

DUNES LINES

Happenings in The Villas of Ocean Dunes

February 2025

Issue 26

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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

No password is needed.

Congratulations!



Congratulations to our newly elected
Board Members:
Richard Battista
Walter Carman
Joan Schell

Superbowl Boxes

Pam will be coordinating the Superbowl
boxes again this year. Keep an eye out for
the signup board which will be located at the
pool.



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 1PM

Book Club

Tuesday 7PM February 25

Book will be The Teacher by Freida McFadden.

Water Exercise

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

Bingo and Left Right Center

Wednesday 2PM

Starting January 15

Welcome Snowbirds!



Welcome back! Please take a minute to review the community rules.

Book Club

2025 Book Club Dates

7PM at the pool

February 25th, The Teacher by Freida McFadden

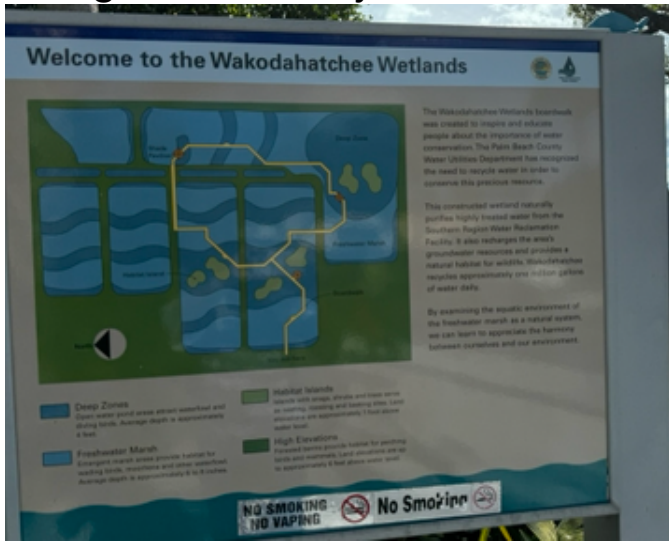
March 25th, The Manhattan Girls by Gill Paul

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



Wakodahatchee

13270 Jog Road, Delray Beach, FL 33446-3801



Situated on 50 acres of previous wastewater utility property, Wakodahatchee is a constructed wetlands that is free to the public. The site features a three-quarter mile boardwalk that crosses between open water pond areas and islands. A part of the South section of the Great Florida Birding Trail, Wakodahatchee is home to an abundance of wildlife as more than 178 bird species have been identified along with turtles, alligators, rabbits, fish, frogs and raccoons.



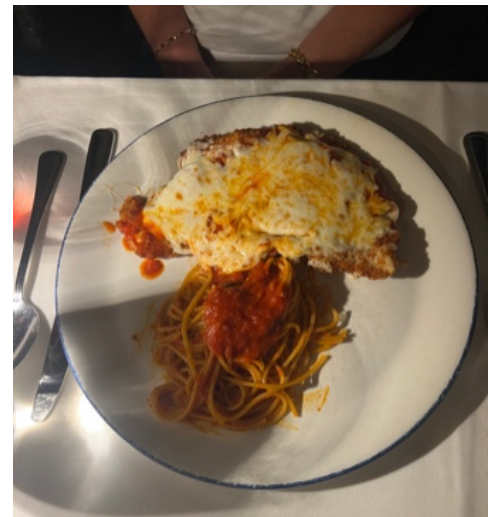
The Dunes Gourmet



Co-owners Robert Ghini and his brother Victor (also owners of Barcello), grew up helping in their family's restaurant which imbued the Ghini brothers with a cherished hospitality legacy and a passionate dedication to guests' total satisfaction. Now the next generation welcomes diners to their restaurants to enjoy authentic Italian cuisine and hospitality!

Located at:
2000 PGA Boulevard, Suite 3110
Palm Beach Gardens, FL 33408
561.622.7200
limoncellopbg.com

Open daily for dinner, 5pm – 10pm
Reservations accepted



Pet of the Month

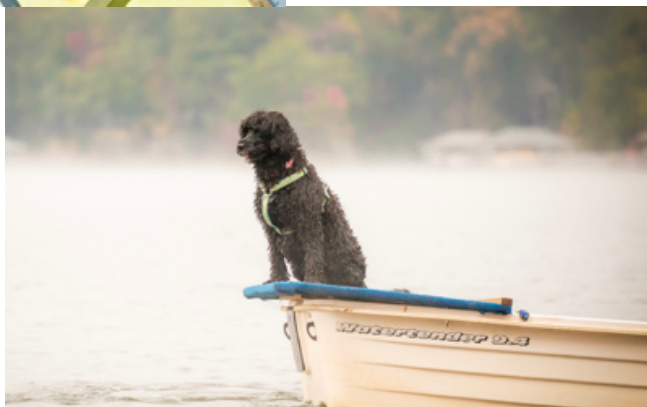
Samantha

Hi, I'm Sammie a/k/a Sam or Samantha. I'm a Portuguese Water Dog(PWD). I will turn 7 years old on February 25 so be sure to wish me a Happy Birthday when you see me.

I get many questions about my hairstyle. No, I did not have surgery - my butt is shaved because it is the traditional hairstyle worn by my ancestors. Its purpose is not to weigh me down when I go swimming. I love to jump into the water and swimming is so much fun! I compete with other PWDs for water titles. We are required to do different exercises with a handler (my dad).

I also go to Agility classes on a regular basis with my dad. I am proud to say that I have several Agility titles Mom and I do Nose Work which involves finding hidden items by smell. I'm doing well and have a number of titles in that as well.

I am a very friendly people loving girl. But you must let me approach you as I don't like pushy people. Dogs and other animals are okay, I guess but I don't have much use for them (probably because they never gave me a treat). I like walking around VOOD and meeting a lot of nice people. It would be nice if they all carried treats with them. It's great when we go to the office and I get treats from Summer. She's well trained! Hope to see you in the hood!



Recipe of the Month

Submitted by Tara DeCoursey

Tomato-Basil Soup

from loveandlemons.com

Ingredients:

- 2-1/2 pounds roma tomatoes, halved
- ¼ cup extra-virgin olive oil
- Sea salt and freshly ground black pepper
- 1 medium yellow onion, chopped
- 1/3 cup chopped carrots
- 4 garlic cloves, chopped
- 3 cups vegetable broth
- 1 tablespoon balsamic vinegar
- 1 teaspoon fresh thyme leaves
- 1 loosely packed cup of fresh basil leaves, plus more for garnish



Directions:

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper. Place the tomatoes cut side up on the baking sheet, drizzle with 2 tablespoons of the olive oil, and sprinkle with salt and pepper. Roast for 1 hour, or until the edges just start to shrivel and the insides are still juicy.
2. Heat the remaining 2 tablespoons of olive oil in a large pot over medium heat. Add the onions, carrots, garlic and ½ teaspoon salt and cook until soft, about 8 minutes. Stir in the tomatoes, vegetable broth, vinegar and thyme leaves and simmer for 20 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary. Blend until smooth. Add the basil and pulse until combined.
4. Season to taste, ladle into bowls, and garnish with fresh basil leaves

Gratitude Quote of the Month

“The most precious things of life are near at hand”
(John Burroughs)



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, let's bring on Valentine's Day with these romantic beverages!

Cupid's Arrow

source: thekitchenmagpie.com

Ingredients for 1 drink:

1.5 ounces vodka
.75 ounces blood orange liqueur
1.5 ounces orange juice
1 splash lemon juice

@ 5 chopped raspberries & strawberries
1 tsp. sugar or ½ packet of Splenda
½ can lemon-lime soda (ie. Sprite)
1 sprinkle chocolate shavings for garnish

Directions:

1. Combine vodka, orange liqueur, orange juice, lemon juice, sugar in a shaker and shake vigorously.
2. Wet and dip glass rim in pink or red sugar crystals. Fill the glass with ice cubes.
3. Pour shaken mixture over ice. Add the lemon-lime soda and stir to mix.
4. Sprinkle some chocolate shavings over the top and...“chef's kiss

Love Potion #9

Source: sugarhero.com

Ingredients for several drinks:

1/2 cup raspberries
1 tablespoon sugar
1 tablespoons lemon juice
2 pins raspberry sherbert
3 cups sparkling berry lemonade

Directions:

5. Combine the fresh raspberries, granulated sugar, and lemon juice in a bowl, and mash them together with a fork until you have a berry puree.
6. Place a generous spoonful of puree at the bottom of champagne glass(es). Top with a small scoop of raspberry sherbet and fill the cups to the brim with sparkling berry lemonade. Garnish with a few more fresh berries, if desired, then enjoy!

Wellness Tip of the Month

THE IMPORTANCE OF HOBBIES

Did you know the positive effects of hobbies are available to everyone? The benefits you gain will depend on your hobby. For example, exercise benefits your cardiovascular health, crossword puzzles improve your cognitive health. Nearly all hobbies can provide positive health benefits.

Doing a hobby, you enjoy can release feel-good chemicals in the brain and reduce stress hormones. This can lower blood pressure, reduce inflammation, improve sleep, boost the immune system, improve cardiac health and increase energy and a sense of feeling good. Research suggests that older adults have a 19% lower risk of mortality when they engage in regular leisure activities. According to Dr. Hafeez, hobbies help your brain create new connections which can help you in areas beyond just that skill. This may explain why people who play a musical instrument often do better in math.

Hobbies make us happier. People who tried to spend time doing hobbies (no matter what they were) showed an average boost of 8% in well-being and a 10% drop in stress and anxiety according to a 2023 study published in the Journal of Personality. Hobbies can also develop social connections and give us a sense of community. Did you know that chronic loneliness is worse for your health than smoking 15 cigarettes per day according to a 2020 analysis by the American Journal of Geriatric Psychiatry. It also provides opportunities to be social.

Hobbies are a powerful antidote to stress. They help you feel relaxed, less stressed and less anxious. Hobbies are anything you do in your leisure time that brings you joy or pleasure. To choose how you spend your time, ask yourself how you feel after doing a particular activity. Many people might consider scrolling through social media or watching Netflix for long periods of time a hobby. These mindless activities only give a short term high and can leave you feeling emptier and more exhausted. These activities can be detrimental to your cognitive health in the long run and can easily become addictive. Most of us have a gut instinct of our likes and dislikes. Remember to schedule the time on your calendar. Find a friend or a group to do things with- Palm Beach Library has many free classes. You may have to adapt to what is available and go out of your comfort zone.

***SO, GO FIND THE THING THAT EXCITES YOU AND DO MORE OF IT; YOUR LIFE MAY DEPEND ON IT!**

It's February, y'all!

Groundhogs, Valentines, oh my!

Groundhog Day – yep, of course you need to watch this again! This 1993 fantasy comedy starring Bill Murray, Andie MacDowell, and Chris Elliott tells the story of a cynical television weatherman covering the annual Groundhog Day event in Punxsutawney, PA, who becomes trapped in a time loop, forcing him to relive February 2nd repeatedly. So worth watching again! Catch it on Amazon Prime, YouTube, AppleTV, Fandango At Home, et al.

When Harry Met Sally – one of the BEST ROM-COMS ever! This 1989 American film stars Billy Crystal and Meg Ryan (as if you didn't know!), and follows the title characters from the time they meet in Chicago and share a drive to New York City through twelve years of chance encounters in New York, and addresses the question "Can men and women ever just be friends?" Grab the popcorn, your favorite human or fur-baby, sit back and watch it again – it still holds up as a great feel-good flick! Watch on Apple TV, Amazon Prime, YouTube.

Virgin River – an American romantic drama television series, based on the series of novels by *Robyn Carr*. The show debuted on Netflix in 2019, and the 6th and latest season just hit Netflix this past December. The show follows Melinda "Mel" Monroe, who answers an ad to work as a midwife and nurse practitioner in the remote Northern California town of Virgin River, thinking it will be the perfect place to start fresh and leave her painful memories behind. But she soon discovers that small-town living is not quite as simple as she expected. Watch all seasons on Netflix.

Crafting in the Dunes



**Paint Pouring
Class
January 13th**

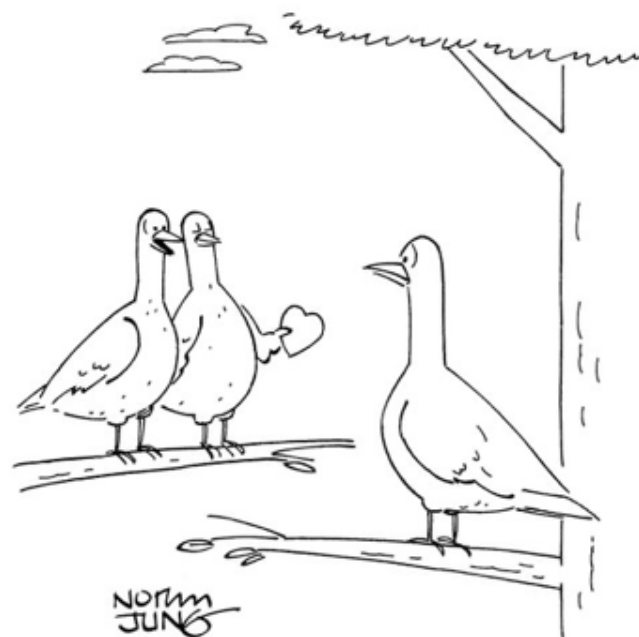
Thank you Mary!

Classified

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



Happy Valentines Day!



"WE'RE LOVE BIRDS. FOR US, VALENTINE'S DAY IS A NATIONAL HOLIDAY."

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:
February 18

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.

