

DUNES LINES

Happenings in The Villas of Ocean Dunes

January 2025

Issue 25

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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

No password is needed.



HAPPY NEW YEAR!



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

Games at the pool:

Mexican Train/Rummicube

Tuesdays & Thursdays 2PM

Book Club

Tuesday 7PM Jan 30

Book will be Winter Garden by
Kristin Hannah.

Water Exercise

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

Bingo and Left Right Center

Wednesday 2PM

Starting January 15

Welcome New Neighbors!



611- Chimin Woon and Avery Woon Tse
1508- Bettina Lambrechts and Paul Gerstenberger
1202- Emma Vollbracht

Save the Date

Saturday, January 25

9AM - Annual Meeting

Registration will start at 8:30.

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.



Book Club

2025 Book Club Dates

7PM at the pool

January 28th, The Women by Kristin Hannah

February 25th, The Teacher by Freida McFadden

March 25th, The Manhattan Girls by Gill Paul

April (TBD), Arsenal of Democracy by A. J. Baime

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.

The Dunes Gourmet

Find Us

12846 US-1
Juno Beach, FL 33408



Contact

(561) 624-9924
info@thereefgrill.com
Dine-in • Takeout

Open at *11:30am for lunch Mon - Sat* and *5:00pm for dinner every day.*

There's a reason this seafood restaurant has been around since 1989 – the food is consistently good! The prices are NOT outrageous, the staff is always friendly and professional – and I'm a sucker for the complimentary cole slaw! Try Captain Charlie's if you haven't yet!

Pan Seared Dolphin




Pet of the Month

WANTED



Dunes Pets!

Your pet can appear here. Send those cute photos and tell us what makes your pet special.

 SUPERSTOCK

Asset number: 4193R-1810

Recipe of the Month

Submitted by Suzanne Felix

Corn Casserole Au Gratin

12 oz whipping Cream
1 lb frozen corn
1 1/2 Tbsp butter
1 1/2 Tbsp flour
2 Tbsp sugar
1/2 tsp salt
Pinch of white pepper
3 Tbsp of Parmesan

Directions:

Combine corn, cream, salt, sugar and white pepper in a pot and bring to a boil. Simmer for 5 min.

Make a roux from melted butter and flour and add to corn. Mix well and remove from heat after 3 minutes. Transfer corn mixture to a casserole dish, sprinkle with Parmesan cheese and brown under broiler. It's easy to make ahead and freeze.

Gratitude Quote of the Month

"May the joy that you give to others be the joy that comes back to you."
(Thornton Wilder)



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, start 2025 off right with this holiday twist on a French 75 and/or enjoy this classic “Shirley Temple” if you’re celebrating “Dry January”!

Festive French 75

source: [#drinkswithdaica](#)

Ingredients for a Batch (8 drinks)

1 cup of gin
¾ cup pomegranate juice
½ cup lemon juice
¼ cup simple syrup (if you like it a little on the sweet side)
Sparkling wine

Directions:

1. Add gin, pomegranate juice, lemon juice and the simple syrup to a pitcher. If you’re serving right away, add ice and stir well. If you’re serving later, just cover the pitcher and add ice right before serving.
2. Add a little more than 2 ounces of the drink mixture to a champagne flute and fill with sparkling wine. Garnish with a rosemary sprig and some pomegranate seeds and enjoy!

Classic Shirley Temple

Source: Everyone! Haha

Ingredients for 1 drink:

1 ounce grenadine
Small ice cubes
4 ounces lemon-lime soda (ie Sprite or 7-up)
4 ounces ginger ale, chilled
Maraschino cherries (a must!)

Directions:

3. Pour the grenadine over ice in a glass; top with the lemon-lime soda and ginger ale.

Wellness Tip of the Month

HOW TO STAY HEALTHY

Each year there are constantly evolving new viruses, new strains of flu, RSV and the reoccurrence of whooping cough, and even measles!

So, how can we support our immune system to give us a fighting chance against sickness?

According to Prevention magazine, there are ways to stay healthy:

1. Getting regular exercise
2. Getting a good night's sleep
3. Trying to reduce stress
4. Eating a nourishing diet. Eating a variety of fruits and vegetables, whole grains, proteins, and healthy fats so that you receive a daily supply of essential vitamins, minerals and antioxidants.
5. Try to eat a lot of foods that contain Vitamin C- foods like citrus, bell peppers, and leafy greens. Vitamin C helps to produce more white blood cells that fight off infection.
6. Probiotics like yogurt help support the gut. (The majority of the immune system is in the gut).
7. Hydration is also crucial.
8. Often taking supplements may make you feel like you are doing the right thing. However, eating a consistent varied balanced diet is more important.

Here are some self-care tips to get your through cold and flu season:

- A. Cough into your sleeve or elbow. Droplets of germs can spread up to six feet.
- B. Don't starve a fever. If you don't have an appetite, eat small frequent meals. Chicken soup is a good for you because it has many nutrients. Making this soup with bone broth can release more nutrients and amino acids that aid in immune function. Green tea has antioxidant properties.
- C. Handwashing beats Hand Sanitizer. Even if you use sanitizer, wash your hands as soon as you can.
- D. Antibiotics won't fight a virus. Antibiotics work against bacteria, but many infections are caused by viruses.

Hopefully, this information will prevent you from getting sick and enable everyone to stay healthy!

The Latest and Greatest!

Conclave – Fabulous movie, based on the 2016 novel by Robert Harris, and starring Ralph Fiennes, Stanley Tucci, John Lithgow, Isabella Rosselini. Cardinal Lawrence is tasked with one of the world's most secretive and ancient events -- participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church. It's now streaming on Peacock.

Black Doves is a British spy thriller series created by Joe Barton, starring Keira Knightly, Ben Whishaw and Sarah Lancashire. The series centers on Helen (Keira Knightly), wife of the Secretary of State for Defense, who learns that her secret identity as a Black Dove is in danger after her lover is killed by London's underworld. Her employers, a spies-for-hire organization – send Sam, an old friend, to protect her. This 6-episode series is now streaming on Netflix.

Red One is a 2024 American Christmas film starring Dwayne Johnson, Chris Evans, Lucy Liu, JK Simmons, Kiernan Shipka, Bonnie Hunt, Nick Kroll. In the film, Callum Drift (Dwayne Johnson), the head of North Pole security, teams up with the hacker Jack O'Malley (Chris Evans) to locate a kidnapped Santa Claus (JK Simmons) on Christmas Eve. Streaming now on Amazon Prime.

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.



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	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 Kelly	kelleycjip@aol.com
1000	Carol Kelly	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

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.

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. Be sure to get a ticket number and follow up if items are not picked up timely.

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.



**Next Board Meeting:
January 21**

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.

