

DUNES LINES

Happenings in The Villas of Ocean Dunes

April 2025

Issue 28

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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.



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 Date TBD

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

Water Exercise

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

Last class: April 10

Bingo and Left Right Center

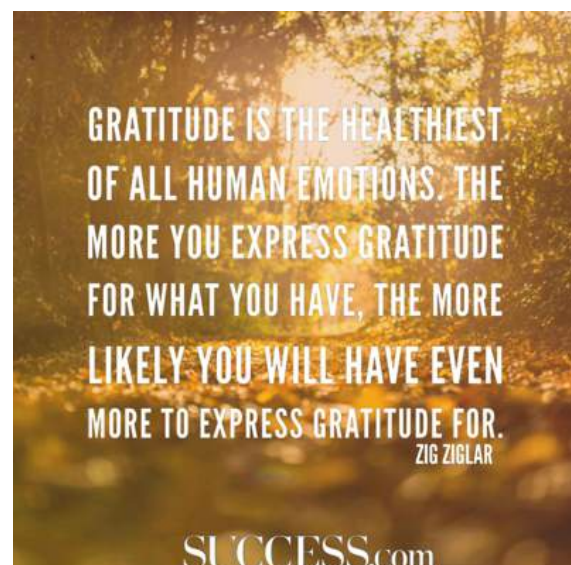
Wednesday 2PM

Welcome New Neighbors!



602 – Robert and Jody Anderson

Gratitude Quote of the Month



Easter Bunny Update



Look for the eggs Easter morning.

Thank you to everyone who has already donated. It is much appreciated.

Donations can be left on the porch at 619 or 1426. You can also give them to Lin or Marie.

The Easter Bunny is into recycling. If you do not want to keep the plastic eggs after the hunt, you can leave them in a bag on the bar by the pool.



Mark your Calendars



Social by the pool

Friday, **April 4th** from 5PM to 7PM

Bring an appetizer or a dessert to share
BYOB

Optional: Bring 3 \$1 bills for a game of Left Right Center.
Don't worry if you don't know how to play. It's super easy
and lots of fun!



Art Show and Sale

Sunday, **April 6th** from 1PM to 4PM

Tables available by
Texting
Mary Stokkers
631-278-3952
with the number of
tables you may need.

Recipe of the Month

Submitted by Tara DeCoursey

Bang Bang Shrimp

source unknown

Ingredients Bang Bang Sauce:

¼ cup mayonnaise
¼ cup Thai sweet chili sauce
Sriracha sauce, to taste

Ingredients Fried Shrimp:

½ cup buttermilk
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon salt
1 pound large shrimp, peeled, deveined
Canola oil, or peanut oil for frying
¾ cup cornstarch

Directions:

1. In a bowl, stir together the mayonnaise, chili sauce, and Sriracha until smooth; set aside.
2. In a large bowl, combine buttermilk, onion powder, garlic powder, and salt. Add the shrimp and stir to coat.
3. In a heavy-bottomed pan, add 2 to 3 inches of oil. Heat over medium heat until temperature reaches 375°F on a digital thermometer.
4. In a shallow bowl, add the cornstarch. Using tongs, remove 1 shrimp from the buttermilk marinade, letting any excess drip off, and coat each side in cornstarch.
5. Add the shrimp in batches to the oil and fry 1 to 2 minutes per side, until cooked through and light brown. Transfer to a paper towel-lined plate. Return oil to 375°F and repeat with remaining shrimp. Place in a serving bowl and add sauce. Toss to coat. Serve warm.



The Dunes Gourmet



SEA RACHA

103 US-1

Jupiter, FL 33477

(Publix Shopping Center at US-1 and Indiantown Road)

561-747-6944

Experience authentic Asian cuisine at Sea Racha! Where the chefs are skilled at making the best traditional Asian cuisine in the Jupiter area. All their dishes include fresh ingredients which make everything more flavorful! They also have a daily lunch special, 11:30am-3:00pm. Enjoy!



Ma-Ma Pad with Fried Tofu



Cashew Nut Sauce with Chicken

Pet of the Month

BABE

Submitted by Suzanne Felix

This is my Grand Dog, Babe the Basset Hound. She is named after Babe Ruth as my son, her owner, is a huge Yankees fan! She is three years old and still as playful as a puppy. Babe moved along with her owner from Las Vegas to New York City this past Fall and she loves NYC! She really enjoys all the scents of the city and feels compelled to smell everything around her on her walks. She has an incredibly deep bark (not very lady like) but is a cuddler and just wants belly rubs as often as possible. Her ears feel like silk and get mighty wet when she drinks her water from her 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, mellow out with all things Mango! Cheers!

Mango Martini

source: dudethatcookz.com

Ingredients for 1 martini:

3 ounces vodka
1.5 ounces mango puree
.5 ounces orange liqueur
.5 ounces simple syrup
.25 ounces lime juice, freshly squeezed

Directions:

1. Add ice to a cocktail shaker and pour in vodka, mango puree, orange liqueur, simple syrup and lime juice.
2. Shake well for 30 seconds; set aside.
3. Pour some sugar onto a plate. Using a lime wedge, wet the edge of a martini glass and rotate to rim the glass in sugar.
4. Pour cocktail ingredients into the martini glass, and finish with a slice of fresh mango, if desired. Salud!

Refreshing Mango Mocktail

Source: flavorfulife.com

Ingredients for 1 mocktail:

2 ounces of mango juice or mango nectar
1 ounce of lemonade
6 ounces of sparkling water
Lemon or lime slices for garnish

Directions:

1. Fill a large glass or mason jar with ice. Add the mango juice/nectar, then the lemonade and top it off with the sparkling water.
2. Garnish with lemon slices, lime wheel, mint and/or basil. Salud!

Wellness Tip of the Month

THE IMPORTANCE OF SLEEP

The body does 80% of its healing at night. When the body needs to heal or is out of balance, you are going to be tired and have little or no energy, signaling the need for more sleep. The average person needs 8 hours of sleep.

- 1. NEUTRAL SLEEP POSITION:** The position in which your body is distributed over the greatest surface area of your bed.
- 2. CORE BODY TEMPERATURE:** Core body temperature needs to drop 2 degrees for deep sleep. Suggested room temperature: 68-70 degrees. Keep hips to neck warm with hands and feet free to stick out if needed to regulate heat effectively. Avoid eating late; do not eat a large meal within 4 hours of going to bed. The larger the meal, the longer it will take to break down the food in your body. The more calories consumed closer to bedtime, the harder it will be to fall asleep. Avoid strenuous exercise within 2 hours of going to bed. Exercise increases the body's core temperature for two to three hours after exercise. A cool shower may help if you exercise or eat too close to bedtime.
- 3. SLEEP TIMING:** Schedule your life around your sleep. Going to bed and waking up at the same time without an alarm clock is optimal. Getting quality sleep depends on your body being able to regulate hormones effectively. This takes consistency. At bedtime try to go to bed close to sundown and wake up as close to sunrise as possible. Every hour of sleep before midnight is worth 2 hours of sleep after midnight. The body has energy spikes especially at 12a and 12p. It is best to be in a deep sleep before an energy spike. The faster your metabolism the more sleep you need, the slower your metabolism the less sleep you need. **DO NOT SACRIFICE YOUR SLEEP FOR EXERCISE OR YOU WILL FIGHT YOUR BODY'S NORMAL HORMONAL BALANCE.** If you lose or get interrupted sleep, making up for the loss with napping is an effective way to keep your patterns on track.
- 4. SHUTTING OFF YOUR BRAIN:** You cannot "think" yourself to sleep. You must remember to sleep. Your sleep centers and memories are in the back of your brain. The part of your brain that handles thoughts is in the front of your brain. Stop thinking and start remembering to get to sleep. To do so, remember a happy, calming and peaceful memory. Think about, feel and experience everything in that memory. It should not stimulate you but calm you. You can also create a memory with the intention of using it for sleep. Think of the same memory repeatedly. If you fall asleep with it once, it will be easier for you to fall asleep with it again. The older the memory, and the deeper you must go to remember it, the quicker you will fall asleep.

5. **WORK ON YOUR BREATH:** Inhale normally, pause at the top of your breath slightly, and then exhale. Focus on the noise of your breath.
6. **JOURNAL:** If there is something on your mind, get it out of your head and write it down.
7. **QUALITY OF SLEEP:** It is important that your body goes through 4-5 sleep cycles per night. Each sleep cycle has a range in different sleep stages: from deep sleep to light sleep to REM sleep. Deep sleep is the most physically restorative sleep stage and REM sleep plays a vital role in hormone balance and mental sharpness.
8. **CAFFEINE:** For your body to go to sleep, your stress hormone, cortisol needs to be very low. Stop caffeine for 8 hours before going to sleep. **IT IS RECOMMENDED TO STOP CAFFEINE 8 HOURS BEFORE GOING TO SLEEP; USUALLY AROUND 2 P.M.**
9. **DEEP SLEEP:** This should make up 10 to 20 percent of your total sleep time, most of it occurring within the first four hours.
10. **SLEEP BETWEEN 10P.M. AND 6A.M.** to regulate hormones. 11p.m.-3a.m. is most important to maintain health as we age.
11. It is suggested to replace coffee with green tea. Learn to deal with your anger and frustrations in a healthy way. Get regular exercise. Avoid blue light 2 hours before bed.

Hopefully these tips are beneficial to you and enable all of you to have wonderful sleep and a better start to each day!



Movies That Matter

Becoming Katherine Graham - tells the story of a painfully shy woman's accidental rise to power and how it changed history. After a family tragedy, Katharine "Kay" Graham evolved from a "doormat wife" into a legendary newspaper publisher. She was Nixon's nemesis during Watergate, fighting for truth, breaking barriers in a sexist world, and winning a Pulitzer Prize, inspiring generations with her courage and resilience. Watch now on Amazon Prime Video.

The Manchurian Candidate (2004) - Years after his squad was ambushed during the Gulf War, Major Ben Marco (Denzel Washington) finds himself having terrible nightmares. He begins to doubt that his fellow squad-mate Sergeant Raymond Shaw (Liev Schreiber), now a vice-presidential candidate, is the hero he remembers him being. As Marco's doubts deepen, Shaw's political power grows, and, when Marco finds a mysterious implant embedded in his back, the memory of what really happened begins to return. Watch now on Amazon Prime Video, Hulu, Paramount+, et al.

Dead Poets Society - A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students Neil Perry (Robert Sean Leonard), Todd Anderson (Ethan Hawke) and others learn to break out of their shells, pursue their dreams and seize the day. Watch now on Amazon Prime Video.

The March Social



Helen's Farewell Party



We will miss you

SEE YOU NEXT YEAR



A Fun Activity






\$40

Silver Sluggers

A Better Deal Than Any Early Bird Special in Jupiter!

ALL FANS 55+ CAN ENJOY ONE OF THE BEST DEALS IN JUPITER EVERY WEDNESDAY!



-  **Ticket to Every Wednesday Game!**
-  **Win Prizes in Baseball Bingo!**
-  **Free Hot Dog & Soda at the Game!**
-  **10% Team Store Discount!**
-  **Official Silver Sluggers Gift!**



Name: _____

DOB: _____

Address: _____

Phone: _____ E-mail: _____

Member # _____ x \$40 = Total: _____

Payment Information:

Check payable to "Jupiter Stadium, LTD"
A check in the amount of \$ _____ is enclosed.

Credit card
 Visa Mastercard Discover American Express

Card Number: _____

Expiration: _____ Zip _____ CVV _____

Print Name: _____

Signature: _____



Please mail check to:

ATTN: Silver Sluggers | Address: Roger Dean Chevrolet Stadium, 4751 Main St, Jupiter, FL 33458

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.

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.



Next Board Meeting:

April 15

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.

Send your submissions to DunesLines@gmail.com

