

DUNES LINES

Happenings in The Villas of Ocean Dunes

February 2026

Issue 32

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Missed seeing an issue of the Dunes Lines?
All issues of the Dunes Lines are posted on
the Ocean Dunes website:

www.oceandunesflorida.com

No password is needed.

Inspirational Quote of the Month

Submitted by Suzanne Felix

"Optimism is the faith that leads to
achievement. Nothing can be done without
hope and confidence." — Helen Keller.

Welcome New Neighbors!

Ongoing Events

Pickleball

Tuesday, Thursday and
Saturday 8:30AM

Tuesday, Thursday and
Sunday 6:00PM

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

Mens Poker

Thursday 7PM at the pool

Rummicube

Tuesday and Thursday at
1PM at the pool

Mahjong

Monday and Wednesday at
1PM at the pool

Book Club

February 24 - Berry Pickers by
Amanda Peters - 7PM at the pool

Water Exercise

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



- 824 Hal Jones
- 1302 Kathryn Murtha
- 1421 Kevin DeCoursey
- 1513 Jupiter LLC C/O Laura Balsamo

Picture of the Month

Submitted by Bettina Lambrechts



Save the Date



February 24 - Berry Pickers by Amanda Peters

March 31 - Theo of Golden by Allen Levi

April 28 - The Correspondent by Virginia Evans

Please note that the books for March and April have changed.



February 13
5PM to 7PM

Bring an appetizer or
dessert to share
BYOB

Board News

A huge thank you to Peter Forgach for serving on the Board as Treasurer for the last 6 years.

Welcome to Paul Gerstinberger our newest board member who will be taking on the role of Treasurer.

Help Needed

Block Captain

A new Block Captain is needed for the **1400 block**. If you are interested, please contact Peggy.

Thank you

Super Bowl Pool

Thank you to Captain Dan and Nancy for coordinating the Super Bowl Pool. Be sure to pay for your boxes.

March Madness Pool

Thank you to Don Wilson for doing the March Madness pool. Details to follow in the March DunesLines.

A graphic with a pink background and white circular accents. The text "Happy Valentine's Day" is written in a red, cursive font. There are several red hearts of various sizes scattered around the text, and small white dots are scattered throughout the background.

Happy
Valentine's
Day

Wellness Tip of the Month

EAT TO STAY SHARP



The brain and how you feed it, is a major driver of how you feel and function on a day-to-day basis. Plan out your meals using the following categories thinking of these as weekly minimum portions.

1. **WHOLE GRAINS** - about 1/2 cup of whole grains daily, can help protect memory and may slow cognitive decline. If buying a loaf of bread, check the label for how many servings of whole grains it contains.
2. **LEAFY GREENS** - 5 Servings per week; Spinach, kale, and dark leafy greens provide an array of essential vitamins and nutrients. Aim for at least 2 cups per serving for boosting and stabilizing mood.
3. **VEGETABLES** - 7 Servings per week; Peppers, carrots, tomato, lettuce, summer squash or a vegetable of your choice; at least one cup per serving.
4. **NUTS AND SEEDS**- 5 Servings per week; These are shown to reduce the risk of dementia. Walnuts are especially good for brain health. One ounce is one serving.
5. **BERRIES** -2 Servings per week; Blackberries, strawberries, raspberries and blueberries are powerful antioxidants and improve cognition. One cup per serving.
6. **BEANS** - 4 Servings per week; About 1/2 cup keeps blood sugar levels steady and can prevent cognitive impairment.
7. **POULTRY** - 2 Servings per week; Choose 3 to 4 ounces of chicken or turkey over red meat. These are an excellent source of protein and brain friendly minerals.
8. **FISH**- 1 Serving per week; Eating 4 ounces of fatty fish like salmon significantly reduces inflammation.

Researchers at Rush University in Chicago created these suggestions to keep you sharp. Remember food can either support or hinder our ability to think, focus, remember, and make decisions!

Pet of the Month

Hello my Name is Sadie Lady!



I'm a Lagotto Romagnolo and I'm 8 years old. You would never know because I'm still a puppy at heart. I'm an ancient breed from the 1600s, known as the world's only purebred truffle hunter. Too bad NO truffles around here- so- I prefer Squirrels. I have an amazing nose, high energy, I'm affectionate, and very loyal. Im originally a duck retriever from the Romagnolo region in Italy.

I'm versatile, very intelligent and live with my ONCE VERY active FAMILY. We used to live in Killington Vermont where I had free range of the mountain.

I kinda have a guy around the block BASS who sees me and runs towards me whenever he sees me. He's the only fella I can say I will allow to sniff me. I think he likes me because he is my KIN and very protective of me with other dogs! I don't blame him everyone says how adorable I am!

My mom NOT Teresa Benosky but my doggie mom smuggled me in when she was pregnant. Don't worry- I have my papers. So I'm legal!

My favorite thing is to terrorize my mom, squirrels, rabbits and ducks. I also say- Catch me if you can!!

I love to run, play with sticks, logs and balls. My favorite favorite are Squirrels. I'll let you in on my secret (don't hate me) I sit by trees and watch patiently for squirrels or rabbits, if I'm lucky and catch one it's my dinner. Forgive me and don't hate me. I am a carnivore and LOVE raw meat. Blame my mom she feeds me venison that my daddy hunts for me and raw chicken and it's all I know! YUMMY!

I love my mom- She takes such good care of me! I travel all over with mom and she has never left me behind!

If you see me running around the neighborhood please say HI- I'm super friendly- and will never claw at you or your dog! Say hi or keep walking. I will not bother you.

I'm glad you asked my momma to share a little about me and my breed!

Have a wonderful day and as my mom would say Bless you all!

The Dunes Gourmet

Submitted by Tara DeCoursey



Toro Mambo
185 E. Indiantown Road
Jupiter, FL 33477
(561)941-9444

At the heart of Toro Mambo are our core values: quality, authenticity and hospitality. We strive to use fresh, genuine ingredients, follow traditional recipes passed down from generation to generation, and provide a welcoming family-like atmosphere where every customer feels welcome and appreciated.

Our team is made up of passionate chefs, friendly and professional servers, and a customer service team committed to making every visit to Toro Mambo special. We work together to offer the best dining experience possible, from the quality of the food to the exceptional service.

Toro Mambo is open daily at 11 am. Had a kids menu and accepts reservations.



Recipe of the Month

Submitted by Tara DeCoursey

Old Fashioned Beef Stroganoff

Source: *The Stay At Home Chef*

Ingredients:

2 pounds beef sirloin steak sliced into thin strips
¼ cup all-purpose flour
1 pound egg noodles
1 tablespoon olive oil
1 medium white onion sliced
8 ounces sliced mushrooms

¼ cup salted butter
3 cups beef broth
2 tablespoons Worcestershire sauce
1 cup sour cream
1 tablespoon Dijon mustard
salt and pepper to taste

Directions:

1. Slice the sirloin steak against the grain into thin strips. Place in a large mixing bowl and dust with the flour to coat. Set aside.
2. Heat a large pot of water over high heat. Once boiling, cook the egg noodles according to package directions. Drain well using a colander and set aside.
3. In a large skillet over medium-high heat, heat the olive oil. Add onion and mushrooms. Cook until tender and lightly browned, about 7 minutes. Remove from the skillet and set aside.
4. Without cleaning the skillet, reduce heat to medium and melt the butter. Add the steak and cook until browned, about 4 to 5 minutes.
5. Return the cooked onions and mushrooms to the skillet. Add the beef broth and Worcestershire sauce. Stir to combine. Simmer over medium heat for 2 to 3 minutes, or until the sauce begins to thicken.
6. Stir in the sour cream and Dijon mustard until full incorporated. Cook for 1 to 2 minutes more, stirring occasionally, until heated through.
7. Add the cooked egg noodles and stir until well combined. Season with salt and pepper to taste. Enjoy!!





Shaken AND Stirred!

by Tara DeCoursey

It's no secret we tend to devote a lot of our content to food – recipes, restaurant recommendations, etc., so how about including beverage recipe suggestions to round things out? I encourage you all to submit your favorite alcoholic or non-alcoholic drink recipe; in the meantime, let's get “dirty”!

Dirty Martini

source: *Texas Hill Country Olive Co.*

Ingredients for 1 cocktail:

2-1/2 ounces of gin OR vodka of choice
1/2 ounce of dry vermouth
1/2 ounce Dirty Martini Olive Juice
Ice
3 stuffed olives



Directions:

1. Fill a cocktail shaker with ice
2. Add the gin OR vodka, vermouth olive juice and stir (or shake!) for @20 seconds.
3. Strain into a martini glass and garnish with olives on a cocktail pick.

Non-Alcoholic Dirty Spritz

source: *Bon Appetit*

Ingredients for 1 mocktail:

1-1/2 ounces chilled nonalcoholic citrus aperitivo (such as Wilderton)
3/4 ounces fresh lemon juice
1/2 ounce olive brine
3 ounces chilled tonic water
Olives, thyme sprig, lemon twist for garnish

Directions:

Combine the Wilderton, lemon juice and olive brine in a collins glass. Fill with ice, top with the tonic water and stir twice. Garnish with olives, thyme sprig, and lemon twist if desired.

It's "Netflix Month"

Agatha Christie's Seven Dials is set in 1925, when an English country house party prank turns deadly. Lady Eileen "Bundle" Brent investigates the chilling murder plot. Lady Catterham and Superintendent Battle assist in solving the country house mystery that changes Bundle's life. This three-episode mystery is entertaining, and it has Helena Bonham Carter - what more do you need???

Watch now on Netflix.

The Beast In Me is a psychological crime thriller series starring Claire Danes and Matthew Rhys. The series follow a grieving author (Danes) who begins writing a book about her next-door neighbor (Rhys), a real estate executive who allegedly killed his wife. **Watch now on Netflix.**

Black Rabbit is an American crime thriller series starring Jude Law and Jason Bateman. Law plays Jade Friedken, the owner and co-founder of the hottest NYC restaurant and VIP lounge, The Black Rabbit. However, when Jake allows his chaotic brother, Vince, back into his life (played by Bateman), he opens the door to escalating dangers that threaten to bring down everything he's built.

Watch now on Netflix.

The Rip is an action thriller film starring Matt Damon and Ben Affleck as police narcotics officers with the Miami-Dade Police Department. During a raid on a 'stash house', trust within their unit is compromised when members suspect each other of trying to steal a large seizure of cash. **Watch now on Netflix.**

For Sale

Hoover Power Scrub Deluxe Carpet Cleaner.
\$75.00

Box was opened but unit was never removed from the box. I wound up getting a new rug instead. Retails on Amazon for \$169.



Contact Marie at 561-906-4243

Hoover

Hoover PowerScrub Deluxe Carpet Cleaner Machine for Carpet and Upholstery, Deep Cleaning Carpet Shampooer Machine with Multi-Purpose Tools, Pair Carpet Cleaner Solution
Hoover PowerScrub Deluxe Carpet Cleaner Machine for Carpet and Upholstery, Deep Cleaning Carpet Shampooer Machine with Multi-Purpose Tools, Pair Carpet Cleaner Solution



January Book Club



It was too cold by the pool so Suzanne graciously hosted us at her house. There was a lively discussion on the January Selection – My Friends by Fredrik Backman



Worth Repeating

Block Captains

100	Tom Cuomo	tom.cuomo@gmail.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	Carol Kelley	kelleycjip@aol.com
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		
1500	Jan & Bill Ross	janandbill@aol.com

Hotwire

For ANY Hotwire issues call 800-355-5668.

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.

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.

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.

Landscaping

If you do not want a plant or a hedge trimmed, please see Peggy. She will give you a red reflector to put in front of it.

Don't be left in the dark!

For those walking or driving in Ocean Dunes at night, if there is a lamp post that isn't working, please take note of its location and send an email to Peggy at: manager@oceandunesflorida.com.

SMILE You're on Camera



The pool area and tennis courts are now under 24-Hour video surveillance. All activities are being recorded, and you are being videotaped.

The video recording is for surveillance purposes only. The Association does not provide security or protection services. You are responsible for your own safety and should remain aware of your surroundings at all times.

Keep the Dunes Beautiful

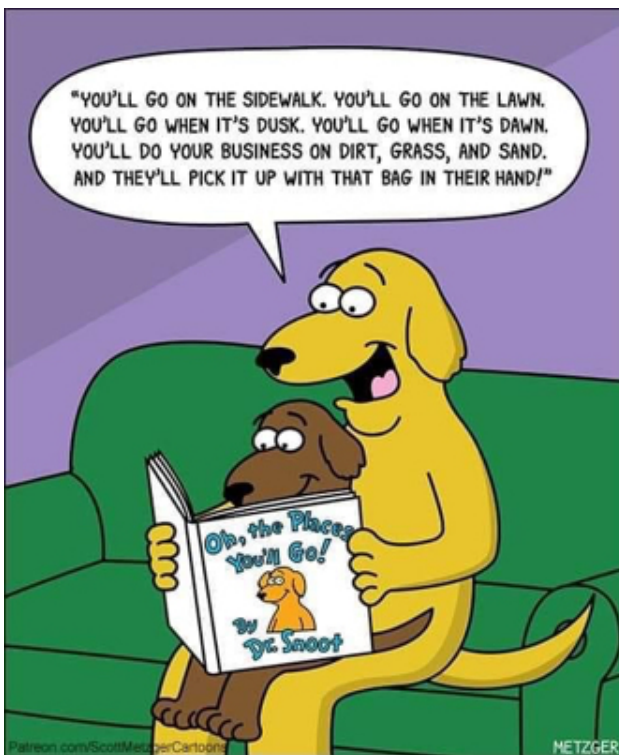
There is no Maid service at the pool!

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. If you turn the fans or the TV on please shut them off when you leave. If no one is at the pool when you are leaving and you see them on, please turn them off.

A Reminder:

Please 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

So you walk your dog and he/she poops. You pick it up in a poop bag, tie it in a neat knot, and place it on top of the bag dispenser and you think your job is done. **WRONG!** Take it to the dumpster, now your job is done.



Games Available at the Pool and by the Tennis Courts

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 or puzzle you no longer want place it in the cabinet for others to enjoy. A Giant Connect Four game is available to play at the pool. Please be sure to put the discs back on the holder.

At the tennis courts, 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.

Refrigerator Rules



Anything left in the refrigerator will be discarded.

Do not put any carbonated beverage in the freezer. It will explode and create a mess.

Bulk Pickup

Call Waste Management at 772-546-7700 to schedule a pickup. Bulk pickup items should be placed outside of the dumpster corral **NOT** inside the dumpster area.

Reminders to all Residents

ALL changes to the exterior of your home require Board approval. An Architectural Change form must be submitted to Peggy **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.



Help Out Big Dog Ranch

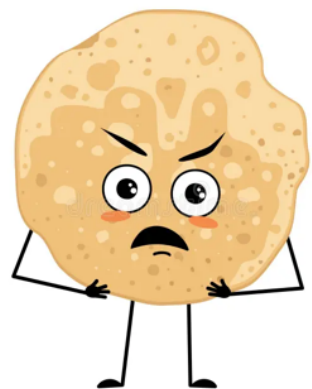
Home • Big Dog Ranch Rescue



BIG (and little) DOG RANCH RESCUE DONATIONS

If you have any bed linens, towels, rags, small rugs, bath rugs or blankets that you do not need, please donate to this local dog rescue site. Drop them off on the front porch of 1005. 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 (year round) to the rescue site in Loxahatchee. They constantly need these items.
Unopened treats also needed.
Thank you so much for your consideration and caring spirit.

Carol Kelley 1005



Once upon a time, there was a woman named Pancake Patty. She didn't always have that name, it used to be simply, "Patty". But she thought it was a good idea to walk through the automobile gate entrance to her community instead of using the pedestrian gate.

The end.



A Note from the Editors

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



Ideas for Contributions:

Pet of the month: Highlight your special pet. All pets welcome to submit. How about you cat lovers out there? Send pictures and a brief bio of your pet.

Dunes Gourmet: Eat some place interesting? Take some pictures of the food. You can describe it if you like.

Recipe of the Month: Share a favorite recipe.

Classified: Have something you want to sell or give away? looking to rent? It's free and you and you will have a wider audience than just posting by the pool.

Items Of Interest: Go someplace fun that you would like to share? Have a cute joke? Have pictures of the community that you would like to share? These are just a few ideas.

Pictures: Share a favorite photo.

