

# DUNES LINES

## Happenings in The Villas of Ocean Dunes

January 2024

Issue 18

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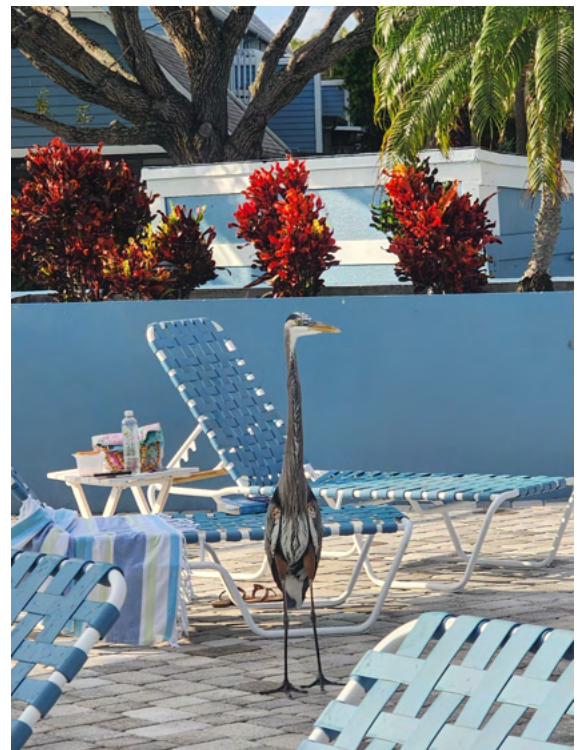
Summer Jasser, LCAM

561-624-2064

### Important Change:

The next Board meeting  
will be held on **Monday**,  
January 14.

### Picture of the Month



Harold paid a visit to the pool

## Ongoing Events

### Pickleball

Tuesday, Thursday and  
Saturday 8:30AM

Tuesday, Thursday and  
Sunday 6:00

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

### Games at the pool:

#### Mexican Train

Tuesdays at 2PM

#### Rummicube

Thursdays at 2PM

### Book Club

Tuesday Jan 30

Book will be Winter Garden by  
Kristin Hannah.

### Water Exercise

Mondays and Thursdays at  
9:30AM, weather permitting.

### Bingo and Left Right Center

Mondays at 7PM

Check out the Ocean Dunes  
Website:

[www.oceandunesflorida.com](http://www.oceandunesflorida.com)

Email the office if you need  
the password.

## Welcome New Neighbors!



Martin Mayhew

621

## Annual Meeting

The Annual Meeting will take place  
at 9AM, Saturday January 27 at the  
Jupiter Rec Center. Please vote. If  
you cannot attend, please give  
your proxy to Summer or to a  
neighbor who is attending.



## 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

## 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**

## Block Captains

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

## Hotwire

For ANY Hotwire issues call 800-355-5668. If you have been gone for the summer and you have no service, unplug the boxes to reboot them.

## Gates

The Resident Service number for Envera is 877-936-8372.

Please add this to your phone contact information. This is the number that Envera will use if they need to call you. **It may also be used to report a problem with the gate** and to add visitors to your list if you do not have access to the App or to a computer.

# Mark Your Calendar

## January Activities at the Pool

**Mondays @. 7:00 PM**

Bingo & Left-Right-Center  
Starting January 8th

**Tuesdays & Thursdays @ 2:00 PM**

Rummikub or Mexican Train

**Mondays and Thursdays at 9:30AM**

Water Exercise With Jerry

Weather Permitting. Check with Jerry for the start date.

**Friday, January 26th Social @ 5:00 PM**

BYO & Appetizer to Share

**Tuesday, January 30th**

Book Club 7:00 PM

January Book Discussion is Winter Garden by Kristin Hannah

February Book Discussion is The Midnight Library by Matt Haig

**Look for Super Bowl Squares in February !!**



**Welcome Back  
Snowbirds!**



## Pedestrian Gate

A key is needed to get in and out of the walk-in gate. This is the same key that is used to enter the pool. If you have lost your pool key or need an extra key Summer has them available for sale at \$75.00 per key.

**Do not try to walk or ride a bike thru the gates. Use the pedestrian gate. It is very dangerous to try and beat the gate.**



## Christmas Tree Disposal



After the Holidays if you had a live Christmas tree you can put it near the dumpsters and we will have it picked up.

# Trash Disposal



## Reminder:

Now that the Snow Birds have started to return the dumpsters will fill up. If the dumpster is full do not put the garbage on top of the dumpster or on the floor. Take it to another dumpster or hold onto it.



# The Dunes Gourmet

## The Schnitzel Haus



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Pork Schnitzel

# Pet of the Month

## Tita



Hi friends, my name is Tita, I'm a Terrier Mix, and love to explore and sniff everywhere. Mom & Dad rescued me from a shelter when I was a puppy; am now 5 years old and loving it here at Ocean Dunes!!

I can be very protective of my parents so if I bark at you please don't be afraid, once I get to know you we can play for hours. I have plenty of four-legged friends too and looking for more, especially at the beach, where I say Hi to everybody and run free with my pals.



**Have a woofnderful New Year!!**



# Recipe of the Month



## Holiday Pinecone Brownies

submitted by Suzanne Feliz

1. Mix and bake any packaged brownie mix .
2. After it comes out of the oven, let cool for half an hour.
3. Once cooled , scoop out about two tablespoons of the cooked brownie (avoid the crunchy edges- just eat those!) and sculpt into a cone shape. Put each cone on a parchment lined cookie sheet.
4. Once you have used up all of the cooked brownie, put some sliced almonds (you can purchase a bag of sliced almonds) into a bowl.
5. Place the sliced almonds into the cone shape, one at a time, starting at the bottom and moving upwards. It will begin to look like a Pinecone shape.
6. When all of the pinecones are done, melt a bag of chocolate chips in the microwave ( one minute at a time) with one and a half tablespoons of coconut oil (or vegetable oil). Stir to combine until smooth. Make sure no water touches the chocolate or utensil as it might seize up if it comes in contact with water.
7. Pour some of the melted chocolate mixture over each Pinecone to coat.
8. Place in refrigerator or freezer for at least an hour so that the chocolate shell hardens.
9. Right before serving, sprinkle powdered sugar over the pinecones.
10. Enjoy!

# Rest in Peace

## **William P. (Bill) Nolan**

William P. (Bill) Nolan, 93, of Jupiter FL passed away peacefully on December 7, 2023. His three children, Patricia, William and Steven, survive him. His wife, Eileen (Galvin) predeceased him. His longtime companion, Mimie Langlois of Yardley, PA, also survives him.

William was born on June 3, 1930 to William J. Nolan and Ellen (Coppinger) in Hartford CT. After graduating from Boston University he enrolled in the US Air Force and worked at Pratt & Whitney Aircraft/United Technologies for 35 years. That work bought Bill and the family from East Hartford to North Palm Beach FL in 1968 and eventually to Brussels Belgium and Redondo Beach CA.

Bill travelled the world with Eileen and later with Mimie. After retiring, he volunteered at the McArthur State Park for 25 years and eventually joined the Board of Directors. He was a long time member of St. Patrick Catholic Church.

A funeral mass in celebration of his life will be held at 10AM Saturday, January 20, 2024 at St. Patrick Catholic Church, Palm Beach Gardens FL.

# Holidays in the Dunes

## Holiday Crafting



## All decked out for the Holiday



## Front Entrance



## The 400 Block



The 600 Block



1400 Block



1500 Block

# In Case You Were Wondering

## Primary Closet Organization

by Allison LaBossiere

I am a big fan of Shira Gill (Minimalista), who says “Getting dressed with ease every morning helps you show up in the world as a more present, intentional, and confident version of yourself. When our closets are set up like a well-curated boutique, we start each day with the message that we matter and that our own self-care matters.” The tips shared today will help you curate a closet that ensures you always look your best.

### Pro Tips:

- Group items by type and usage.
- Keep your everyday wardrobe essentials visible for easy access. Your formal, seasonal, and occasional items should be in the back or harder-to-reach areas of your space.
- Organize items by style-e.g., sleeveless together, short sleeves together, and long sleeves together-and color within each category.
- Keep delicate sweaters folded neatly on a shelf instead of hanging them.
- Invest in uniform hangers of the same style and color.
- Use matching bins and baskets.
- Use shelf dividers if your closet doesn't have cubbies.
- Use hooks for bags, robes, hats, etc.
- Keep a dirty laundry bin in your closet.
- Use matching labeled bins or baskets for dry-cleaning, repairs, and donations.
- Practice the one-in, one-out rule. If you buy something, commit to donating a similar item.

## Smart Shopper

Practicing good shopping habits will not only be the key to maintaining your streamlined closet, but they will help you save precious time, money, and energy. Shopping Tips:

- Pay attention when you feel the urge to shop impulsively. Are you bored or numbing out? Are you reacting to clever marketing or societal pressures?
- Double check your closet or outfit pictures to make sure the item will fit into your personal style.
- Only shop with a list to prevent cluttering up your closet or home with impulse buys.



- Only buy items that fill specific wardrobe gaps.
- Commit to acquiring items that will last and avoid fast-fashion trends. Remember the 90% timeless and 10% trendy rule.
- Consider quality, craftsmanship, fabric, and fit when shopping. Is it versatile? Comfortable? Do you like how it feels? Are the materials natural (cotton, wool, silk) or synthetic (acrylic, polyester, rayon)? Is it easy to care for? Does it need alterations? Is it built to last with sturdy seams?
- Make sure your big-ticket items can be paired easily with your existing wardrobe and can be worn for many seasons to come.
- Be selective and patient so you can invest in pieces that meet all your criteria.
- Respect the physical limits of your space.
- Treat your belongings with respect with regular laundering, dry-cleaning, steaming, de-pilling, and de-linting items that need it.
- Buying less is the single most effective thing you can do to reduce your “fashion footprint.” Commit to buying less and getting more use for the things you already own.

Are you ready to get started?

# Wellness Tip of the Month

We all need a New Year to motivate ourselves. It is a new beginning, and a reminder that it is never too late to make changes in our lives!

This month the topic is physical wellness and how it connects to your well-being.

According to the National Institute of Health, there are six components of physical wellness:

1. **GET ACTIVE** – A sedentary lifestyle has been linked to many medical problems. Moving more and sitting less can have many health benefits. Here at Ocean Dunes, you have the advantage of being able to walk to the shopping center, parks, and the ocean boardwalk. Swimming at the pool is great exercise. The library offers many free group exercises. The nice weather may allow you to take a walk during your lunch break if you're working.
2. **MAINTAIN YOUR MUSCLE**: Building muscle helps you keep up activities you enjoy as you get older. Some strength training can help your bones too. Start slowly, use small weights to start. Seek advice from a professional if you are unsure to maintain your safety.
3. **EAT A HEALTHY DIET**: Eat a variety of healthy foods – vegetables, fruits, whole grains, beans, nuts, lean meat, seafood, eggs, milk, yogurt, and cheese. Cut down on sugar and watch for foods high in salt.
4. **METABOLISM CHANGES** – Your metabolism changes as you get older. You burn fewer calories and lose lean muscle. To combat age-related changes, you need to commit to a healthy diet. Drink plenty of water, move more, get plenty of sleep, limit alcohol use and avoid tobacco products.
5. **BUILD HEALTHY HABITS** – Remove temptations. Fill your time with healthy activities! Track your progress, and be patient, improvement takes time.
6. **FIND A HEALTHY WEIGHT** – Keeping your body at a healthy weight may lower your risk of heart disease, type 2 diabetes and certain types of cancer that can result from carrying excess weight. Try weighing yourself once a week. (Publix has a great scale that is free) Set goals and be realistic. Identify temptations and learn from your weaknesses. **CHANGING HABITS TAKE TIME!**

Remember physical activity can promote feelings of happiness and reduce stress. Exercise also increases blood flow to the brain that can improve brain function and clarity.

This is the beginning of a New Year. Will it be a new chapter in your life or the same old story? The choice is ours!

- I have sent for 10 free physical wellness toolkits and will have them at the pool on the bar when available.

# Keep the Dunes Beautiful

## There is no maid service at the pool!

Please clean up after yourself. All litter should be placed in the trash cans. Umbrellas should be closed when you leave to prevent damage to them. Please rinse off any sand before entering either the pool or the spa. Sand damages the filters.

### A Reminder:

## Hold the pool gate until it is shut.

Please do not let the pool gates slam. Aside from being annoying it will damage the gate.



## Please pick up after your pet

We are lucky to be living in a dog friendly community. Poop bags are provided throughout the community. Please pick up and dispose of any waste properly. Do not pick up and leave the bag sitting there.





# Games Available at the pool

Grandkids coming in? Want to try a new game? There are a variety of games in the cabinet located under the books at the pool. Feel free to borrow one. Play at the pool or bring it home to play. Just be sure to return it to the cabinet when you are done with it. If you have a game you no longer want place it in the cabinet for others to enjoy.



## Connect Four

A Giant Connect Four game is available to play at the pool. Please be sure to put the discs back on the holder.

# Game Equipment Available by the Tennis

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.

# Lost and Found



A bin has been placed behind the bar area at the pool. If you have left anything at the pool check the bin.

# 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.

## 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 assigned spots. Guest spots are not for the use of owners on a constant basis. There is overflow parking at the tennis court or at the pool.

**No street parking is allowed.** Emergency vehicles, waste management trucks and your neighbors need to be able to pass. Do not leave your car in the street overnight!

## Tennis Courts

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



## A Note from the Editors

We are in search of The Pet of the Month , Recipes and Restaurant Pictures for the Dunes Gourmet. Please send an email to [DunesLines@gmail.com](mailto:DunesLines@gmail.com) for more information.

Marie, Tara and Lin



Deadline for February  
Dunes Lines:

**January 15**



Next Board Meeting:  
**January 15**

Annual Meeting:  
**January 27**

**Thank you to all our contributors.  
Without you, this newsletter would  
not be possible.**

