

The Plaza of Bal Harbour Monthly News



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

Volume 6 Issue 11

November 2012



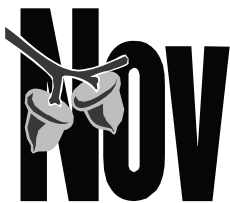
Condominium Association, Inc.
10185 Collins Avenue
Bal Harbour, Florida 33154

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OFFICE HOURS

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

Message from the President

Your Board is pleased to welcome Peter Diaz, our new property manager to the Plaza. He brings considerable experience to the Association. You may already have noticed some welcome changes. His management skills, work ethic and attention to detail are apparent. Our long-time Chief Engineer, Gustavo, and the rest of our excellent staff capably support him.

We have shiny floors, clean carpets, and hallways that are looking new again. These are a few visible signs of change. Less visible and more important, are improved office operations.

It is almost election time again at the Plaza, and a new Board will be installed on December 16, 2012. You will soon be receiving information from the candidates in the election packet. Be sure to vote, and send your proxies for the Annual Meeting. This assures that the election meeting will proceed without complication. Do take part in the important affairs of the Plaza.

Regards,
R. Herz



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Great American Smokeout

The American Cancer Society has designated November 20th as the Great American Smokeout. Started in 1977, this day encourages smokers to give up smoking for one day, hopefully marking the first day of a smoke-free life. More Americans try to quit smoking on the day of the Great American Smokeout than any other day of the year, including New Year's Day. If you are ready to quit smoking, these tips can help you.

Make a List. Create a list of reasons for quitting. Carry it with you or tape it to your dashboard. You may consider writing your list on the back of a photo of your loved ones. Experts say that you will be more likely to quit if you can make an honest attempt to quit and if you believe that the benefits of quitting outweigh any benefits you feel from continuing to smoke.

Set a Date. Make a strong personal commitment to quit by choosing a date to quit. November 18th would be a great day to choose. You can probably find a buddy or two to join you for at least one day. Picking a date too far into the future may give you too much time to change your mind.

Avoid Temptation. Try to avoid places and situation that are likely to trigger cravings during the first days and weeks of quitting. Let friends and family know of your commitment and solicit their help. Reducing or eliminating alcohol consumption is also helpful.



Change Your Behavior. Try to replace smoking with other activities or distractions. Consider drinking water, chewing gum, or exercising. Be sure to get plenty of sleep each night and eat a healthy diet. It is also helpful to get rid of all cigarettes, lighters, ashtrays, and other smoking related items.

Reward Yourself. Plan what to do with the money you'll be saving. Treat yourself to dinner out (in a non-smoking restaurant), or take a relaxing bath to celebrate another smoke-free day. If you save the money in a jar, you can see how well you are doing each day.

Get Help If You Need It. There are a variety of treatments available to help you quit smoking, from gums and patches to medication. Talk to your doctor about all of your options.

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Ice Cream Pumpkin Pie

Ingredients:

- 1 package (9 ounces) prepared graham cracker pie crust
- 1 pint vanilla ice cream softened
- 1 can (16 ounces) pumpkin
- 1 cup whipped cream
- 3/4 cup sugar
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon salt

Instructions:

1. Fill piecrust with ice cream; freeze until solid.
2. In medium bowl, combine pumpkin, whipped cream, sugar, pumpkin pie spice and salt.
3. Spoon mixture over frozen layer of ice cream in crust; freeze until solid.
4. To serve, remove pie from freezer and place in refrigerator one hour before serving. Slice and serve with additional whipped cream, if desired.

Cooking tip: Frozen non-fat yogurt and fat-free whipped topping may be used in place of ice cream and whipped cream.



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How to Clean Your Oven

Nothing is worse on Thanksgiving than opening up your oven door to place your turkey in the oven and seeing old baked-on spills and dirty oven walls. Head off this disaster by giving your oven a good cleaning before the big day. To help you with this project, here are some tips to make it easy.

All Ovens. Use rubber gloves when cleaning your oven. Remove the racks and soak them in hot soapy water. A great place to do this is in your bathtub, but be sure to line it first with towels to prevent scratching of the tub surface. Adding a handful of dishwasher powder to the soaking water helps loosen all the burned-on bits.

Self-Cleaning Ovens. If your oven is a self-cleaning oven, follow the directions for cleaning your oven. Generally, you will simply need to set your oven to the clean cycle, which locks the door. The cleaning cycle usually takes several hours. Then when the oven has cooled again, use a sponge or

washcloth to wipe up the remaining residue. Do not use oven cleaner on a self-cleaning oven.

Non-Self-Cleaning Ovens. A simple trick to get spills and stains to come up easily is to place 1/2 cup of ammonia into a small glass bowl. Place the bowl in a cool oven, close the oven door, and leave the bowl in the oven overnight to loosen baked-on spills. Or you can use oven cleaner, following the directions on the bottle. Then use a sponge or washcloth and a solution of 1/2 cup vinegar to 1/2 cup hot water. Rub away any spills or greasy stains. Dry with a soft cloth.



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