

DUNES LINES

Happenings in The Villas of Ocean Dunes

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A Note from the Editors

Thank you to this month's contributors:, Tara DeCoursey, Lin Battista , Bobby Soloff, Kathleen Greenock, Carol Kelly and Allison LaBossiere

Please send any suggestions to
DunesLines@gmail.com

Marie, Tara and Lin

Picture of the Month



Blue Heron submitted by Deb Schatzow

Ongoing Events

Pickle Ball

Tuesday, Thursday and
Saturday 8:30AM
Meet at the tennis courts.
All levels welcome. Rackets
are available to borrow.

Men's Poker

Start Date TBD
Meet at the pool

Water Exercise

at the pool with Jerry on
Mondays and Thursdays
at 9:30AM.

Check out the Ocean
Dunes Website @
www.oceandunesflorida.com

Email the office if you
need the password

We are on facebook:
Villas of Ocean Dunes



Please pick up after your dog!

Bags are provided throughout the Community



Please watch your speed
as you travel around the
circle.

**Dunes Circle is not the
Indy 500!**

Next Board Meeting:

February 21

Annual MeetingFebruary 4 at the Jupiter
Community Center**Help Keep Ocean
Dunes Beautiful**

Please do not throw cigarette
butts or other debris into the
lake.

Pick up after your dog and
dispose the waste properly. Do
not leave it on your neighbors
property.

**Deadline for March
Dunes Lines
submissions
March 20****FYI**

Forms available on the
website:

Sales Application
Leasing Application

Block Captains

BLOCK CAPTAINS		
100	Lisa Welch	alwaysssumr@yahoo.com
200		
300	Don Wilson	doglwi520@gmail.com
400	MaryAnn Coluccio	coluccio@comcast.net
500	Cheryl Venet	venetcheryl52@gmail.com
600	Geri Daniels	redbaroness624@hotmail.com
700	Jayne Daversa	jayne.daversa@yahoo.com
800	Ilene Arons	iga1123@yahoo.com
900/1000	Carol Kelley	kelleycjip@aol.com
1100	Donna Malkentzos	capemayscorp@gmail.com
1200	John Peters	jmpeters@bellsouth.net
1300	Phil Watson	Watsonplw@gmail.com
1400	Loretta Rempe	loretta.rempe@yahoo.com
1500	Jan & Bill Ross	janandbill@aol.com

Board Liaisons for 2023

Architecture...Aida Perez

Security...Aida Perez

Landscaping...Ron Densen

Hurricane ...Rich Battista

Block Captains...Ron Densen

Dumpster Etiquette

**Please place all trash
in the appropriate
container.**

**All cardboard boxes
should be collapsed
before disposing them.**

**If recycling is full or
something is too large
to fit in the recycle bin
please deposit it in the
regular garbage bin.**

**DO NOT LEAVE
ANYTHING ON TOP
OR OUTSIDE THE
BINS**

**No plastic bags are
allowed in the recycle
bins**



Important Reminders

Hotwire

If Hotwire has caused damage to your landscaping please take a picture and email it to Summer. Hotwire is in the process of replacing sod.

Hotwire is live. If you have any issues with the service please call 561-509-5429.

Pool

Please lower pool umbrellas when you leave the pool. This will help prevent them from damages from overnight storms.

Please do not allow the Pool Gates to slam shut. Aside from being annoying, repeated slamming of the gates will cause the gate post foundation to break.

All young children, even if potty trained, should wear swim diapers. This will avoid accidents and the need to close the pool.

Please don't throw paper towels down the toilets. Accompany small children into the bathroom to insure they don't stuff paper down the toilet.

Dumpsters

Contractors are to haul away any debris they create. Please tell them that they are not to use the garbage bins!

Bags with cans and bottles must never be placed in the recycle bins. Empty the bags!

Cardboard boxes must be collapsed. If they are too large they should be placed in the large dumpster.

Parking

Parking is a huge issue in the community. Please use your garage and driveway or your assigned spots. Guest spots are not for the use of owners a constant basis.

Do not park in the street. Emergency vehicles, waste management trucks and your neighbors need to be able to pass.

Tennis Courts

No pets, roller skaters or bicycles are allowed on the tennis courts at any time. They damage the court surface.

Mark your Calendars



Come join in with the Ocean Dunes Bookclub. We will meet by the pool area at 7:00 PM on the following Tuesday dates:
January 31- The book will be The Nightingale by Kristin Hannah
February 28 (book to be determined)
March 28 (book to be determined)
Any questions and rsvp to Pam McKedy
pmckedy@aol.com



Water Exercise

at the pool with Jerry on Mondays and Thursdays at 9:30 AM - weather and water temperature permitting



Pickleball Every Tuesday, Thursday and Saturday at 8:30



Bingo every Monday night at 7PM



Mexican Train 2PM February 7, 14 and 21



Trivia 7PM February 1 and 15



Left Right Center 7PM February 8 and 22



Rummikub 2PM every Thursday

February is Women's Heart Health Month

It's Valentine's Day-How is YOUR Heart?

"Go Red for Women" is the American Heart Association's national movement to end heart disease and stroke in women.

1 in 3 women are living with some form of cardiovascular disease, and physicians feel that 80% of cardiovascular disease can be prevented.

An important statistic: **more women die from heart disease than all cancers combined.** It is important for women to know their risk factors, eat healthy, get some form of exercise, maintain a good weight, but also to "know your numbers"-cholesterol, BMI, blood pressure etc.

Symptoms of a heart attack in women can vary greatly than what men experience, and women often take care of everything and everyone else before themselves, while ignoring critical warning symptoms. According to cardiologist Dr Cho at The Cleveland Clinic up to 70% of women do experience chest pressure or tightness, but 30% of women have atypical symptoms.

In October 2021 Dr Cho wrote an article stating that there are 3 atypical critical signs that women should not ignore:

1. **Extreme Fatigue**-Cardiac fatigue is severe and debilitating. It is not feeling tired at the end of the day or needing a quick nap, but it can be feeling excessively tired from simple activities such as making the bed or walking up a flight of steps.
2. **Shortness of Breath**-becoming very short-winded when doing things that you could easily do before-taking the dog for a walk, walking to your car from a store. Feeling suddenly short of breath if you are not exercising is also a warning symptom.
3. **An Inability to Do What You Could Easily Do Before**-this is difficult to define, but any change in your functional status." I just can't do that task anymore".

Other Warning Signs or Red Flags:

-chest pain or pressure unrelated to activity-feeling that your bra is too tight or there is an elephant sitting on your chest

-anxiety, or a feeling that something is wrong

-nausea or vomiting unrelated to eating

-jaw pain, or pain across the back or down the arm

-lightheadedness or breaking out in a cold sweat unrelated to activity

Share this info with the women you love-if you think you may be having a heart attack, or something just isn't right-call 911 and seek immediate medical care.

Pet of the Month



Maui

Hello everyone!

My name is Maui – and I’m a ‘visiting’ pup of the month. I come down to visit my human Aunt Tara and my fur-cousin, Danny whenever I can!

I’m from New Jersey, so that means you shouldn’t mess with me. It also means I like Taylor Ham if you’d like to throw some my way... haha – just a little dog humor for all you NJ humans.

I have a very “interesting” personality. I love humans – but I don’t like other dogs except Danny. Can’t explain it... maybe I just sense the world is full of dogs that are NOT Yankee fans and it annoys me. I am a unique blend of breeds.... A little bit Lab, a little bit Chihuahua, a little bit Beagle, but a WHOLE LOTTA “cute”!! (at least my Aunt thinks so).

So if you see me walking around your beautiful Villas of Ocean Dunes... say ‘Hi’! And by the way... what’s with the dog poop – pick it up, will ya? I don’t wanna step in it, cause then we’ll have a problem - I told you at the beginning of this article, not to mess with me since I’m a ‘Jersey Boy’ – hahaha. By the way... I’m home in New Jersey at the moment... but I’ll BE BACK!

The Dunes Gourmet

Yu-Mi Sushi Japanese Restaurant & Cafe

Alt A1A 3207

Palm Beach Gardens

561-776-9209



Excellent sushi!

Color Magic

by Allison LaBossiere

Adding color helps establish the mood of a room – evoking joy, drama, calm, or a casual feeling in your spaces. Use it to fool the eye, making small rooms seem more spacious or large rooms seem more intimate. Please note that adding a wonderful, exciting color scheme does not cost a penny more than a dull, depressing one.



Let Nature Inspire You

If you are struggling to choose a color scheme, take a walk in your favorite garden. During your walk notice what colors draw your eye and what combinations are pleasing to you. Take photos and use these for inspiration when looking at paint samples. SW's Alabaster is fool proof but don't be afraid to add one or two additional colors via paint and décor.



Fresh and New or Tried and True

I love this Sherwin Williams 2022 palette. It echoes the moody sea, warm sand, fluffy clouds, lively coral, and lush green landscapes in Ocean Dunes' beachside location. Not sure the colors in this palette work for you? Consider one of these trusted, tested, and always trending colors from Sherwin Williams in the link provided below. *"These colors are consistent customer favorites for a reason. If you're looking for a hue to stand the test of time, pick from the top 50."* - Sue Wadden, Sherwin-Williams Director of Color Marketing

<https://www.sherwin-williams.com/en-us/color/color-collections/top-50-colors>



Mood

We reviewed options for a casual beachside bungalow with the above palette, but you could use the same colors for a modern home nestled in the mountains.

Beachside Color Palette – Most walls in Alabaster, then add your favorite blue on an accent wall and in the bedrooms. Consider Rejuvenate in the kitchen and office. How about the flattering Pink Shadow for bathrooms and/or girl's room.

Mountain Color Palette – Most walls in Alabaster, then add Sierra Redwood in the kitchen and on an accent wall. Consider Basque Green or Peace Yellow for bedrooms. The Pink Shadow works for bathrooms.

Try a Lighter or Darker Shade

Sometimes all you need is a little adjustment to find the right interior paint color. Before you abandon your paint color choice too quickly, consider a lighter or darker shade of the same color. Many paint colors appear on a paint strip in gradual shades, but you can also ask your paint store to customize it by percentages of light or dark shades.

Pro Tip - Feeling overwhelmed by the number of color schemes? Here is a simple trick used by design professionals. Get color inspiration from a favorite blouse, fabric, artwork, or magazine article that works with the mood for your space.

I share more design tips for your home, as well as gardening and adventure travel ideas at my website www.majesticmeadows.blog

Recipe of the Month

Submitted by Kathleen Greenock

English Toffee Bars

- 1 cup (2 sticks) butter (Room temperature)
- 1 cup sugar
- 1 egg yolk
- 2 cups sifted flour
- 1 tsp cinnamon
- 1 egg white, slightly beaten
- 1 cup chopped pecans
- 2 ounces semi-sweet chocolate chips melted (about 1/3 cup)

Cream butter until soft. Gradually add sugar and beat until light and fluffy. Beat in egg yolk. Sift together flour and cinnamon. Gradually add to creamed mixture.

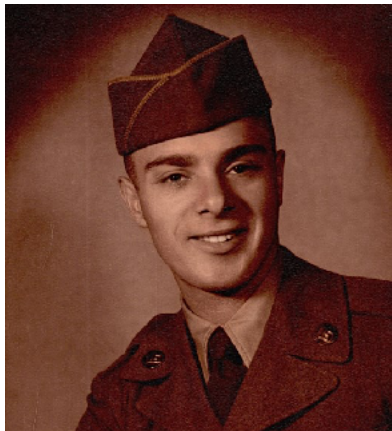
Press evenly into a buttered pan (13x9). Brush top completely with egg white. (thin layer). Sprinkle with pecans and press lightly into dough. Bake in preheated 275 degree oven for 1 hour. While hot, cut into 1 ½ inch squares and drizzle with melted chocolate. (Melt in microwave for 30 seconds then stir. Repeat every 15 seconds until chocolate is thoroughly melted. Don't overcook.)

Have Fun!

Chuck was an original owner in Ocean Dunes. He will be missed.

“Chuck” Trezza

JANUARY 28, 1931 – DECEMBER 11, 2022



Born on January 28, 1931 in Brooklyn, New York, Charles “Chuck” Trezza was welcomed into this world by his Italian-American parents Cono Trezza and Frances Sellito Trezza. After living a full life, at the age of 91, Charles peacefully passed away on December 11, 2022. Those who knew Charles best knew he loved pizza, sports, gambling, travel, pasta, and the greatest music hits of his generation.

Above all, he deeply loved his family - most of all his wife, Arline Trezza, whom he was married to for 67 years. Charles and Arline kindled their love when Arline wrote letters to Charles during the Korean War. She taught him about flora and fauna and he made her smile with his larger-than-life personality and stories. In the years to follow, their love blossomed into a beautiful family resulting in three children and many nephews, nieces, and grandchildren.

After the war, Charles spent his time drawing movie posters, working in maintenance, serving as an athletic trainer and coach, playing tennis, bowling, and participating in his local community. As life progressed, Charles stayed active playing tennis until the age of 83, traveling the world on cruises with Arline, and following his many beloved sports teams. He remained a loyal sports fan and family man throughout his life - rooting for his favorite teams and those of his family members, such as the Atlanta Braves, Florida Gators, Villanova Wildcats, Clemson Tigers, and Philadelphia Eagles. In his later years, trips to visit major and minor league baseball teams with his nephews, Ken and Eric Fazio of Tyrus Baseball brought him one of his greatest joys in sports.

regularly brought smiles to those who knew him and filled nearly every room with laughter. His proudest moments in life were serving his country, marrying Arline, having children, watching his family members pursue their dreams and graduate college, and receiving a letter from Marilyn Monroe.

A proud Veteran and American, Charles wished to be buried in a veteran cemetery. In lieu of flowers, memorial donations may be given to St. Jude's Children's Research Hospital, the Salvation Army, and/or Wreaths Across America for the South Florida National Cemetery. The family of Charles Trezza wishes to thank everyone for their condolences, memorial contributions, and support.

All Around the Town

Submitted by: Tara DeCoursey

If there's one thing that I love to do other than soaking up the South Florida rays, hanging at the pool or beach.... it's shopping. So, I thought it would be fun to share some of my favorite haunts in the area in case you're interested!

For general gifts (especially for children), I love the gift shop at the **Loggerhead Marinelife Center**. From plush toys, to clothing, jewelry and artwork, it's a fabulous spot to just walk around. And every purchase helps support the Center's work in sea turtle and ocean conservation. They are open daily, from 10am to 5pm, and are located at 14200 US Highway 1, Juno Beach, just North of Donald Ross Road.

If you're looking for a unique piece of furniture, home accessory or even clothing, check out **The Good Stuff**, a wonderful and very special consignment shop in Jupiter. Great, fun, unique pieces and very nice staff, they even have chalk paint classes if you'd like to redo your own piece of furniture. They're open 7 days a week, at 10:00am. They're located at 129 Center Street, Jupiter, off Alternate A-1 and right near Jupiter Donuts – yum!

Now, if you haven't checked out **Buff City Soap**, your senses are REALLY missing out! Here you can find the most beautiful hand-made, plant-based soaps, bath bombs, laundry soaps, hand washes. My friend, Aida turned me onto this place, and it's a wonderful treat for yourself or someone else! They are a chain with locations throughout the East Coast and Mid West, so if you don't get to the one in Palm Beach Gardens, you can catch a location on your travels! They are located at 5300 Donald Ross Road, in the shops at Alton. Their hours: Monday – Saturday, 10am – 7pm and Sunday 12pm – 6pm.

Free Classified

Have something you want to sell? Looking to rent? Looking for a rental? Looking for a tennis partner? Want to wish someone a Happy Birthday? Send your listing to DunesLines@gmail.com and include your unit number and contact info. Increase the number of people who see your ad. Only a few people see your listing when you put it on the bulletin board at the pool. The Dunes Lines is sent to all residents and posted on the Ocean Dunes website.

Books: Need something to read? Free books are located in the kitchen cabinet at the pool. Finished with a book? Place it in the cabinet for others to enjoy!

BIG (and LITTLE) DOG RANCH RESCUE DONATIONS

If you have any bed linens, towels, bath or small rugs, blankets, dog bowls, Martingale collars, leashes, cages, unused toys, or unopened food or treats, please donate to this local dog rescue site in Loxahatchee. They constantly need these items and rescue so many dogs.

Drop them off on the front porch of 1005 year round. Or, you can call me to pick up from you. Carol 561-758-3361. If I don't answer, please leave a message. I will take all donations to the rescue site.

Thank you so much for your consideration and caring spirit.
Carol Kelley 1005



Needed for March:

Recipe of the Month

Pet of the Month

Submission Deadline February 20

In order to make the DunesLines successful we need participation from the community. Submissions should be sent to DunesLines@gmail.com. Submissions from all community members are welcome providing the guidelines below are followed.

Articles: In the newsletter we share upcoming events and activities keeping everything light and positive. If the article is not original, please cite the source, Please keep submissions to 500 words or less.

Photos: If the photo is of a person we will need permission from that person to include the photo. If the photo is of someone other than yourself, please include their contact information.

The Dunes Lines has a size limitation so we do not guarantee that all submissions will be used in the next newsletter. They will be held for another month.