



A Newsletter for the Residents of the Brickell Harbour Condominium

Volume 17 Issue 2

December 2020

BRICKELL HARBOUR
Condominium Association Inc.
200 SE 15th Road
Miami, Florida 33129

ASSOCIATION OFFICERS

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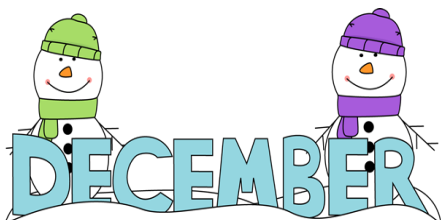
Property Manager.. Beatriz Galiana

IMPORTANT NUMBERS

Front Desk.....305-854-6144 ext. 1
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OFFICE HOURS

Monday-Friday 8:30 AM - 6:00 PM



Published monthly at no cost for
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Coastal Group Publications, Inc.
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***TIS' THE SEASON
TO BE JOLLY***

The Holiday spirit certainly has all of us here on the Brickell Harbour staff feeling pretty happy and jolly. Here's hoping the spirit has caught you as well. From all of us to all of you, have a very Happy Holiday season and a Happy New Year.



Vehicle Registration & Decals

Please register your vehicle (s) at the management office and obtain a decal. Any vehicle without a decal will have a notice placed on the window. Below are the samples of the new Decals that will be used at Brickell Harbour to register and identify Bikes and Vehicles.





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HEALTHY HOLIDAYS

Do you find your belly wiggling like a bowl full of jelly every January? It can be hard to keep from overindulging when you are faced with a December full of buffets, cookies, and holiday dinners. But there are ways to battle the holiday bulge!

Exercise is an important part of anyone’s healthy lifestyle. During the holidays it is even more important to include exercise in your busy day. There is a stronger tendency to skip your daily walk, aerobics workout, or swim during winter. There are fewer daylight hours and there are additional activities that demand your time. Taking time for yourself every day, however, will reduce stress and help you to stay fit and trim.

As for the eating, remember that the key to success is moderation. You don’t have to deprive yourself of all those holiday goodies. Just keep portions reasonable and opt for some healthy substitutes. If you are invited to a holiday gathering, try to eat something healthy before you go. You won’t be starving and tempted to eat everything available. Take small portions of everything you wish to taste and eat slowly.

Substitutions can help also. Instead of very high-fat eggnog, drink cranberry juice. Avoid fried foods and choose fresh fruits and vegetables instead. Munch on pretzels in place of chips, and choose a couple of cookies instead of the cheesecake.

If you find yourself at a dinner party with a host or hostess that insists on second helpings, make your first serving a small one. When you return for more, your second serving will bring your total intake up to one normal sized portion. Offer to bring a dish or two and make it healthy and low-fat.

As for your own holiday baking and food preparation, remember your limits and your weaknesses. If you have a tendency to eat handfuls of cookies, make batches to give away. Keep only a few for yourself. As your schedule gets more hectic, remember to take time to eat three meals a day, and allow for time to plan for healthy meals.

A little planning and extra attention to including exercise in your day will be all it takes to avoid gaining those extra pounds this holiday season. You will enjoy your happy and healthy holidays even more!

BRIE PUFF PASTRY

Enjoy a Brie Puff Pastry before your Holiday Dinner this year
Ingredients:

- 1 round (13.2 oz) Brie Cheese
- ½ cup crumbled blue cheese
- 1 sheet frozen puff pastry, thawed
- ¼ cup apricot jam
- ½ cup slivered almonds, toasted
- 1 large egg, lightly beaten
- Assorted crackers of your choice



- 1) Pre-heat oven to 400 degrees. Cut Brie horizontally in half. Sprinkle bottom half with blue cheese; replace top.
- 2) On a lightly floured surface, roll pastry into a 14-in. square. Trim corners to make a circle. Spoon jam onto center of pastry; sprinkle with almonds. Top with Brie.
- 3) Lightly brush edges of pastry with beaten egg. Fold pastry over cheese, pinching edges to seal; trim excess pastry as desired.
- 4) Transfer to an ungreased baking sheet, seam side down. Brush pastry with beaten egg. Bake until golden brown, 20-25 minutes.
- 5) Immediately remove from pan to a serving plate; let stand 45 minutes before serving. Serve with crackers.

45 DAY LISTING AGREEMENT!




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