
DUNES LINES

Happenings in The Villas of Ocean Dunes

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A Note from the Editors

Thank you to everyone who contributed to the Dunes Lines this season. Without your input there would be no Dunes Lines.

Please send any suggestions to
DunesLines@gmail.com

Marie, Tara and Lin

Picture of the Month



Ongoing Events

Pickleball

Tuesday, Thursday
and Saturday
8:30AM

Meet at the tennis
courts. All levels
welcome. Rackets
are available to
borrow.

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



Welcome New Neighbors!

1403 Barbara Gaeta
116 Arthur and Carin Cavataro

Next Board Meeting:

May 16

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.

FYI

Forms available on the website:
Sales Application
Leasing Application

Block Captains

BLOCK CAPTAINS		
100	Lisa Welch	alwaysssumr@yahoo.com
200	Jill Van Dresser	jvandresser@comcast.net
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

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



Congratulations to all the Winners!

Brackets:

1st Place: Helen

2nd Place: Kay and Doug

Boxes:

Semifinal: Tom G

Semifinal: Deb and Dave

There is no Poop Fairy!

Please pickup after your dog! Poop bags are provided throughout the Dunes.



Road Sealcoating

The Villas of Ocean Dunes will schedule sealcoating of the streets and asphalt parking areas very shortly. We are hoping for a May start.

For those residents who leave for the summer and have a car parked here, especially in the 100, 200, 600 or 700 blocks, PLEASE be sure someone has access to move the car.

Front Gate

All permits have been secured for the electronic gates. Work has begun to prepare the area for the new gates.

Roofing Wind Mitigation Report

If you need a Wind Mitigation report for your home insurance please contact Summer for a copy.

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.

Bulk Pickup

Waste Management will pick up bulk items for the owners for **free** through the service that we have. Owners will need to call 772-546-7700 to request the pickup.

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 on a constant basis.

No street parking is allowed. Emergency vehicles, waste management trucks and your neighbors need to be able to pass.

No Parking is allowed on the grass. Damage may be caused to the irrigation system.

Tennis Courts

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

Reminders to all residents:

ALL changes to the exterior of your home require Board approval. An Architectural Change form must be submitted to Summer **before** doing any work. This form may be downloaded from the Villas of Ocean Dunes website.

If you are leaving for the summer, please be sure to secure your property. Bring all outside furniture and decorations in. If you are leaving your car in street parking please be sure someone has your key so that the car can be moved during the road resurfacing. If we are unable to move your car it will be towed at your expense.

THEY CAME WITH BROOMS, GARBAGE BAGS, RAKES, GLOVES AND SMILES!!!

A big SHOUT OUT to all the volunteers who came on multiple days to help clean up the parking lot area by the tennis courts. LINDA, MARGO, ROGER, BRAD, DAN, MARY, KAREN, JIM, PETER, ILENE, LISA, JUDY, JODY, CAROL, DAVE, DEBBIE, JOHN, JACKIE, MAUREEN, TOM, ALLISON, BRAD, RICH, LIN, MARIE, JOANN, AND TARA. (If I miss anybody, my apologies, working off my memory!!).

TEAM WORK IS DREAMWORK!

What a wonderful community team effort and the area is much improved.

This was only the first phase to bring life back to that area after a 3 yr shut down. If you couldn't join us this time, there will be more opportunities in the future.

What a great place to live!

Joan Schell









The Bocce Court is now open!

After putting the finishing touches on the Bocce Ball Court, Brad, John, Roger and Peter played the inaugural match Saturday night. It was a very competitive game with Roger and Brad coming from behind to beat John and Peter by one point.

If you would like to play, bocce equipment is in the storage container next to the court. Please return the equipment to the container when you are finished



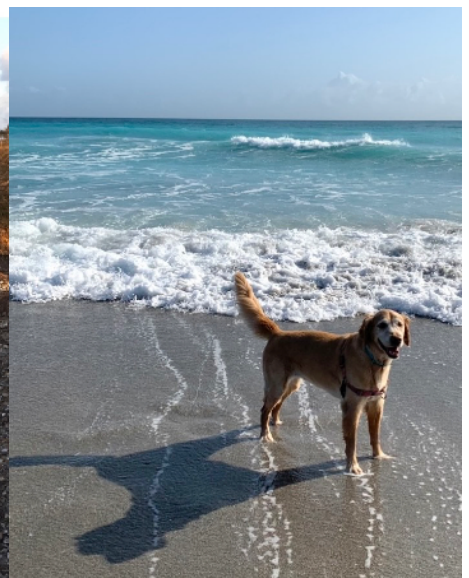
Puppy of the Month

Gypsy

Hi! My name is Gypsy, and I am 9 years old. I really love coming to Florida to see all my human and canine friends. And I REALLY love going to the beach. If it's not too rough, I am swimming in that beautiful blue water. I also make it a point to roll in the sand as much as possible. Back at the 1100's block I like to visit my human friends who pet me; I just can't get enough of that. I also have some dog friends on our block, though

I am a little scared of dogs I don't know. I do make some funny faces; don't be alarmed if you see my teeth because that is my happy smile. I hope to see you all next year.

Love, Gypsy





The Lucky Egg was found by the Beldan Family.

They won lovely napkin rings and napkins donated by Mary S and a stuffed rabbit that thrilled Riley.

We hope everyone enjoyed the hunt and hope to do it again next year.

BTW the Lucky Egg was the last egg found! It was located on the lattice above the garbage can

Please watch your speed as you drive the circle!



This sign by the 300 block was hit with quite a bit of force. Obviously the speed limit was not being obeyed. It would have been tragic if instead of the sign being destroyed a child, a walker or a dog had been hit. The speed limit is there for a reason!

Coastal Gardens

By Allison LaBossiere

Jim and I have transformed several garden spaces before, including a 1/4 acre at our prior home in West Palm Beach. As you can see from the picture below, everything except several palm trees in our back garden was unhealthy and overgrown. In our first phase, we replaced the overgrown, unhealthy plants with new plants in the six feet behind our patio.



After one year, the first phase of our Coastal Garden has filled in nicely. We are already seeing more birds, butterflies, and other pollinators in the garden. Planting the right natives in the right locations will ensure you have a beautiful garden that is easy to maintain and requires less water. When shopping for plants, look for long-lived perennials that will work with the amount of sunlight the area receives throughout the day. Finally, because we're 1.5 blocks from the ocean, you'll want to purchase plants that are salt-spray tolerant.



Most of the plants in our garden produce flowers for butterflies and other pollinators, as well as

berries for the birds:

Bahama Wild Coffee (Native)

- Jamaican Caper (Native)
- Bahama Firebush
- Marlberry (Native)
- Flax
- Spiderwort (Native)
- Beach Creeper (Native)
- Horizontal Cocoplum (Native)
- White Begonia odorata alba
- Coontie (Native)
- Red Firespike

We prefer to use plants that require no pesticides and very little fertilizer. I asked Summer to ensure that our garden is not sprayed with pesticides or liquid fertilizers. Pesticides are harmful to wildlife, seep into our waterways and kill seagrass. Seagrass is a food source for Manatees, which are an endangered species. Finally, we prefer slow-release granular fertilizers, which provide nutrients to plants over an extended period. This allows us to fertilize less frequently – and prevents nutrients from leaving our landscape and entering waterways, contributing to harmful algal blooms and other water quality problems.



In addition to the natives, we planted a few non-native plants, including Flax, Red Firespike, and White Begonia odorata alba. Flax adds interesting variegation to the garden but is susceptible to Rust fungus, which we are treating with an anti-fungal spray. We may end up replacing the Flax with Horizontal Cocoplum. The Red Firespike attracts butterflies all year and hummingbirds

during the spring. Finally, we added two White Begonia odorata alba plants because we've had them in our last two gardens.

The picture below includes one male and two female Painted Buntings.



We added some functional touches to the garden, including small black granite rocks for a practical path outside of our back patio. We've also added rocks around the front foundation, as well as landscape borders to keep mulch inside our landscape beds. I'd recommend Giverny Gardens in Jupiter or Amelia's Smarty Plants in Lake Worth for healthy, native plants for your garden area. The staff at these gardens are very knowledgeable but feel free to give me a call if you'd like my advice 561-315-3672.

The pictures below are from the garden in our last home, which you can read more about here <https://majesticmeadows.blog/2018/10/17/a-garden-should-welcome-a-soul/>



The Dunes Gourmet

Tulipan Bakery

731 Northlake Blvd

North Palm Beach, FL 33408



They make good cuban sandwiches, empanadas and pastries.

Wellness Tip of the Month

Have you heard the advice to "eat the rainbow"? Eating a variety of fruits and vegetables in different colors can help increase flavonoids in your diet.

Flavonoids are a group of plant chemicals that are found in many plant foods including fruits, vegetables, grains, flowers, tea, and wine.

Flavonoids have anti-inflammatory and antioxidative properties and are thought to prevent several chronic diseases including neurological disorders. A research study for over 20 years showed that participants who consumed the most flavonoids had better cognitive function later in life compared to those who consumed the least flavonoids.

You can get more flavonoids in your diet by eating berries, citrus fruits and 100% orange juice(up to 1 glass per day) . You should aim for at least five servings of fruits and vegetables daily.



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

Around the Dunes



Game Equipment Now Available by the Tennis Courts

Now that the parking lot has been cleaned up (Thank you volunteers) there is now game equipment available.



In the bin with the bocce balls is a mini version of cornhole. It is for everyone's use. Please be sure to return the pieces to the bin when you are done playing and close the bin to prevent water from ruining the equipment.



The horseshoes have been replaced and can be found in the horseshoe pit.

Recipe of the Month

Submitted by Delphine Sawka

Pad Thai

Recipe 8 oz. rice noodles (can substitute spaghetti noodles)

2 cloves garlic - minced

4 green onions

2 limes or three tablespoons lime juice

1/3 cup brown sugar

1/3 cup soy sauce

3 eggs

1 T. canola oil

Small bunch cilantro

1 cup bean sprouts

1 cup shredded carrots

1/2 cup chopped peanuts

Boil rice noodles, drain and set aside.

Peel garlic in small bowl. Add green onions.

Add lime juice to bowl.

Add brown sugar and soy sauce to lime juice.

Scramble eggs and add to frying pan.

When scrambled add sauce and noodles.

Last add, cilantro, bean sprouts, carrots and peanuts.

Stir until heated through.

Enjoy!



The Dunes Lines is on vacation until the Fall.
Safe travels to everyone heading away from the Dunes. Have a happy summer!

Thank you to everyone who contributed articles and pictures. Without you there would be no DunesLines.