overweight were more likely to continue gaining weight over time, while another online study of 2,702 American adults confirmed that people who felt stigmatized were least likely to maintain their weight loss over the long term.

So what can we do about it? Three states—New York, Maine and New Hampshire—have passed laws prohibiting discrimination based on weight. But for the rest of us, the answer starts with an awareness of how deeply we've internalized the perception that *we* are to blame for whatever social embarrassments we've experienced. "It's hard to change societal attitudes," Dr. Puhl acknowledged. But she recommends making a concerted effort at "positive self-talk" as a first step off the yo-yo diet merry-go-round.

I remember, in the early 70s, I had a neighbor who was an absolute knock-out, with a beautiful face, flawless skin and an hourglass figure—only she was a perfect size 18. She became a model for one of the first manufacturers of high-end clothing specifically proportioned for larger sizes—a true fashion breakthrough and much-welcomed alternative to the Lane Bryants which were the only other possibilities at the time. Now there are many stores and catalogs offering larger sizes in different price ranges, designed to help you look stylish and project an air of confidence. And chances are, when you're feeling attractive and positive, you're more likely to succeed in maintaining a healthier lifestyle and keeping your weight down.

So for now, on our way down, why not treat ourselves to some flattering, gently flowing tunics in soft, colorful fabrics. Because, as the old L'Oreal commercials used to say, "*You're worth it!*"

"I wish I could lose weight as easily as I lose my keys, my cell phone, my glasses, and my will power." Anonymous

YOU LIVE WHERE?

Lisa Weingarten

Do you live on Via Vulcanus? Then your street is named for the great Fire God, Vulcan, son of Jupiter and Juno, and husband of Maia and Aphrodite (Venus).

He is not only the god of fire, but also volcanoes, metalworking, art, arms, iron and jewelry. Vulcan is often depicted with a blacksmith's hammer, but he also famously forged the lightning bolts for his dad, Jupiter. And, as you may recall, when Jupiter suffered a horrendous headache brought on by Metis, one of his crafty wives, Vulcan was called upon to cleave open Jupiter's head (a rather primitive precursor of brain surgery), and out popped the goddess Minerva! (Quite a curriculum vitae.)

As if that wasn't enough, Vulcan is also associated with male fertilizing power and impregnated a woman with a spark that fell into her lap while she happened to be sitting near her hearth. (Talk about a true romantic...)

The festival of Vulcan, the Vulcanalia, was celebrated each year on August 23rd as part of agrarian festivities to protect dry fields against fire. And it is interesting to note that Vulcan and Vesta (the Virgin Goddess) are often associated with each other in rituals, and their sanctuaries are in close proximity to each other, similar to the intersection of our streets here in Plat 2.



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.

FYI: The chart with our additional new house paint colors is now available. Call for details.

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-----	Bill Margillo (2017)	495-9927
	Sharon McCloskey (2019)	865-3780
	Ed Redder (2019)	894-7047

Lawns & Landscaping:	Bill Margillo
Pool:	Sharon McCloskey
Beautification:	
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

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.

Happy Thanksgiving!



From the
Grapevine Staff

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