

DUNES LINES

Happenings in The Villas of Ocean Dunes

April 2026

Issue 34

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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



"A dead end is just
a good place to
turn around."

—NAOMI JUDD

RS

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

April 28 -The Correspondent by
Virginia Evans- 7PM at the pool

Water Exercise

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



Welcome New Neighbors!



203 Stacy York

Picture of the Month

Submitted by Suzanne Felix



Bocce at the Dunes!

Save the Date



April 28 - The Correspondent by Virginia Evans

Thank You From The Easter Bunny



Some of the generous donations for our Easter Egg hunt!



Wellness Tip of the Month

Did you know that protein can support heart health and keep you fuller, longer? Here are 21 easy ways to add protein to your day. Registered Dietitian Anna Taylor RD,LD, CDE offers her top suggestions:

1. EDAMAME - (soybeans) Soy is a complete protein. 1/2 cup of fresh edamame contains 9 grams of protein.
2. TOFU AND TEMPEH - Can be used in dishes or as a meat replacement. 3/4 cup of tofu contains 10 grams of protein. Tempeh 3 ounces contains 18 grams of protein.
3. LENTILS - 1/2 cup of cooked lentils contain 9 grams of protein. They cook fast and can be used in soups.
4. CHICKPEAS - 1 cup of chickpeas contains 15 grams of protein. You can add these to salads, mash with avocado to make a sandwich.
5. SPLIT PEAS - 1/2 cup of split peas contains 8 grams of protein. They are easily added to soup.
6. BONELESS SKINLESS CHICKEN BREAST - 3 ounces of chicken breast contain 27 grams of protein,
7. SALMON - also high in omega 3 fatty acids. 3 ounces of salmon contain 19 grams of protein.
8. LEAN BEEF - This means sirloin, round, tenderloin, and flank steak. 4 ounces of lean beef contains 24 grams of protein.
9. TURKEY BREAST - 3 ounces of turkey contains 26 grams of protein.
10. CANNED TUNA PACKED IN WATER - 3 ounces of canned tuna contains 20 grams of protein.
11. GREEK YOGURT - also contains probiotics. 1/2 cup of plain fat free yogurt contains 11 grams of protein.

12. COTTAGE CHEESE - Reduced sodium is best. 1/2 cup of 1% cottage cheese contains 14 grams of protein.

13. EGG WHITES AND WHOLE EGGS - Four egg whites contain 13 grams of protein. If you want to use whole eggs, 2 large eggs contain 12 grams of protein but also add more calories and saturated fat.

14. NUTS - 1 ounce of whole raw almonds contain 6 grams of protein. 1 ounce of dry roasted peanuts contain 7 grams of protein.

15. NUT BUTTERS - 2 tablespoons of smooth peanut butter contain 8 grams of protein. 2 tablespoons of almond butter contain 7 grams of protein.

16. DAIRY MILK - Dairy milk has 18 of the 22 essential nutrients your body needs. 1 cup of 2% milk contains 8 grams of protein. If you're lactose intolerant, you can take lactase enzyme tablets just before drinking milk.

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7. SOY MILK - 1 cup of soy milk contains 8 grams of protein.

18. OATS - You can get oats from oatmeal, used in cookies, pancakes and fruit crisp. 1/2 cup of old fashioned rolled oats contains 5 grams of protein.

19. PUMPKIN SEEDS - 1/4 cup of pumpkin seeds contains 9 grams of protein.

20. CHIA SEEDS - You can add these tiny seeds to smoothies. 1 ounce of chia seeds contain 5 grams of protein.

21. GROUND FLAXSEED - this has a nutty taste that makes it a great topping on salads, yogurt or cottage cheese. Be sure to grind the flaxseed to maximize the nutritional effect. 2 tablespoons of ground flaxseed contains 4 grams of protein.

The recommended dietary allowance for protein is a little more than 7 grams per 20 pounds of body weight. Remember not to overdose on protein. Using this guideline, a 140 pound person would need at least 50 grams of protein daily.

This information was requested by many of you in Ocean Dunes. Hope this information is helpful to everyone!

Household Tips

Submitted by Suzanne Felix



Did you ever buy a couple of avocados and they ripened at the same time?? So frustrating but there is a solution. If your avocado is at the peak ripe stage (a little give but not too much), place the whole avocados that have not been cut open in a bowl/dish with water covering them and then cover with a lid and place in the refrigerator. They will keep perfectly green and ripe for two-three weeks! Then, you can buy a bunch when they are on sale!



Would you like to increase the shelf life of fresh berries?

If you go on Amazon and search for ceramic berry bowls, you will find many choices. They all have air slits in the side. When you bring your berries home from the farmer's market or grocery store, do not wash them. Instead pour them out of the store container into the ceramic berry bowls and place them uncovered in the refrigerator. When you are ready to eat them, then you wash them. This extends the shelf life of the berries!

Pet of the Month

Hi: I'm Rue Colucci



I am 5-years-old and this is my second year at Ocean Dunes. I am having so much fun here that I asked my parents can we please-please-please come here again next year and they said YES, hooray!

I was born in White Plains, N.Y. My mom 'Lily' was rescued from Texas and she had a litter of nine pups! My mom and dad adopted me - boy I am so lucky. My uncle Michael, adopted 2 of my brothers, Cooper and Murphy so there are 3 Colucci pups from my mom. We have so much fun hanging out together but I also have so much fun in Jupiter.

I love Ocean Dunes and my dad walks me around the circle several times a day. Sometimes I think there are more dogs than humans - LOL! I meet so many friends, both dogs and people. Thank you to everyone who pets me and says hi!

My next-door neighbor is Chazz the cat. I try so hard to be friends with him but he's simply not interested and he plays 'hard to get'; but I am still working on him. Another friend on my block is Piper the Golden. She has a lot of energy because she's only a pup. I probably have the most fun at the Jupiter dog beach with so many other dogs. I am getting used to the ocean waves but still afraid to swim.

I love being a "snowbird dog" here in Jupiter! I am going home soon but I will see you all in November. Have a great summer!

We've all been there, right? Friends or family are coming to visit, and need ideas on fun things to do in Jupiter and surrounding areas? Take a look here for some ideas and we will look to update this each month with more options – you can always print out and save this page each month so you'll always have a list of fun activities sure to please everyone from 8 to 88!



Palm Beach Zoo is truly a magnificent experience for the whole family! The mission of the Palm Beach Zoo & Conservation Society is to inspire people to act on behalf of wildlife and the natural world. From learning about the Zoo's resident rescued black bears to mingling with and feeding the flamingos, it's definitely something you have to see to believe!



Jonathan Dickinson State Park Boat Tours – climb aboard the Loxahatchee Queen pontoon boat where visitors are taken on a 90-minute tour of the Loxahatchee river with a stop at the restored 1930's camp of Trapper Nelson, the Wildman of the Loxahatchee. At the site, park staff lead visitors around the grounds and buildings of a true Florida original, who made his living off the land as a trapper and fur trader. Once fame caught up with Trapper, he evolved himself and his home into one of the area's first tourist attractions, Trapper's Zoo and Jungle Gardens. Trapper's unsolved death in 1958 gives a sense of mystery to the site! This is just one of the MANY experiences available at Jonathan Dickinson State Park — check it out! <https://www.floridastateparks.org/parks-and-trails/jonathan-dickinson-state-park/experiences-amenities>

The Dunes Gourmet

Submitted by Tara DeCoursey



49 SW Seminole Street
Stuart, FL 33477
(772)266-4586

Stuart Boathouse

Above and Beyond with a Small-Town Feel

We strive to maintain a comfortable, small-town feel, while providing you with a level of quality that goes beyond your typical dining experience.

Whether Sunday brunch, "Wine Down Wednesdays", a casual lunch with friends or dinner with family, this waterfront restaurant has something for everyone!

Open Monday - Thursday: 11 am – 9pm
Open Friday – Saturday: 11 am – 10pm
Open Sunday: 10am – 9pm

Walk-ins & Reservations Welcome:
772-266-4586



Recipe of the Month

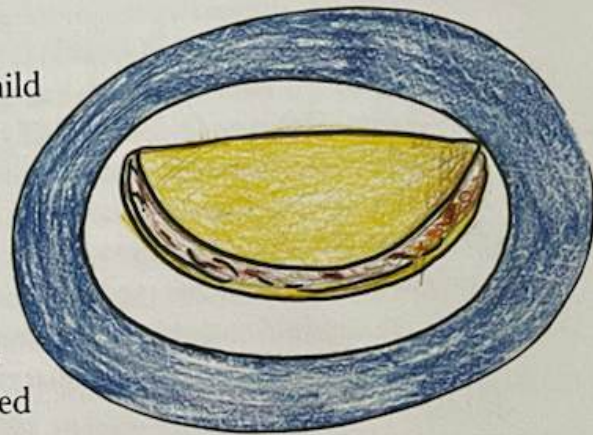
Submitted by Kay Stukenborg

Chicken Quesadillas

Makes 8 servings

Ingredients:

- 8 (6") flour tortillas
- 1 cup prepared salsa, medium or mild
- 2 cups shredded cooked chicken
- 1 cup grated Monterey Jack cheese (about 4 ounces)
- 1 cup grated cheddar cheese (about 4 ounces)
- 4 T. butter, softened, or Pam Spray
- Extra salsa, sour cream and prepared guacamole for dipping



Directions:

1. Place 4 tortillas on a flat work surface. Spread salsa on 1/2 of the tortilla; sprinkle with chicken and cheese. Fold in half. Repeat with the remaining 4 tortillas. Spread the tops with a little butter. Heat a skillet over medium-low heat. Add 1/2 teaspoon of the butter to the pan. Place ungreased side down first.
2. Cook until the bottom is just golden and the cheese is starting to melt, about 2-3 minutes. Gently flip over the open end with a spatula and cook for about 1 1/2 to 2 minutes, until golden brown on the second side.
3. Using the spatula, remove the quesadilla from the pan, place on a cutting board, and slice with a pizza cutter or sharp knife. Repeat with the remaining tortillas and serve immediately with about 2 T. of salsa and a dollop of sour cream and/or prepared guacamole.



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, did you know that April 19th is National Amaretto Day?! Me either – cheers!

Disaronno Fizz

source: Spiritsplatform.com

Ingredients for 1 cocktail:

1-1/2 ounces of Amaretto Disaronno
1/2 ounce of fresh lemon juice
3 ounces of club soda
Lemon wedge for garnish

Directions:

1. Pour Disaronno into a glass filed with ice, then add fresh lemon juice and club soda.

Citrus Ginger Beer Mocktail

source: feastandwest.com

Ingredients for 1 mocktail:

½ ounce **each** of: orange juice, lemon juice, lime juice, simple syrup
3-4 ounces of ginger beer
3-4 dashes of non-alcoholic orange bitters

Directions:

1. In a cocktail shaker filled with ice, add orange juice, lemon juice, lime juice and simple syrup. Shake well and strain into a glass filled with fresh ice.
2. Top with ginger beer and stir gently. Add a few dashes of orange bitters and enjoy!

Document This!

The Reluctant Traveler is a British travel documentary comedy television series on Apple TV+. The series follows Canadian actor Eugene Levy, who travels to hotels around the world and explores the places and cultures surrounding them. The first season debuted in 2023, with Eugene visiting locations in Costa Rica, Finland, Italy, Japan, Portugal, just to name a few. The second season (2024) took him on a European trip from top to bottom, including Scotland, where his mother was born. And the third season (2025), challenged Eugene to visit once-in-a-lifetime trips on his bucket list. Watch now on Apple TV+

Tucci in Italy is an American travel and food show which premiered May, 2025 on National Geographic. The series follows American actor Stanley Tucci, who travels around Italy exploring different regions' cultures, cuisines, and history. It is the follow-up show to Stanley Tucci: Searching for Italy which aired on CNN from 2021 to 2022. Tucci in Italy has been renewed for a second season, coming soon! Watch Season One on Hulu, YouTube, Amazon Prime, Disney+, et al.

Prime Minister is a 2025 documentary film about Jacinda Ardern, the prime minister of New Zealand from 2017 to 2023. The film documents both her political and private life and contains audio recordings of the Political Diaries project of the Alexander Turnbull Library and home videos recorded by Ardern's husband Clarke Gayford. The film includes information on the Christchurch mosque shootings, the 2019 Whakaari/White Island eruption and the Covid-19 pandemic. Watch now HBO Max, Hulu, Roku, YouTube, Amazon Prime, Sling TV.

Classified

Looking for Seasonal Rentals

We are looking to rent NEXT **January to March, 2027.**

We are currently renting in Ocean Dunes but we are interested in additional options so that we are assured a spot here next winter.

Jeff

jrogers3065@gmail.com

Gina

rogersg1517@gmail.com

Trish and Joe Texeira. We are renting 1407 this year. Please use this email and my phone number is 508.395.1924. We are looking for a 3 bedroom and do not have pets.

TinaCalnan@gmail.com
Call or txt 732-616-0005

March Social





Hydro Hotties

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	kelleycjp@aol.com
1000	Carol Kelley	kelleycjp@aol.com
1100	Donna Malkentzos	capemayscorp@gmail.com
1200	John Peters	jmpeters@bellsouth.net
1300	Phil Watson	Watsonplw@gmail.com
1400	David Wason	dfwasson1@yahoo.com
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.

For anyone who needs a refresher on how to use the Envera App.

MyEnvera training: <https://enverasystems.com/help/myenvera-app-general/>

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

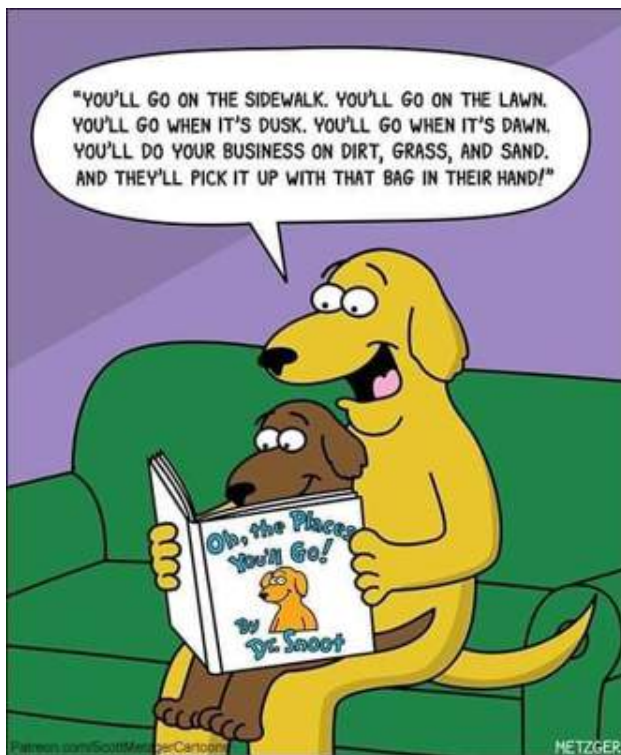
There is no Maid service at the pool!

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

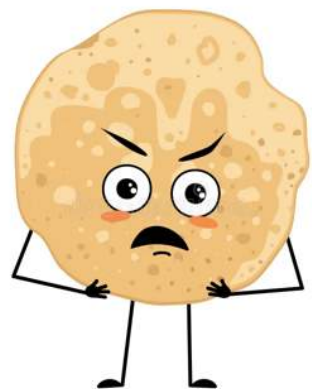
Home - Big Dog Ranch Rescue



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.

