

PRESIDENT'S MESSAGE

We Dodged A Bullet

Hurricane Irma was no picnic, but it was far less damaging than we had first anticipated. Still many trees came down, we experienced a power failure and there is still a lot of cleaning up ahead. That said, here are some things we can all do to keep the process moving.

Each of us needs to be responsible for debris on our own property:

This requires separating organic matter, such as tree limbs (which must be cut to less than 6 feet in length) from non-organic or construction material. You must then place this debris into two distinct piles on your swales.

If you have hazardous household waste, call: **(561) 687-1100**. Or to order recycling bins, call: **(866) 639-2467**. For any other information, you can visit the Solid Waste Authority's website at <http://www.swa.org> or call **(561) 697-2700** or **(561) 640-4000**.

The Solid Waste Authority of Palm Beach does not have a set schedule for picking up all of this debris, although the teams are out there doing their best. And in the meantime, regular trash collection will continue, as usual, and the debris in common areas will be handled by the HOA. This will take time, but eventually it will all be cleared. So please be patient.

Also, there's a lot we can learn from this experience and from mistakes we may have made in order to be better prepared for the next time—and unfortunately we know that there will be a next time.

- Make sure you have all the supplies you will need *ahead of time*—*before the last minute rush*—including necessary hardware for your shutters, water for drinking and washing (a minimum of a gallon a day for each member of your household), enough non-perishable foods to last for three or four days since stores may not open if there is a long power outage or if the debris in the roads slows delivery.
- You will also need flash lights (preferably one in each room or one for each person to keep with them), plenty of batteries, a battery-operated or NOAA radio, battery-operated fans to circulate the air, a full tank of gas *before* there is a shortage, charged up cell phones, cash on hand (in case machines are out of commission), and an adequate supply of all medications you are taking.
- Repair leaky roofs *now*. Don't wait for another storm to come.
- Make sure your shutters are in working order, not rusted, and properly secured before the storm.
- When a hurricane is approaching, remove all outdoor furniture, plants and any other objects which could become dangerous missiles during heavy winds.

But, above all, let's all be patient. Things *will* return to normal—even if it isn't as fast as we would like.

George Kuhn
President

POOL NEWS

Sharon McCloskey

The pool area came through Hurricane Irma with minor damage. The new straps and bolts in the back wall proved to be perfect for stacking the lounges and chairs. Thanks to Mario Ventura for the idea and Steve Lutsk for implementing this back in the summer in anticipation of a storm. Thanks also to my hurricane preparedness team of Marty and Grace Soldivieri, Jory Siegal and also Chris Soldivieri and his friend Ray who cleaned up over 25 large palm fronds in and around the pool area. The gate to the parking lot broke due to the weight of fronds hitting it. This will be repaired shortly.

Hopefully the fencing around the inside of the pool area next to the building will be done in the month of October. Because this has to be done before we can have our Fall Pool Party, the party will be moved to early December. More info will be in the November Grapevine.

Thank you to Thomas Simon for the generous donation of a bench, in memory of his mother, Connie, which is located in what will become our future picnic area. We also want to extend a special thanks to Scott Bradley for making and installing a box to house our wi-fi at the pool.

One important note: Signs were posted on each gate after the hurricane saying "Pool Closed Until Further Notice." These signs mean no one should be in the pool area PERIOD. Without realizing the potential dangers, someone came in, undid the strap holding down lounges, removed a lounge and used it for sunbathing. Also someone else left a small blue backpack on one of the tables at the same time. (See me if this backpack belongs to you.) Two of the three gates were left unlocked. Because of this, each gate will be padlocked if the pool needs to be closed to prevent anyone from coming into the area. This is all being done for your safety, so please participate in helping to keep our pool and our community safe.

If you have any questions regarding pool safety and/or closure of the pool, please direct them to me. Thanks for your cooperation.



"Coming together is a beginning. Keeping together is progress. Working together is success."
Henry Ford



FOR YOUR SAFETY

Wendy Karger

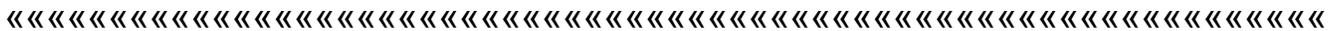
Walking while talking and texting isn't worth the risk

The dangers of drivers distracted by cell phones have gotten a lot of attention recently, as they should. But how about distracted ***pedestrians***? All it takes is one text alert or Facebook notification for pedestrians to take their eyes away from where they are headed. In one unfortunate accident, a 14-year-old boy fell from a bridge while talking on his cell phone. Pedestrians are also being injured because they are so engrossed in their messaging that they aren't paying attention to warnings or street signs around them. This can lead to accidentally stepping onto a construction site, slipping into a ditch or a lake, or walking into oncoming traffic, among other dangerous mishaps.

In recent years, the number of pedestrian accidents related to cell phone use has gone up dramatically. Young people, ages 16-25 were most likely to be involved. But this is, by no means, relegated to any single demographic. Statistically accurate data is difficult to collect because emergency room records don't always list cell phone use as a cause of an accident. But the increasing incidents are a growing concern.

So, keep in mind, when you're out for a walk or behind the wheel, put the phone aside so you can concentrate 100% on your surroundings. If you have to respond to your phone, step aside if you are walking or pull over if you are driving.

Or, better still, ***let it wait*** until you can respond safely. No message can be so urgent that it's worth risking an accident.



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FOR MEDICAL EQUIPMENT & RETURN CALL: Phil Beberman – 455-4445 / Mary Dreiblatt – 868-0991 / Dave Goldstein – 499-5098 Please be advised that there is no longer transportation being offered by We Care. ***“You feel alive to the degree that you feel you can help others.” John Travolta***

CLUB HAPPENINGS

NA'AMAT USA

Our first meeting of the season will be on Monday, October 2nd at 10am in the "A" building. Bagels and coffee will be served. We look forward to seeing you there.

DEBORAH

Welcome back to another great season! Our first meeting will be on Thursday, October 19th at 12 noon in the "A" building. Bagels and coffee will be served and we will play Bingo.

MEN'S & WOMEN'S SOCIAL CLUB

Our first meeting will be on Tuesday, October 17th at 7pm in the "A" building. We will have a meeting and then some entertainment to start off the new season. Coffee, cake and snacks will be served.

AFTER SIX CLUB

Well, it's that time again! Wednesday, October 4th will be our first meeting of the year and we will be discussing our activities for the season. Coffee and cake will be served and there will be an entertainer on hand for our pleasure. Dues are \$15 per person and will take you through the year ending December 2018. Join the club that offers everything. Channel 63 will show you all our dates to hold open. Looking forward to seeing you. Diane Weiss 381-4456.

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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.



*"Great minds discuss ideas, good minds discuss events, small minds discuss people."
Evan Esar*

TO YOUR HEALTH Wendy Karger

Around this time of year, we usually think of pumpkins as the stuff of jack-o-lanterns and pie filling. But as we carve away—and throw away—most of it in the process, we forget that almost every part of the pumpkin, from the skin to the pulp, can be beneficial to our health in some unexpected ways. Here are just a few.

1. **Immune System Defense:** Just a single serving of pumpkin puree has 8% of your daily requirement of riboflavin, a B vitamin which helps the body fight off bacterial infections. It is also a solid source of vitamin C and contains folate (another powerful B vitamin). Research has shown that low levels of folate can be linked to a weaker immune system.

2. **Skin Protection:** Pumpkin pulp is an amazing source of vitamin A, an anti-aging nutrient that facilitates the process of cell renewal and increases the production of collagen, contributing to smoother skin. Plus, the carotenoids, which give pumpkins their bright orange color, help neutralize free radicals in the skin and keep them from damaging skin cells.

3. **Heart Health:** Pumpkin seeds are a great source of dietary fiber and monounsaturated fatty acids, which are good for the heart. They also provide concentrated sources of protein, minerals and heart-healthy vitamins. Like many other nuts and seeds, they are rich in plant-based chemicals called phytosterols, which studies have shown help reduce LDL (or “bad” cholesterol). And the beta-carotene in pumpkin seeds works as an anti-inflammatory agent preventing buildup of cholesterol in arterial walls.

4. **Eyesight Improvement:** According to the National Institute of Health, vitamin A helps improve vision, particularly in dim light. And *Self Nutrition Data* has shown that a cup of cooked, mashed pumpkin has more than 200% of the recommended daily intake of vitamin A.

5. **Weight Control:** When we look for superfoods for weight loss, we don’t normally think of this festive gourd, but according to *Shape* magazine, one cup of pureed pumpkin has 7 grams of fiber, promoting satiety. Since it takes longer to digest, it can help encourage us to eat less. Pumpkins are also very low in calories and contain no saturated fats or cholesterol—a one-cup serving contains only 49 calories.

6. **Prostate Health:** *Prevention* magazine reported that pumpkin seeds are part of an old remedy used to treat enlarged prostate symptoms in the early 20th century. Although they do not cure the problem of difficulty in urination associated with prostate enlargement, they do reduce inflammation without the side effects of anti-inflammatory drugs.

7. **Mood Booster:** Just as eating turkey can make you feel sleepy, eating pumpkin can make you feel happier! According to *Shape* magazine, the L-tryptophan in pumpkin seeds (an amino acid which helps our bodies produce serotonin) can help us relax and unwind. (Now that’s something to smile about!)



“I never met a pumpkin I didn’t like” –author unknown

How to Take Great Cell Phone Pictures Lisa Weingarten

Tip #2: Choose Your Subject



Before You Begin, Clean Your Lens:

Your cell phone spends a lot of time in your pocket, a bag or in your hand, and as a result it will get dirty. Dirt, dust, grease and fingerprints on your lens will have an adverse effect on the quality of your photos. There's no point trying to take great photos if the glass of your lens is dirty. It will block light from entering the camera's sensor and will leave smudges, blurs or dust spots on your images. A clean lens will ensure you get sharp, clear images with your cell phone.

You should clean the lens each time you take it out to take a photo. Use a soft lens cloth when doing this as any abrasive cleaners will scratch the glass over the lens and this will result in a poorer image quality.

Select your subject:

- It is important that there is an obvious focal point or subject in your photo, whether it is one person, a group, an animal or a mountaintop. It should be clear to the viewer what your theme is. For added interest, the main subject does not necessarily need to be in the center of the frame. You can decide if you would like your subject centered, off to the left or right, higher or lower. It is totally a matter of what you think looks best. It is artistic license and there is no right or wrong. Take a few photos with your subject in different positions within the frame and then decide which you prefer. Of course, cropping the image afterwards will give you even more options. We will discuss cropping in a future Tip.

- The most important thing to look out for when taking a photo is to make sure that your subject is in sharp focus. To set the focus on your cell phone camera, you simply tap the screen wherever your subject is in the frame. A small yellow square will appear to confirm the focal point.

- If your subject is moving around, make sure you tap the screen just before you take the shot to ensure that it, or they, are in focus. Remember to take lots of shots. That way you are more likely to find one you like!

There are several other important tips that will help you take great cell phone photos. We've now covered **light** and **subject**. In upcoming issues, we will learn about **composition**, **shooting modes**, **editing tools**, **sharing and storing photos online** and much more.

"It's not what you look at that matters; it's what you see." Henry David Thoreau

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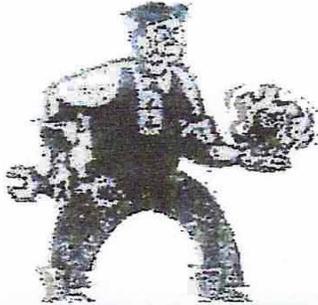
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Tom Selleck, AAG Spokesperson

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DID YOU EVER WONDER?

Wendy Karger

How did black cats come to represent Halloween?

Revered in ancient Egypt and feared in Medieval Europe, cats in general have been seen throughout history as inscrutable symbols of mystery and the darker forces of nature—especially black cats.

And while Halloween started out as a celebration of the end of the harvest (represented by orange) and the beginning of the transition to seasons with fewer daylight hours (represented by black), some ancient cultures held the belief that on “All Hallows Even,” the veil between the living world and the spirit world was, if not lifted entirely, would at least become a little more transparent. Ancient Celtic religions went so far as to convince themselves that cats were reincarnated souls of humans and they were able to see into the future. (With those spooky green eyes that could see at night, who knew?)

And then the Pilgrims in Plymouth took it a step further, getting themselves all worked up over everything they thought to be associated with witches and sorcery, including black cats. Because it was believed that witches could actually morph into cats, any local single lady with a cat might be suspected, or even tried for witchcraft. (Interesting how none of that cruel insanity was leveled against single *men*...)

But black cats have continued to get a bad rap. If you’ve ever owned one, it’s hard to fathom how people could talk themselves into such nonsense. “Dog people” will swear that cats don’t have the capacity to show the love and loyalty that their canine friends are renowned for. But I suspect it has as much to do with nurture as nature. Having had several cats—two of them black—I can attest to the theory that the way you treat them is, most likely, the way they’ll respond to you. And frankly, I would much prefer to cross paths with a feral kitty than a Doberman Pincher on any given night...

But this Halloween, if you’re really feeling the holiday spirit, consider adopting a black cat from an animal shelter. Studies have indeed shown that black cats are much less likely to be adopted than cats of other colors. However, some shelters will not adopt out black cats right before Halloween, fearing that owners will use them as living decorations and then abandon them! Maybe it’s *people* we should really be afraid of.



***“A black cat crossing your path signifies that the animal is going somewhere.”
Groucho Marx***

PLAT 2 • BOARD OF DIRECTORS

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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

October 24th

November 28th

December 19th **

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

** 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.

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 bodt2016@comcast.net

Patricia Pratt

*Happy
Halloween*



From the
Grapevine Staff

**Wendy Karger • Helen Katz • Sharon McCloskey • Catherine Patti
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