

# Bay GARDEN MANOR

<http://www.baygarden.net>

Monthly Newsletter

Volume 12 Issue 5

October 2012

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AKAM On-Site  
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Property Manager  
**Miryan Garcia**  
Admin. Assistant

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(305)207-9532

Security After Hours  
(305)592-7220

## OFFICE HOURS

Monday - Friday  
8:30 AM - 4:30 PM

## BAY GARDEN MANOR

1250 West Avenue  
Miami Beach, FL 33139

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## Don't Forget...

### Spring Forward...Fall Back...

Beginning in 2007, Daylight Saving Time was extended one month and begins for most of the United States at 2 a.m. on the **Second Sunday in March** and lasts until 2 a.m. on the **First Sunday of November**.

**Be sure to set your clocks back one hour at 2 a.m. on November 4, 2012.**

This is also a great time to change the batteries in your smoke and carbon monoxide detectors. Many fire departments encourage people to change their batteries in these detectors when they change their clocks, because it can be so easy to forget otherwise. "A working smoke detector more than doubles a person's chances of surviving a home fire," says William McNabb of the Troy Fire Department in Michigan. More than 90 percent of homes in the United States have smoke detectors, but one-third are estimated to have worn-out or missing batteries.



## Veteran's Day

Many Americans mistakenly believe that Veterans Day is the day America sets aside to honor American military personnel who died in battle or as a result of wounds sustained from combat. That's not quite true. Memorial Day is the day set aside to honor America's war dead. Veterans Day, on the other hand, honors *ALL* American veterans, both living and dead. In fact, Veterans Day is largely intended to thank *LIVING* veterans for dedicated and loyal service to their country. November 11 of each year is the day that we ensure veterans know that we deeply appreciate the sacrifices they have made in their lives to keep our country free.



## Bay Garden Newsletter

If you have anything special you would like to share with the residents of the Bay Garden Manor Condominium, please let the manager know by the end of the month so we can include it in the following month's newsletter.

# Pumpkin Cheesecake

## Crust:

- 1/3 cup reduced-calorie margarine, room temp.
- 2 cups graham-cracker crumbs

## Filling:

- 1 container (24 oz) nonfat cottage cheese (3 cups)
- 1 tub (12 oz) light cream-cheese
- 1-1/4 cups packed light-brown sugar
- 2 large egg whites
- 2 large eggs
- 1 can (16 oz) solid-pack pumpkin
- 2 tablespoon cornstarch
- 2 teaspoon pumpkin-pie spice
- 1 teaspoon vanilla extract
- Lightly grease bottom and sides of 9x3-inch spring form pan.

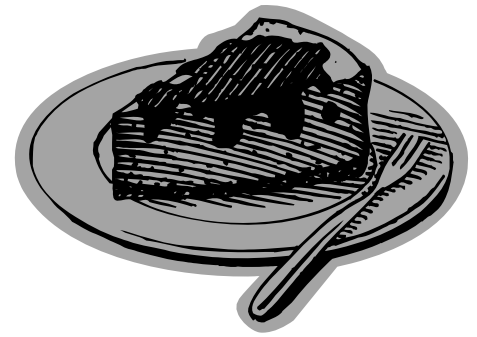
## DIRECTIONS

### Crust:

1. Mix margarine and cracker crumbs in a bowl until evenly moistened.
2. Press over bottom and 2 inches up sides of prepared pan.

### Filling:

1. Heat oven to 325 degrees F.
2. Process cottage cheese and cream cheese product in a food processor or blender about 2 minutes, scraping down sides 2 or 3 times, until thick and smooth.
3. Add brown sugar, process until sugar dissolves.
4. Add eggs and egg whites and process just until blended.
5. Transfer to a large bowl.



6. Stir in pumpkin, cornstarch, spice and vanilla until well blended and smooth.
7. Pour into crust.
8. Bake 1 hour and 20 minutes or until top of cake looks set.
9. Cool completely on wire rack.

To store, cover and refrigerate in pan at least 6 hours or up to 4 days.

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# October is National Breast Cancer Awareness Month

## How can I find breast cancer early?

The best way to find breast lumps that may be cancer is to do 3 things:

- Have regular mammograms.
- Have your doctor check your breasts.
- Check your breasts yourself every month.



Doing all of these things gives you the best chance to find cancer as early as you can. Finding breast cancer early makes treatment much easier and more effective. More than 90 out of 100 women whose breast cancer is found early will be cured.

## Changes to look for in your breasts

- Any new lump (which may not be painful or tender)
- Unusual thickening of your breasts
- Sticky or bloody discharge from your nipples
- Any changes in the skin of your nipples or breasts, such as puckering or dimpling
- An unusual increase in the size of one breast
- One breast unusually lower than the other

**For more information** you can visit the American Cancer Society's breast cancer Web site at [www.cancer.org/](http://www.cancer.org/) or call 800-ACS-2345. You can also visit the Breast Cancer Network's Web site at [www.breastcancer.net](http://www.breastcancer.net).



**Commissioner  
Bruno A. Barreiro**  
*District 5*

**Invites you to share your concerns with him. Please visit one of his district offices conveniently located near you.**

**Miami**  
1454 S.W. 1st Street, Ste 130  
Tel 305-643-8525 • Fax 305-643-8528

&

**Miami Beach**  
1700 Convention Center Drive, First Floor  
Tel 305-673-7743 • Fax 305-673-7747

*District5@miamidade.gov*

## Funny Epitaphs

Talk about getting the last laugh! These epitaphs are from actual tombstones around the world.

Poems and epitaphs are but stuff:  
Here lies Robert Burrows,  
that's enough.

Ann Mann  
Here lies Ann Mann,  
Who lived an old maid  
But died an old Mann.

Here lies the body  
of Jonathan Blake  
Stepped on the gas  
Instead of the brake.



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# RE-ELECT **Bruno A. BARREIRO** FOR COUNTY COMMISSIONER DISTRICT 5

## The Choice is clear this November 6

- Bruno sponsored resolution directing the county mayor to prepare a plan to increase the transparency of county government by posting on the county's website the public records of the county
- Bruno sponsored the "Senior Homestead Exemption", which provides qualified seniors an additional \$25,000 exemption in their property taxes
- Bruno sponsored the "Golden Passport" program, which provides free transportation to all seniors 65 and older living in Miami-Dade county
- Bruno co-sponsored the "Patriot Passport" program, providing honorably discharged veterans living in Miami-Dade county fare-free transit services
- Bruno sponsored the "Save our Seniors" homeowners relief fund, providing \$100 per household to senior homeowners with homestead exemption
- Bruno sponsored resolution directing the county mayor to establish a check register of county expenditures that can be accessed via the county website; and remains accessible to the public
- Bruno sponsored ordinance which allowed for the implementing the pilot program to reopen South Pointe Park allowing dogs to be unrestrained in certain areas of the park



**Keep Bruno Barreiro fighting for us as our Commissioner for District 5.**

Political advertisement paid for and approved by Bruno Barreiro, for County Commissioner District 5

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