

The Plaza of Bal Harbour Monthly News



A Newsletter for the Residents of The Plaza of Bal Harbour Condominium

Volume 5 Issue 2

February 2011



Condominium Association, Inc.
10185 Collins Avenue
Bal Harbour, Florida 33154

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OFFICE HOURS

Monday-Friday 9 AM - 12:30 PM
1:30 PM - 5 PM

From the President

A Brief Update

Construction of the fire pump room, located in the garage is well under way.

Additionally, you may have noticed the trenching and excavation work at the driveway exit. This will provide for the fire pump connection to the city water main located on Collins Avenue.

Work will now begin on the new roof, which will take approximately thirty days to complete. There will be some inconveniences associated with the removal of the old roof.

I will continue to keep you posted on our progress, which is on schedule.

Ralph Herz



Plaza of Bal Harbour Newsletter

If you have anything special you would like to share with the residents of the Plaza of Bal Harbour Condominium, please let the manager know by the 15th of each month so we can include it in the following month's newsletter.

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Valentine Food For Thought

Cabbage always has a heart; Green beans string along.
 You're such a cute tomato, Will you peas to me belong?
 You've been the apple of my eye, You know how much I care;
 So lettuce get together, We'd make a perfect pear.
 Now, something's sure to turnip to prove you can't be beet;
 So, if you carrot all for me let's let our tulips meet.
 Don't squash my hopes and dreams now, Bee my honey, dear;
 Or tears will fill potato's eyes, While sweet corn lends an ear.
 I'll cauliflower shop and say, Your dreams are parsley mine.
 I'll work and share my celery, So be my valentine.



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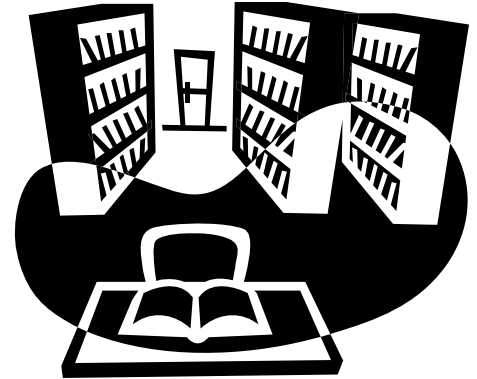
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Did You Know?: Library Trivia

February is National Library Lovers' Month

- With a special appropriation from Congress, Abigail Powers Fillmore, the first wife of President Millard Fillmore, created the first White House library in a large room on the second floor of the White House.
- There are two marble lions that stand before the Beaux-Arts building of the New York Public Library in Manhattan. They were first called Leo Astor and Leo Lenox, after the founders of the New York Public Library, John Jacob Astor and James Lenox. In the 1930's, Mayor Fiorello LaGuardia named them Patience and Fortitude, reflecting the qualities he felt all New Yorkers would need to survive the Depression.
- The National Library of France in Paris is the fourth largest national library and is the oldest national library in the world. It was founded in 1480 and was originally named *Bibliothèque du Roi*, or Library of the King.
- Benjamin Franklin established the first circulating library in the United States, called the Library Company of Philadelphia in 1731. It remained the largest circulating public library in the United States until the 1850s.
- In 1815, Thomas Jefferson sold his personal collection of books to the Library of Congress to replace the collection that had been burned by the British. These books are now housed in the Library's Rare Books Division.
- Americans make some 3.5 billion visits to school, public, and college libraries each year--about three times the attendance at movie theaters.



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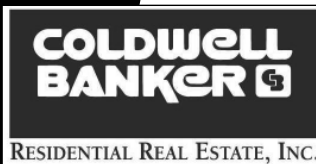
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**Don't Forget...
Spring Forward...
Fall Back...**

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 ahead one hour at 2 a.m. on Sunday, March 13th.

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.



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February Health Tip

ROSEMARY IS GOOD FOR YOUR HEALTH

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Rosemary is an herb that is used for both culinary and medical purposes. It is commonly used to flavor foods. It may be purchased fresh or dried. Many people use the leaves to treat a number of conditions. Rosemary is a natural anti-fungal that can treat infections caused by bacterial infections. This herb also has antioxidant properties making it very useful for combating cancer causing carcinogens, and it is said to protect DNA from chemicals that can cause cancer. Rosemary is also an antispasmodic which means this herb can be used in different tonics or rubs, and rubbed on the body to promote blood flow and ease muscular spasms. Rosemary can also be used to treat a variety of skin conditions such as eczema. This herb has also been used to ease digestive problems. People can chew the leaves or make a tea in order to relieve symptoms from irritable bowel syndrome. Published by Health Tips 101; 12/13/2010



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“IT TAKES A VILLAGE.”

How many times have we heard that phrase? Usually, we attribute it to raising children. But if we stop for a moment to think, why should we limit our sense of responsibility to children? Aren't we also, in some way, responsible for our neighbors?

When we see the older neighbor who until recently has always dressed impeccably and now appears disheveled, or the one with the recent dents in the car, or perhaps the one who struggles suddenly to remember our name after we've been friends for years, what course of action can we take without seeming like a buttinsky? (My apologies if "Buttinsky" is your last name; I do not mean to offend.)

If you're fortunate enough to have lived in a building long enough, you may have your neighbor's emergen-


cy contact number. (That is something I suggest we all do – more on that another column). If so, and in the kindest manner, let them know that you're concerned. Don't offer to put yourself "in charge" unless you're comfortable doing so. Give the contact person your observations, and hope they will take measures. If the neighbor's loved ones live out of town, it's your opportunity to educate them on the resources available in the area: Independent Senior Communities, Assisted Living Facilities, Home Health agencies, Senior Centers or advocacy groups such as the Alliance for the Aging.

At The Imperial Club, we are committed to our seniors

and to serving our residents and the surrounding community. We can help, so call today if you, a loved one or your neighbor need more information. Sleep peacefully knowing that you've treated your neighbor as you would want to be treated.

Patricia Conlon is the Marketing Director at Imperial Club in Aventura and can be reached at 305-935-1801 x 60

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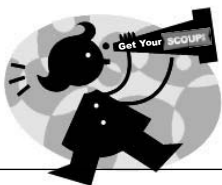
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