

DUNES LINES

Happenings in The Villas of Ocean Dunes

March 2025

Issue 27

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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.

Set your Clocks Ahead



March 9

March Madness Pool

Check at the pool for more
information on turning in your
brackets.



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 March 25

Book will be The Manhattan
Girls by Gil Paul.

April book: Arsenal of
Democracy by A. J. Baime
Date TBD

Water Exercise

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

Bingo and Left Right Center

Wednesday 2PM

Starting January 15

Happy St Patrick's Day



Gratitude Quote of the Month

All the really great things in life are expressed in the simplest words: friends, family; purpose and meaning; love and work; caring and community"

(Dan Zadra)



Please Help the Easter Bunny



The Easter Bunny will visit Ocean Dunes again this year. Last year he placed over 150 eggs throughout the community. This year he is hoping to fill approximately 200 eggs. He is looking for donations to fill the eggs – any wrapped candy, small trinkets or coins that will fit in the plastic eggs. He is also looking for a few larger items that will be won by finding the special eggs. Donations can be left on the porch at 619 or 1426. You can also give them to Lin or Marie.



Recipe of the Month

Submitted by Tara DeCoursey

Grandma's Irish Soda Bread

from sallysbakingaddiction.com



Ingredients:

1 and $\frac{3}{4}$ cups buttermilk
1 large egg
4 and $\frac{1}{4}$ cups flour
3 tablespoons sugar

1 teaspoon baking soda
1 teaspoon salt
5 tablespoons **unsalted** butter, cold and cubed
1 cup raisins (optional)

Directions:

1. Preheat oven to 400°F. There are options for the baking pan. Use a regular baking sheet and line with parchment paper or a silicone baking mat (bread spreads a bit more easily on a baking sheet) or use a seasoned 10–12-inch cast iron skillet (no need to preheat the cast iron unless you want to) or grease a 9–10-inch cake pan or pie dish. You can also use a 5-quart (or higher) dutch oven. Grease or line with parchment paper. If using a dutch oven, bake the bread with the lid off.
2. Whisk buttermilk and egg together. Set aside. Whisk the flour, sugar, baking soda, and salt together in a large bowl. Cut in the butter using a pastry cutter, a fork, or your fingers. Mixture is very heavy on the flour but do your best to cut in the butter until the butter is pea-sized crumbs. Stir in the raisins (if using). Pour in the buttermilk/egg mixture. Gently fold the dough together until dough it is too stiff to stir. Pour crumbly dough onto a lightly floured work surface. With floured hands, work the dough into a ball as best you can, then knead for about 30 seconds or until all the flour is moistened. If the dough is too sticky, add a little more flour.
3. Transfer the dough to the prepared skillet/pan. Using a very sharp knife score the dough with a slash or X about 1/2 inch deep. Bake until the bread is golden brown, and center appears cooked through, about 45-55 minutes. Loosely tent the bread with aluminum foil if you notice heavy browning on top. For a more accurate test, the bread is done when an instant-read thermometer reads the center of the loaf as 195°F.
4. Remove from the oven and allow bread to cool for 10 minutes and then transfer to a wire rack. Serve warm, at room temperature, or toasted with desired toppings/spreads.

The Dunes Gourmet



Handcrafted Wine.
Modern Casual Dining.

The Cooper's Hawk has created a modern, casual, upscale dining experience with warm hospitality in an inviting setting. Their culinary team has designed a contemporary American menu infused with flavors from around the world. Each dish is made fresh in their scratch kitchen, incorporating peak-of-season ingredients, and listed with a bin number to guide you to your selection's perfect wine match.

Located at:

3101 PGA Boulevard (The Gardens Mall)
Palm Beach Gardens, FL 33410
561.209.8466
chwinery.com

Restaurant & Tasting Room Hours

Monday – Thursday 11:00am – 9:00pm

Friday 11:00am – 10:00pm

Saturday 10:00am – 10:00pm

Sunday 10:00am – 9:00pm

Reservations Recommended



Pet of the Month

Meet Harold aka "Stretch"



Hey everyone, my name is "Harold", and I am a blue heron, and I moved into Ocean Dunes a while ago. You might have seen me hanging out on people's decks, trying to look cute so I can score something to eat, hah! A few "fun" facts about me and my species:

- 1) Great blue herons are the largest North American herons! We can be up to 54 inches tall and have a wingspan of up to 79 inches.
- 2) Despite these measurements, we barely register a weight of about 5 to 6 pounds. And NO, it's NOT because of Ozempic!!! Our bones are hollow, like a lot of birds!
- 3) We can hunt for food both day and night because we have a high percentage of rod-type photoreceptors in our eyes that improves our night vision -- which also makes the males very attractive to the Florida females -- we can drive at night!! ☺
- 4) We also build nests in trees in colonies -- and there can be hundreds of pairs of us in a grouping of of mature trees! And you thought it was crowded in "the season" -- your 'snow birds' got nothing on us!!



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, here is a classic mojito recipe and its “mocktail sister”. I don't care if it's a summer drink and we're only in March – I'm ready for summer – how about you??

Classic Mojito

source: loveandlemons.com

Ingredients for 1 drink:

5 mint leaves, more for garnish
2 ounces white rum
1 ounce fresh lime juice
½ ounce simple syrup
Club soda or sparkling water, ice
Lime slices, for garnish

Directions:

1. Lightly muddle the mint in the bottom of a cocktail shaker until aromatic. Add the rum, lime juice, simple syrup, a handful of ice and shake.
2. Strain into a glass filled with ice. Top with a splash of club soda and garnish with lime slices and more mint. Salud!

Non-Alcoholic Mojito

Source: thespruceeats.com

Ingredients for 1 drink:

1 lime
1 ounce honey syrup, or more to taste
10-15 mint leaves
4 -6 ounces sparkling water or club soda
1 mint sprig, for garnish

Directions:

1. Cut the lime into 4 or 5 wedges, reserving 1 for garnish. Add the remaining wedges along with the honey syrup to a glass/tumbler, muddling well to release all of the lime juice.
2. Add the mint, tearing each leaf into smaller pieces and muddle gently.
3. Fill the glass with ice then sparkling water or club soda and add more honey syrup if desired. Stir well to incorporate the lime and mint in the glass, garnish with a mint sprig and the reserved lime wedge. Salud!

Wellness Tip of the Month

Healthy Body, Thriving Brain

Recently, I took a course at the University of Dayton taught by nationally known Ann Anzalone. The course was titled Thriving Brain as you Age. It was an excellent course and this month I will be sharing tips on nutrition.

GREENS: High enough greens consumption reverses aging and disease. Greens are the most nutrient with many calories coming from protein and are rich in folate, calcium, carotenoids. Greens work synergistically to remove substances that cause cancer, reduce inflammation, neutralize stress, and inhibit the process by which tumors acquire a blood supply.

BEANS: Have high vitamins and mineral content. They have a stabilizing effect on blood sugar, promote a sense of fullness, help prevent food cravings, contain soluble fiber, lower cholesterol levels, help to prevent colon cancer and provide significant protection against oral, larynx, pharynx, stomach, and kidney cancers.

ONIONS: Leeks, garlic, chives, shallots, and scallions. These vegetables contain high concentrations of flavonoid antioxidants, predominantly quercetin. Quercetin slows tumor development, suppresses growth and proliferation and induces cell death in colon cancer cells. Red onions contain at least 25 different antioxidant properties. They have anti-inflammatory effects that detoxify carcinogens and can halt cancer cell growth. Eating these vegetables is associated with lower risk of gastric and prostate cancers.

MUSHROOMS: Stabilize DNA and keep hormones and insulin in check. Consuming mushrooms regularly decreases the risk of breast, stomach, and colorectal cancers. 10 grams of fresh mushrooms (about 1 mushroom per day) contain compounds that can block the production of estrogen providing the preventive effects of mushrooms against breast cancer. Reishi (longevity and aging), lion's mane (memory, cognitive function, nervous system), chaga (contain antioxidants).

BERRIES: (Organic) These are some of the highest antioxidant foods in existence. Berries have cardio-protective and anti-cancer effects, reducing blood pressure and inflammation, preventing DNA damage, inhibiting tumor growth, and stimulating the body's own antioxidant enzymes.

SEEDS and NUTS: contain healthy fats and are rich in nutrients, including phytosterols, minerals and antioxidants. Flax, chia, and hemp seeds are extremely rich sources of Omega-3 fats. Sunflower seeds are rich in protein and minerals. Pumpkin seeds are rich in iron, calcium, and zinc. Sesame seeds have the greatest amount of calcium of any food on the planet and provide abundant amounts of vitamin E. Healthy fats in seeds and nuts aid in the absorption of nutrients when eaten with vegetables. You can often grind them and add them to your salad.

Also remember that sugar weakens the immune system, feeds diabetes, heart disease, cancer, Alzheimer's and wrinkles.

Did you know as we get older the capacity to break down alcohol decreases, weakens the immune system and increases our sugar intake?

Hopefully this small amount of information can be beneficial to all of you and help all of us have thriving bodies as we get older!

Not New, But Noteworthy!

The Equalizer - an American crime drama television series that premiered on CBS in 2021. It's the reboot of a series that first came to TV back in the 1980's and later was made into a series of films starring Denzel Washington. This updated TV version centers on Robyn McCall (brilliantly played by Queen Latifah), an enigmatic woman in New York City and single mother to teenage daughter Delilah with a mysterious background who uses her extensive skills to help those with nowhere else to turn, acting as a guardian angel and a defender for those who cannot defend themselves while pursuing her own redemption. If you want to see a woman beat up the bad guys, this is your show!! The series is now in its fifth season, so you can watch it on CBS and Paramount+ on Sunday evenings. Or stream past seasons/episodes on Netflix, Hulu, Amazon Prime, YouTube, Apple TV+.

True Detective: Night Country – is the fourth season of ***True Detective***, an American anthology crime drama television series airing on HBO. This season is set in the fictional town of Ennis, Alaska, and follows the investigation of the disappearance of eight men from a research station. Starring Jodie Foster and Kali Reis as Detectives Liz Danvers and Evangeline Navarro, it's intense, riveting and altogether fantastic! Watch this season as well as the entire franchise on Amazon Prime, Hulu, Apple TV+, YouTube, et al.

The Quiet Man – YES! You read that correctly. March is, after all, the month of **St. Patrick's Day** – and we are honoring that with one of the BEST movies set in Ireland...1952's "*The Quiet Man*", starring John Wayne, Maureen O'Hara, Victor McLaglen, Barry Fitzgerald, Arthur Shields and Ward Bond. Set in the 1920s, Sean "Trooper Thorn" Thornton (Wayne), an Irish-born American retired boxer, travels from Pittsburgh to his birthplace of Inisfree to purchase the old family farm. Shortly after arriving, he meets and falls in love with fiery, red-headed Mary Kate Danaher (O'Hara), the sister of bullying Squire "Red" Will Danaher (McLaglen). Will also wants to buy the old Thornton property, and is angered when the property's current owner, the wealthy Widow Tillane, accepts Sean's bid instead of his. Will then retaliates by refusing consent for Sean to marry his sister. Well, let the games begin, because this will always be one of the best Irish romantic comedies ever! You can watch on Amazon Prime, Apple TV+, YouTube, et al.

Classified



213 OCEAN DUNES CIRCLE JUPITER, FL 33477

*** Newer roof**

*** 5 minute walk from the pool, jacuzzi, tennis courts, clubhouse and the gate**

*** Spacious expansive wood deck**

*** STUNNING WATER VIEWS**

*** Only unit directly facing white gazebo and green oasis**

Location, Location - only 5 minute walk to the fabulous beaches of Jupiter and Juno Beach

*** 5 minute walk to cafes, grocery store and pharmacy**

*** 2 dogs of any size allowed**

**FOR
SALE!**

Price upon request



BEST WATER VIEWS IN OCEAN DUNES!
213 OCEAN DUNES CIRCLE JUPITER, FL 33477



**ENJOY SPECTACULAR WATERVIEWS AND SENSATIONAL SUNSETS
WITH WATER VIEWS FROM THE PRIMARY BEDROOM, KITCHEN, AND LIVING AREA!**



Carol Nelson

C: 561.373.1139

E: cnelson@ipre.com

W: carolnelson.ipre.com

**ILLUSTRATED
PROPERTIES**

THIS BEACH BUNGALOW FEATURES:

- * 2/2 - one story floor plan with vaulted ceilings
- * Covered front porch with wood gate enclosure
 - * Two private parking spaces
- * New washer and dryer, new water heater and new bathroom vanity
- * Updated kitchen with granite countertops, & stainless steel appliances
 - * Beautiful French doors in hallway
- * Wood floors throughout and plantation shutters
 - * Beautiful garden with lush landscaping
 - * Newer TRANE AC unit

BY APPOINTMENT ONLY! CONTACT CAROL FOR MORE INFORMATION.

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. 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:
March 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.

