

# DUNES LINES

## Happenings in The Villas of Ocean Dunes

December 2024

Issue 24

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#### Property Manager

Summer Jasser, LCAM

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

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

No password is needed.

## Picture of the Month



Submitted by Tara DeCoursey



## 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

## Save the Date

### Friday, December 6

**11:00 am - Craft by the pool.**

Craft will be Christmas cards, a Christmas ornament that can be placed on a gift, Happy Birthday cards and Get Well Cards by Stampin Up. Cost is \$5.00 per person. If interested, please rsvp by text to Suzanne at (860)918-8589. Please include your name in the text.

### Saturday, December 23



**Christmas Service**  
**On Juno Beach Pier**  
**Saturday, December 23**  
**5:30 PM**  
Bring a Chair.  
Community Welcome.

Holy Spirit  
Lutheran Church

### Saturday, January 25

**9AM - Annual Meeting**

The Annual meeting will be held at the Jupiter Community Center Center on Military Trail. Coffee and donuts will be served. If you cannot attend please be sure to give your proxy to Summer or to a neighbor who will be attending the meeting.



## The Woods Jupiter

Harbourside Place  
129 Soundings Avenue  
Jupiter, FL 33477



If you haven't checked out **The Woods Jupiter**, please do! Great atmosphere, lots of solid food options, from 'bar bites', to brunch, lunch and dinner. It's a nice, upscale sports-bar atmosphere with an impeccably professional and friendly staff. Check out their menu online at: [woods.jupiter.com](http://woods.jupiter.com)

# Pet of the Month

## Meet Piper



# Recipe of the Month

Submitted by Tara DeCoursey

## Delicious Bacon Cheddar Dip!

Found on allrecipes.com



### Ingredients:

- ½ cup slivered almonds
- 6 slices bacon (or more if you desire!)
- 1-1/2 cups mayonnaise
- 1 (8 ounce) package sharp cheddar cheese, shredded
- ½ cup thinly sliced green onions
- 1 pinch cayenne pepper

### Directions:

- Toast almonds in a dry saucepan over medium heat until lightly golden
- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until crispy and evenly browned, 8 to 10 minutes. Drain and cool slightly before chopping into bits.
- Combine mayonnaise and cheddar cheese in a mixing bowl. Toss in bacon, green onions, almonds, and cayenne. Stir with a spatula until combined. Wrap and chill in the fridge at least 1 hour before transferring to a serving bowl.



# Shaken AND Stirred!

Submitted 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, enjoy this “Spritz” that isn't just for summer!

## Rosemary-Ginger Spritz

source: [Real Simple Magazine](#)

### **Ingredients for 2 cocktails (alcoholic version):**

½ cup granulated sugar  
4 slices of fresh ginger, lightly smashed  
4 sprigs of rosemary, divided  
6 ounces Prosecco  
2 ounces club soda  
3 tsps fresh lemon juice (from 2 lemons)

### **Directions:**

1. Place sugar, ¼ cup water, ginger and 2 rosemary sprigs in a small saucepan; bring to a boil over medium heat, stirring until sugar dissolves, about 2-3 minutes.
2. Remove from heat and let stand @15 minutes; remove and discard the rosemary and ginger slices. Refrigerate the syrup for at least 30 minutes and up to 5 days.
3. Fill 2 highball glasses with ice. Add prosecco, club soda and 2 tablespoons of the rosemary-ginger syrup. Add the lemon juice, stir to combine – garnish with remaining 2 rosemary sprigs.

### **Ingredients for 2 Mocktails (non-alcoholic version):**

Rosemary-ginger syrup (see above)  
Your favorite sparkling water

### **Directions:**

1. Add some of the rosemary-ginger syrup to your favorite sparkling water, garnish with rosemary sprigs and you will have the perfect, refreshing, mocktail!

# Wellness Tip of the Month

When a stressor sticks around for a long time (toxic relationships, families, or workplace to name a few) it can lead to chronic health problems.

**DIGESTIVE SLOWDOWN:** Reduced blood flow to the gut can lead to ulcers, irritable bowel syndrome, reflux, and other stomach problems.

**BRAIN DRAIN:** Chemicals in the nerves get depleted and the nerves can shrink, especially in the pre-frontal cortex that assist with decision-making.

**IMMUNE OVERLOAD:** Hormones like Cortisol and Adrenaline arise with high stress levels. When these hormones are high for a long period, they are less likely to fight viruses since the immune system is weakened and you're more likely to get sick.

**SAGGING SKIN:** Stress can damage fat and protein cells that keep skin bright and plump. This can accelerate aging.

**HORMONAL HAVOC:** Stress can lead to increased heart rate and elevated blood pressure. It can also lead to your chances of developing heart disease, Type 2 diabetes, arthritis, and cancer to name a few.

**So, how do we combat stress and try to find ways to prevent its ripple effect? Here are some quick tips to ease the stress:**

**MINDFUL BREATHING:** Take a few deep mindful breaths to lower your heart rate and relax your body. Often, when I do this, I feel like I am releasing stress from my body. Inhale deeply and exhale slowly and intentionally. If your mind starts to wander, focus on breathing. Do this for 30 seconds.

**CROSS SOMETHING OFF YOUR TO DO LIST:** Chores that you put off increase underlying stress. When you accomplish something, your brain gets an AHHH moment.

**STRETCH OUT:** 10 minutes of stretching can reduce stress and anxiety.

**USING THE 3-3-3 RULE:** Many therapists recommend this technique to use in the moment. Look around and name three things you see, then identify three things you can feel, and finally move three parts of your body. This redirects your attention from anxious thoughts to very specific tasks that center your thinking and calm you down.

**TAKE A 10 MINUTE WALK OUTSIDE:** This can boost serotonin levels which help induce calmness and has a relaxing effect on the mind.

**HAVE A LAUGH:** Laughter has been shown to reduce stress, anxiety, and depression.

**CANCEL SOMETHING:** When you're overly stressed look at your calendar and see if you can cancel something. Find a way for your brain to rest and recharge.

**SOCIALIZE WITH OTHERS:** Getting together with friends can take your mind off your everyday challenges.

**HAVE FUN:** Dance to your favorite music or do anything you enjoy!

**MAYBE DO NOTHING:** You might want to sleep in, watch TV or lounge around in your pajamas.

**THE IMPORTANT THING TO DO IS TO FIND INNER PEACE SO THAT YOU CAN ENJOY BETTER HEALTH AND BE CALMER.**

I hope this wellness tip is beneficial as the holidays are fast approaching. Wishing everyone in Ocean Dunes a happy and healthy holiday season!

## Drama, Drama, Drama!

**The Resident** is an American medical drama series that originally aired on Fox from 2018 to 2023. It focuses on the lives and duties of staff members at fictional Chastain Park Memorial Hospital in Atlanta, GA, with generally a critical eye into real life bureaucratic practices of the healthcare industry. Now you can watch this 6-season series on Netflix, Hulu, Disney+, Apple TV, Amazon Prime.

**Ripley** is an American psychological thriller miniseries based on Patricia Highsmith's 1955 crime novel, The Talented Mr. Ripley. Taking place in New York in 1960, Tom Ripley is a down-at-the-heels con-man. Unaware of his situation, a wealthy man hires him to convince his prodigal son to return home from Italy. But Tom's introduction to Dickie Greenleaf's comfortable and leisurely life abroad turns out to be "the first step into a complex life of deceit, fraud and murder". This 8-episode series is streaming on Netflix.

**The Day of The Jackal** is a British series reimaged into a contemporary political setting and based on the classic Frederick Forsyth novel which centers on a ruthless British assassin, known only as the "Jackal" and the intelligence officer tasked with capturing him. This series was just released in early November, and there are 10 episodes you can watch on Peacock.



# Christmas in the VOOD

## Pretty By Day



# Spectacular at Night



# Classified

Have something you want to sell or give away? Looking to rent? Put it in the DunesLines. It's free and you and you will have a wider audience than just posting by the pool.



A really nice a different decal. If you decide to get one tell her that you saw her card in the Dunes Lines.

As you all know **Audrey** is no longer working at our gates. She is still available to help out with whatever you need – ie. dog sitting, house sitting, cleaning & mail pickup. She can be reached at 561-255-1185.



## 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.

# Worth Repeating

## Block Captains

100	Tom Cuomo	<a href="mailto:tom.cuomo@gmail.com">tom.cuomo@gmail.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.

## 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. As of November 1, the gates are fully virtual. Please be sure to make sure your guest list is updated. If you are walking or on a bicycle please use the pedestrian gate. It is dangerous to use the automobile gates.

## 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 Summer. She will give you a red reflector to put in front of it. If you see something that the landscapers have missed notify Summer.

### Don't be in 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 Summer at: [manager@oceandunesflorida.com](mailto: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.

## Tennis and Handball Courts

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

Locks have been added to the Tennis Court and the Handball Court. They use the same key that is used for the pool. If needed see Summer to purchase additional keys for \$75.00 each. Parts have been ordered to make the gates automatically close. Until they arrive please be sure to shut the gate when you leave.

## The Pool

**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 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.

## 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.

## 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.

## Refrigerator Rules

The rules are posted on the refrigerator.  
Anything left in the refrigerator overnight will be discarded.

## 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.

## Dogs

Please pick up after your pet.

So you walk your dog and he/she poops.

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.

## Changes to Home Exterior

**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!

## No Fishing is allowed in the lake

Why you ask? It seems pretty harmless to catch and release them. (You certainly wouldn't want to eat them.) Not everyone has a deck so there is a liability issue of someone stepping on a discarded fish hook. Aside from that, we have a large population of turtles in the lake. If a turtle gets hooked it is nearly impossible to remove the hook. In addition, there is electric wiring in the lake that can be damaged by the lures.



# A Note from the Editors



Thank you to all our contributors. Without you, this newsletter would not be possible. A special thank you to Kay, Tara, Summer and Lin for their monthly contributions.

## 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.

**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.

